



# YOGGA

A woman in a white tank top and dark shorts is performing a yoga pose (Urdhva Dhanurasana) on a light-colored mat. She is in a bridge position, with her feet flat on the floor, hips lifted, and arms extended upwards. The word 'YOGGA' is overlaid in large, bold, blue letters across the center of the image.

## EXERCISE CHART

**BY LONGEVIFIT**



### Sage Marichys Pose C

- Start seated with both legs extended.
- Bend your right knee, bringing the foot close to the buttock.
- Reach your right arm behind, aiming to hold your inner thigh or foot.
- Left arm wraps around the outside of the right knee.
- Clasp hands behind your back or use a strap.
- Inhale to lengthen your spine, exhale to twist your torso to the right.
- Hold, release and repeat on the other side.



### Sage Marichys Pose B

- Start seated with legs extended.
- Bend your right knee, placing the foot on the floor.
- Reach your right arm behind your back.
- Left arm wraps around the right knee.
- Clasp hands or use a strap behind the back.
- Inhale, lengthen the spine.
- Exhale, twist the torso to the right.
- Hold for 30 sec - 1 min, breathing deeply.
- Release and repeat on the other side, bending the left knee.



### Scale Pose

- Sit on the floor with your legs extended in front of you.
- Plant your palms on the floor beside your hips, fingers pointing forward.
- Bend your knees, bringing your feet closer to your body and on your thighs..
- Engage your core and lift your entire body off the ground.
- Shift your weight slightly forward, finding balance on your hands.
- Stay in the pose for a few breaths, keeping your gaze forward and breathing evenly.
- Gently lower yourself back to the starting position with control.



### Sage Marichys Pose D

- Sit on the floor with both legs extended.
- Bring your right foot close to the right buttock.
- Cross your right foot over the left thigh and land it on the floor.
- Place your left hand behind your back
- Raise your right arm behind. Inhale and twist your torso to the right.
- Hold the pose: Maintain the twist, lengthening the spine for several breaths.
- Release and repeat: Release the pose and switch sides, performing the twist with the left knee bent.



### Seated Angle Pose A

- Sit on the floor with your legs extended wide apart.
- Flex your feet, ensure your toes are pointing upward towards the ceiling.
- Place your hands on the floor, keep them beside your hips for support.
- Inhale and lengthen your spine: Lift through the crown of your head.
- Exhale and fold forward, hinge at your hips and reach forward with your hands.
- Lower your torso, bring your chest towards the floor, maintaining a flat back.
- Stay in the forward fold for several breaths, relaxing into the stretch.
- Inhale and slowly rise back to the seated position.



### Seated Angle Pose B

- Sit on the floor with your legs extended wide apart.
- Flex your feet, ensure your toes are pointing up towards the ceiling.
- Place your hands on the floor, keep them beside your hips for support.
- Inhale, lengthen your spine: Grab your feet with your hands.
- Lift your legs by your feet and face forward.
- Hold the pose: for several breaths.
- Inhale and return to the center.



### Staff Pose

- Begin seated with your legs extended straight in front of you.
- Rest your palms on the floor beside your hips.
- Keep your feet flexed, toes pointing up towards the ceiling.
- Lengthen your spine upward, sitting tall.
- Draw your navel in towards your spine for stability.
- Keep shoulders down and away from your ears.
- Maintain this seated position for several breaths, breathing deeply.



### Standing Forward Fold Pose

- Start in a standing position: Stand tall with your feet hip-width apart.
- Inhale, lift your arms: Raise your arms overhead.
- Exhale, hinge at your hips: Bend forward from the hips, keeping your spine long.
- Bring your hands towards the floor: Aim to touch the floor or hold onto your legs.
- Relax your head and neck: Let your head hang, allowing it to be heavy.
- Keep your knees slightly bent or straight: Choose the option that feels comfortable for your hamstrings.
- Hold the pose: Stay in the forward fold for a few breaths, relaxing into the stretch.



### Supine Angle Pose

- Lie down on your mat.
- Grab the top of your feet with your hands and pull your legs above your head so that your toes touch the floor/mat.
- Keep your legs straight at your knees.
- Hold the pose for several breaths or as long as comfortable.



