



# Yoga Essentials Every Learner Should Know



**വീട്ടിലിരുന്നു ഡിഗ്രി/പിജി പഠിക്കാം!**

ഇന്ത്യയിലെ ഏറ്റവും മികച്ച യൂണിവേഴ്സിറ്റികളിൽ നിന്നും!

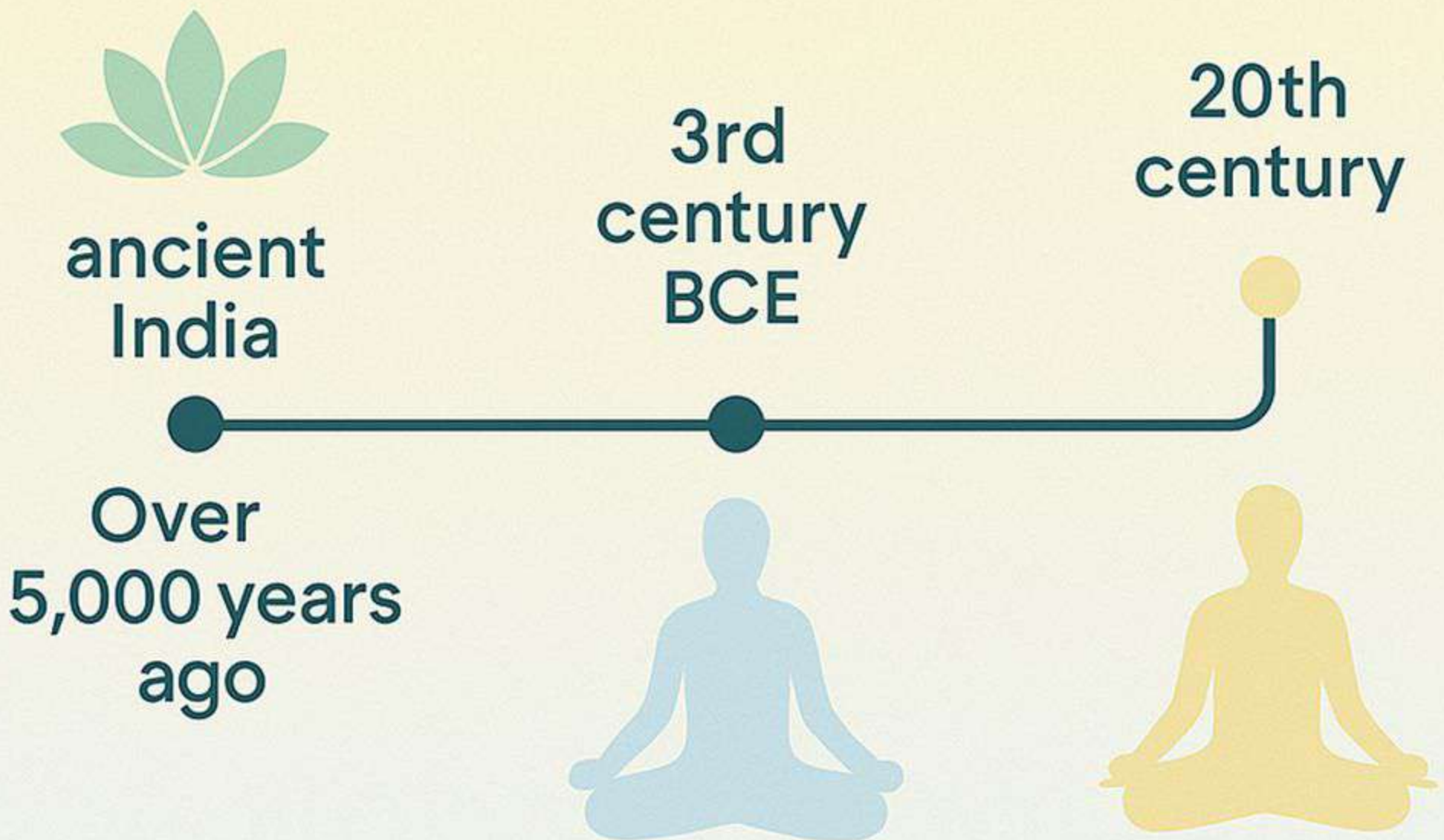


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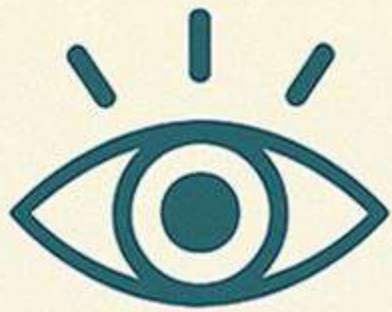
# WHAT IS YOGA?



Yoga is a practice that involves the body, mind and spirit.



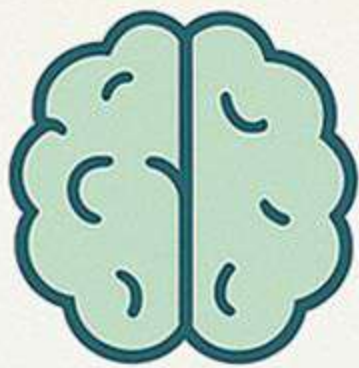
# BENEFITS OF YOGA



Improved  
Focus



Reduced  
Stress



Enhanced  
Memory



Better  
Academic  
Performance



# TADASANA

## Mountain Pose



### BENEFITS


Improve concentration  
Enhances posture

# PADMASANA

## (LOTUS POSE)

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### Easy Postures for Beginners

- 1 Sit with legs crossed.
- 2 Place feet on opposite thighs. 
- 3 Rest hands on knees



### Benefits:

- Improves focus
- Promotes relaxation
- Reduces anxiety



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Embrace Calmness, Boost Your Success



# VRIKSHASANA

## TREE POSE



- 1 Stand tall with feet together
- 2 Place sole of foot on inner thigh

- 3 Stand tall with feet together

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### BENEFITS

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- ✓ Improves balance
- ✓ Enhances focus
- ✓ Promotes mental clarity

# BALASANA

## CHILD'S POSE

1. Kneel and sit back on heels
2. Fold forward, extend arms in front
3. Relax upper body and rest



- Relieves stress
- Calms the mind
- Improves concentration



# Anulom Vilom Pranayama



Calm your mind  
through controlled breathing



# Bhramari Pranayama



Reduce stress,  
enhance mental clarity



# Integrate Yoga into Your Study Routine— Start Today!

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