

# MAGIC HAPPENS

WITH YOGA

## Poses to enhance your Mood

I would like to share some of the poses which would help you enhance your mood in these tough times.

Click on the Video link to know how to do the pose.

### 1. Fish Pose(with Blankets)

Benefits of Fish Pose:

Fish Pose stretches the front of the body, particularly the throat, chest, abdomen, hip flexors, and intercostals (the muscles between your ribs). It strengthens the upper back muscles and the back of the neck, which improves spinal flexibility and posture.

<https://youtu.be/LoPjfmFXg>



## Mixture of Colors (😊 😞 😡 😭)

As you read this blog which is written through COVID-19 times where the uncertainty/ negativity is more than positivity, I had a day where I felt gloomy, 😞 unsupported, helpless, non-productive, dreary all those shades. I have reached out to Social media asking friends and followers for some moral support but surprisingly there was no response and honestly initially even that added sadness to my day but then a positive me responded saying who knows even they are also going through the same phase as me. That's when I thought about this blog hoping and guessing this would help



## Cat and Cow Pose

### Benefits of Cat-Cow

Cat-Cow is a gentle flow between two poses that warms the body and brings flexibility to the spine. It stretches the back torso and neck, and softly stimulates and strengthens the abdominal organs. It also opens the chest, encouraging the breath to become slow and deep.

<https://youtu.be/J2U2L2WzOTQ>

## Viparita Karni (Legs up the wall)

There are many Benefits of Legs Up the Wall Pose (just sharing few):

Regulates blood flow.

Alleviates menstrual cramps.

Relieves swollen ankles and varicose veins.

Helps testicular, semen, and ovarian problems in men and women respectively.

Improves digestion.

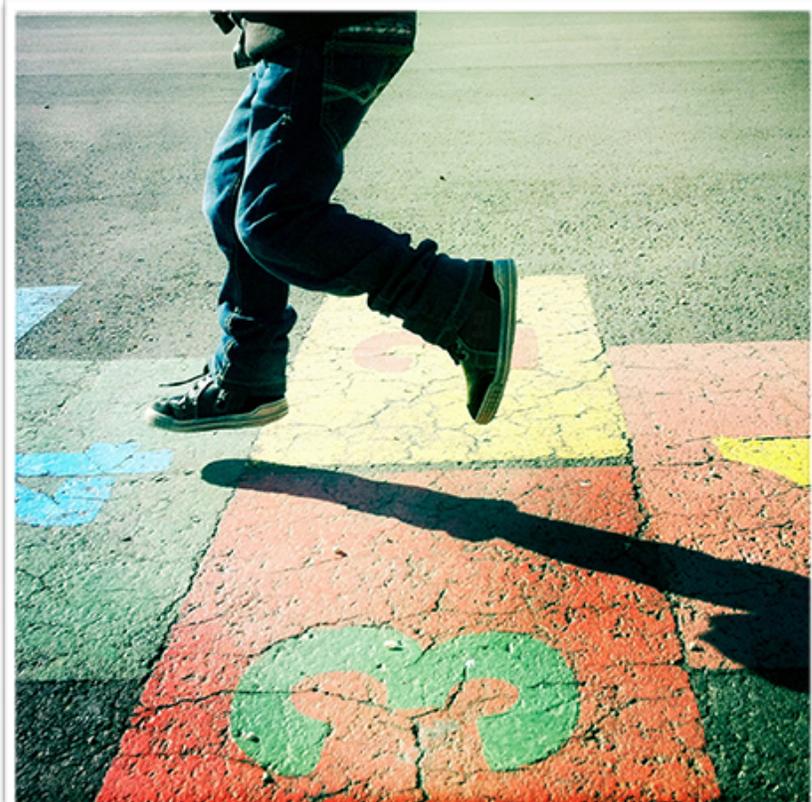
Restores tired feet or legs.  
Stretches the back of the neck, front torso, and back of the legs.

at least another person going through a day of these emotions.

### *Here are some Things I tried:*

Being Yoga Instructor some things were easy to handle like what type of poses to do when I am stressed or feel anxious and work on them so I can feel better and pull the day off (some how).

I generally finished my regular chores like cooking, taking care of family needs and my regular work stuff but I was not enjoying what I was doing as I was depressed. I have been asking myself the reasons for why I feel that way and again thanks to Yoga for teaching me Mindfulness where I can step back and look up to my emotions and work on them. I am sharing mine as example on how my Yoga works/teaches me and hoping this would help you in



## Cobra/Bhujangasana

### Benefits of Cobra Pose:

Cobra Pose is best known for its ability to increase the flexibility of the spine. It stretches the chest while strengthening the spine and shoulders. It also helps to open the lungs, which is therapeutic for asthma. This pose also stimulates the abdominal organs, improving digestion.

<https://www.youtube.com/watch?v=OI9P3wtHEFE>

## Nadi-Shodhana

### One of the pranayama practice

There are different types of Pranayama practices. And each type has many stages and levels. In this video we have talked about a Practice called Nadi - Shodhana (Alternate Nostril Stage-1).

Remember Pranayama/Yoga is a life long discipline and we need to give more time to enjoy the benefits of Pranayama

<https://www.youtube.com/watch?v=yeEu02vMBDg>

some way:

1. I have heard a very sad news regarding some unknown family where kids were orphaned as both parents died through Covid-19. This was very disturbing to me as I have similar age kids and I quickly connected with it and stressed out.
2. I generally do a very active practice and generally for 60-75min but on the days where my body hurts mentally to move then I would do Restorative. This doesn't mean they are just lying down. NO infant its opposite it is more of Backbends and inversions.
3. These are just not only the poses but I choose these as they are some natural and comfortable poses for most of us even with out experience in Yoga.
4. I have attached the videos to the post rather then the pose name hoping it would help if you see and learn the pose visually then by picture or name.

Hope this helps you in any of your TOUGH times and please share your experience on these poses once you tried them.

See you soon in another post. Until then ,

-Love

Srujana