### Supine Big Toe Pose

- Lie on your back
- Hug your right knee into your chest.
- Use a strap or hold your big toe, straighten your right leg and extend it up toward the ceiling, keeping it as straight as possible.
- Keep your left leg extended along the floor.
- Hold the stretch
- Breathe deeply and steadily while holding the pose for a few breaths.
- Release the right leg, then repeat the same steps with the left leg.



### Supine Extended Pose

- Lie on your back
- Hug your right knee into your chest.
- Use a strap or hold your big toe, straighten your right leg and extend it up toward the ceiling, keeping it as straight as possible.
- Keep your left leg extended along the floor.
- Hold the stretch
- Breathe deeply and steadily while holding the pose for a few breaths.
- Release the right leg, then repeat the same steps with the left leg.



### Arm Pressure Pose A

- Begin by standing at the top of your mat with your feet hip-width apart.
- Bend your knees, lowering your hips into a squat position. Your thighs should ideally be parallel to the ground.
- From the squat position, lean forward slightly, shifting your weight onto your toes.
- Bring your palms to the ground shoulder-width apart, keep your arms straight, elbows pointing backward.
- Bend your elbows slightly as you shift your weight forward, bringing your knees just above your elbows.
- Once you feel stable, slowly lift your feet off the ground, one at a time, balancing on the balls of your feet.



### Big Toe Pose

- Begin by standing at the top of your mat with your feet hip-width apart.
- Fold forward from your hips, keeping your spine long and your chest leading the way.
- Allow your head and neck to relax, and bring your hands to hang down towards the floor beside your feet.
- With your knees bent, bring your fingertips to touch your big toes.
- Hold the pose for 3-5 deep breaths, breathing deeply into any areas of tightness or tension.
- To release, exhale and come back up.



### Bound Angel Pose A

- Begin by sitting on your yoga mat with your legs extended straight out in front of you.
- Bend your knees and bring the soles of your feet together.
- Hold onto your ankles or feet with your hands, gently drawing your heels as close to your pelvis as comfortable.
- Allow your knees to drop towards the ground, opening your hips. Aim to bring your heels as close to your pelvis as possible without straining.
- Stay in the pose for 30 seconds to 1 minute, breathing deeply and focusing on relaxing any tension in your hips and groin.



### Both Feet Big Toe Pose

- Begin lying on your back on a mat.
- Grab your toes on both feet and pull your legs above your head whilst also pulling your butt as high as you can, almost above your head.



### Boat Pose

- Begin by sitting on your yoga mat with your knees bent and your feet flat on the floor, hip-width apart.
- Place your hands slightly behind your hips, fingertips pointing towards your feet, and lean back slightly to lift your feet off the ground, balancing on your sitting bones.
- Engage your core muscles by drawing your navel towards your spine, straighten your legs, lifting your feet higher off the ground. Your body will form a V shape, with your torso and legs creating the two sides of the boat.



### Child Pose

- Begin by kneeling on your yoga mat with your knees hip-width apart and your big toes touching behind you.
- Slowly lower your torso forward, folding at your hips, and bring your forehead to rest on the mat in front of your knees. Your arms can either be extended forward with your palms resting on the mat or relaxed by your sides with your palms facing up.



### Bound Lotus Pose

- Begin seated on your yoga mat. Start by bringing your right foot onto your left thigh and your left foot onto your right thigh, bringing your heels close to your pelvis.
- Bend your elbows and reach your arms behind your back, bringing your palms together between your shoulder blades.
- With your palms pressed together, begin to walk your hands further up your back towards your shoulders.
- Once you have found your bind, continue to draw your shoulder blades together and lift your chest towards the ceiling. Keep your spine long and your gaze forward.



### Bridge Pose

- Begin by lying on your back on your yoga mat with your knees bent and your feet hip-width apart. Your arms should be resting alongside your body with your palms facing down.
- Engage your core muscles and press into your feet as you lift your hips towards the ceiling.
- Continue to press into your feet and engage your glutes (buttocks) as you lift your hips higher, creating a straight line from your shoulders to your knees.



### Knee Head Posture A

- Begin by sitting on your yoga mat with your legs extended straight out in front of you.
- Bend your right knee and bring the sole of your right foot to rest against your left inner thigh. Your right knee should be open to the side, creating a right angle between your right leg and your left leg.
- Inhale deeply and extend your arms overhead, reaching up towards the ceiling.
- Exhale as you hinge at your hips and begin to fold forward over your left leg. Keep your spine long and your chest open as you fold.
- As you fold forward, reach your hands towards your left foot or shin. Repeat on the other side.



### Lotus Pose

- Begin by sitting on your yoga mat with your legs extended straight out in front of you.
- Bend your right knee and bring your right foot up towards your pelvis. Place the sole of your right foot on your left thigh, with your heel close to your abdomen.
- Bend your left knee and bring your left foot up towards your pelvis. Place the sole of your left foot on your right thigh, with your heel close to your abdomen.
- Your knees should ideally rest comfortably on the mat, with both feet pointing upwards and the soles of your feet facing the ceiling.



### One Foot Extended Pose

- Begin standing at the top of your yoga mat with your feet hip-width apart and your arms by your sides.
- Shift your weight onto your left foot and engage your left thigh muscles.
- On an inhale, lift your right leg straight in front of you.
- Hold this pose for 5-10 seconds, and repeat for the other leg.



### Mighty Pose

- Begin standing at the top of your mat with your feet hip-width apart and your arms by your sides.
- Bend your knees slightly and extend your arms above your head keeping your fingers pointing to the ceiling.
- Look up and hold the pose for 5 to 10 seconds. Release.



### Plow Pose

- Begin by lying flat on your back on your yoga mat with your arms alongside your body, palms facing down.
- On an inhale, engage your core muscles and use your abdominal strength to lift your legs off the mat, bringing them overhead towards the ground behind you.
- Extend your arms behind you to support your back.



### Revolved Side Angle Pose

- Begin in a standing position at the top of your yoga mat with your feet together and your arms by your sides.
- Step your left foot back behind you, about 3-4 feet apart, coming into a wide stance. Turn your left foot out at a 45-degree angle, so the outer edge of your left foot is parallel to the back edge of your mat.
- Bend your right knee, stacking it directly over your right ankle, and sink your hips down towards the mat.
- On an exhale, twist your torso to the right, bringing your left elbow to the outside of your right thigh while extending the other arm overhead and facing the ceiling. Hold the position and repeat for the other side.



### Supported Shoulder Stand Pose

- Begin by lying flat on your back on your yoga mat with your arms alongside your body.
- Swing your legs overhead, lifting your hips and lower back off the ground, and bring your toes towards the floor behind you.
- Use your hands to support your lower back as you walk them towards your shoulder blades, keeping your elbows shoulder-width apart and your fingers pointing up towards the ceiling. This will help to stabilize your spine and prevent strain on your neck.
- Hold the pose for 5 to 10 seconds, and repeat.



### Revolved Triangle Pose

- Begin standing at the top of your yoga mat.
- Step your left foot back behind you, about 3-4 feet apart from your right foot. Turn your left foot out at a 45-degree angle.
- On an inhale, reach your arms out to the sides at shoulder height, parallel to the floor, palms facing down.
- On an exhale, hinge at your hips and begin to reach forward with your right hand, bringing it down towards the outside of your right foot. Your left hand can rest on your left hip for support.
- Hold this position for 5 to 10 seconds, and repeat on the other side.



### Rooster Pose

- Begin by sitting on your yoga mat with your legs extended in front of you.
- Bend your knees and bring your feet closer to your hips, keeping your feet flat on the mat and your knees pointing up towards the ceiling.
- Slide your hands underneath your thighs, palms facing down and fingers pointing towards your feet.
- Shift your weight slightly forward onto your hands and lift your feet off the mat, bringing your knees towards your chest.
- Lean forward and lift your hips off the mat, coming into a balanced position on your hands.
- Straighten your arms as much as possible, pressing firmly into your hands to support your weight.



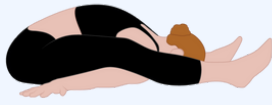
### Sage Marichys Pose A

- Begin by sitting on your yoga mat with your legs extended in front of you.
- Bend your right knee and bring your right foot towards your right sitting bone, keeping your right foot flat on the mat.
- Ensure that your left leg remains extended.
- Place your both hands behind your hips, fingers pointing towards your buttocks.
- Then, lean forward placing your forehead on your knee, or as close to your left knee. Hold the position for 5 to 10 seconds, and repeat on the other side.



### Supine Tortoise Pose

- Begin by lying flat on your back on your yoga mat with your legs extended and your arms resting alongside your body.
- Bend your knees and draw them towards your chest, hugging them in towards your torso.
- Separate your knees slightly wider than hip-width apart and grab hold of the outer edges of your feet with your hands. Your palms should be facing up, and your fingers should wrap around the outer edges of your feet.
- On an exhale, gently guide your knees towards your armpits, bringing them as close to your torso as comfortably possible.



### Tortoise Pose

- Begin by sitting on your yoga mat with your legs extended in front of you.
- Bend your knees and draw your heels towards your sitting bones, keeping your feet hip-width apart.
- Slide your hands underneath your knees, palms facing up, and grab hold of the outsides of your feet with your hands.
- Inhale and lengthen your spine, lifting your chest and rolling your shoulders back.
- Exhale and lean forward, bringing your torso between your thighs and towards the floor.
- Press your thighs firmly against your upper arms, engaging your core muscles to support the weight of your torso.



### Three Limbs Facing One Leg Back Extension

- Begin by sitting on your yoga mat with your legs extended in front of you.
- Bend your right knee and draw your right foot towards your outer hip.
- Keep your left leg extended and your left foot flexed.
- Inhale and lengthen your spine, lifting your arms overhead.
- Exhale and hinge forward at your hips, leading with your heart, and reaching your hands towards your left foot.
- Keep your spine long as you fold forward, aiming to bring your torso towards your left leg.
- Hold your head at your left knee for 5 to 10 seconds, then repeat for the other side.



### Upward Bow Pose

- Begin by lying flat on your back on your yoga mat with your knees bent and your feet hip-width apart, heels close to your sitting bones.
- Bend your elbows and place your hands on the mat beside your head, fingers pointing towards your shoulders, with your fingertips pointing towards your feet.
- Press firmly into your palms and lift your hips towards the ceiling, coming onto the crown of your head.
- On an inhale, press into your hands and feet, lifting your entire torso off the mat, straightening your arms and legs.



### Upward Facing Back Extension

- Begin by lying on your back on your yoga mat.
- Extend your legs and lift them upwards to a 90-degree angle.
- Grab your toes with both hands and lift your shoulders and back off the ground.
- Keep your elbows close to your legs and try to touch your knees with your head.
- Hold this pose for 5 to 10 seconds.



### Upward Lotus Pose

- Begin by sitting on your yoga mat in a comfortable cross-legged position.
- Bend your right knee and place your right foot on top of your left thigh, bringing your right heel towards your navel. The sole of your right foot should face upward, and your right knee should gently rest on the mat.
- Bend your left knee and place your left foot on top of your right thigh, bringing your left heel towards your navel. The sole of your left foot should also face upward, and your left knee should gently rest on the mat.
- Use your core to swing your legs over your head, and rest your body on your shoulders. Hold the position.



### Upward Hand Pose

- Begin by standing tall on your yoga mat with your feet together or hip-width apart.
- Bring your arms alongside your body with your palms facing inward towards your thighs.
- On an inhale, sweep your arms out to the sides and overhead, reaching your fingertips towards the sky.
- Hold the position for 5 to 10 seconds.



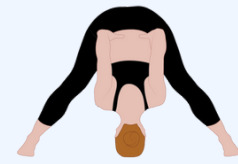
### Warrior A

- Step your left foot back behind you, about 3-4 feet apart from your right foot. Turn your left foot out at a 45-degree angle, so the outer edge of your left foot is parallel to the back edge of your mat.
- On an inhale, bend your right knee directly over your right ankle, coming into a lunge position. Your right thigh should be parallel to the floor, and your right shin should be perpendicular to the floor.
- On an exhale, extend your arms overhead, reaching your fingertips towards the sky. Keep your arms parallel to each other, with your palms facing each other or slightly turned inward. Hold and repeat on the other side.



### Warrior B

- Step your left foot back behind you, about 3-4 feet apart from your right foot. Turn your left foot out at a 45-degree angle, so the outer edge of your left foot is parallel to the back edge of your mat.
- On an inhale, bend your right knee directly over your right ankle, coming into a lunge position. Your right thigh should be parallel to the floor, and your right shin should be perpendicular to the floor.
- On an exhale, extend your arms to the sides at your shoulder height. Keep your palms facing downwards. Hold the position and repeat on the other side.



### Wide Leg Forward Fold Pose B

- Begin by standing tall at the top of your yoga mat with your feet parallel to each other and wider than hip-width apart.
- Hinge forward at your hips and fold your torso forward.
- Continue to fold forward until your torso is parallel to the floor.
- Once you've found your fold, bring your hands behind your back and interlace your fingers.
- Maintain a slight engagement of your shoulder blades towards each other to support the opening in the chest, then hold position.



### Wide Leg Forward Fold Pose C

- Begin by standing tall at the top of your yoga mat with your feet parallel to each other and wider than hip-width apart.
- Hinge forward at your hips and fold your torso forward.
- Continue to fold forward until your torso is parallel to the floor.
- Once you've found your fold, bring your hands behind your back and interlace your fingers.
- On an inhale, straighten your arms and lift them towards the ceiling, allowing your shoulders to roll open and your chest to expand.
- Maintain a slight engagement of your shoulder blades towards each other to support the opening in the chest, then hold position.



### Wide Leg Forward Fold Pose

- Begin by standing tall at the top of your yoga mat with your feet parallel to each other and wider than hip-width apart.
- Hinge forward at your hips and fold your torso forward.
- Continue to fold forward until your torso is parallel to the floor.
- Once you've found your fold, bring your hands overhead so that the palms touch the floor.
- Then, hold the position.



### Wide Leg Forward Pose D

- Begin by standing tall at the top of your yoga mat with your feet parallel to each other and wider than hip-width apart.
- Hinge forward at your hips and fold your torso forward.
- Continue to fold forward until your torso is parallel to the floor.
- Once you've found your fold, bring your hands to your feet and hold your ankles from the inner side.
- Maintain a slight engagement of your shoulder blades towards each other to support the opening in the chest, then hold position.



### Womb Embryo Pose B

- Begin by sitting on your yoga mat with both knees bent over and cross on your thighs.
- Pull your arms through your legs and lift your knees towards your chest.
- As you exhale, bring your hands towards your face in a prayer position.
- Hold the position for 5 to 10 seconds.



### Womb Embryo Pose A

- Begin by sitting on your yoga mat with both knees bent over and cross on your thighs.
- Pull your arms through your legs and lift your knees towards your chest.
- As you exhale, lie down on your back, bring your hands towards your forehead.
- Hold the position for 5 to 10 seconds.



### Downward Facing Dog Pose

- Start on your hands and knees in a tabletop position.
- Spread your fingers wide apart and press firmly into your palms, distributing the weight evenly across your hands.
- Tuck your toes under, and on an exhale, lift your hips up towards the ceiling, coming into an inverted V-shape with your body.
- Straighten your arms and legs as much as possible, while keeping a slight bend in your elbows and knees to avoid locking them.
- Press down through your hands and lift through your tailbone to lengthen your spine. Imagine your sitting bones reaching up towards the ceiling.



### Ear Pressure Pose

- Begin by lying flat on your back on your yoga mat with your legs extended and your arms resting alongside your body.
- On an exhale, engage your core muscles and bend your knees towards your head, lifting your legs off the mat.
- On an exhale, lower your knees towards your ears, allowing your knees to come as close to your ears as comfortable. Your thighs should be pressing against the sides of your face, and your ears should be enclosed by your knees.
- Join your hands together into a fist and hold the position for 5 to 10 seconds.



### Extended hand foot big toe pose

- Begin standing tall at the top of your yoga mat.
- Shift your weight onto your left foot and root down firmly through the four corners of your left foot to find stability.
- On an inhale, lift your right foot off the mat and bring your right knee towards your chest.
- Reach down with your right hand and grasp the big toe of your right foot.
- Once you have a firm grip on your right big toe, extend your right leg forward, straightening your knee as much as possible. Keep your left knee soft, avoiding locking it.
- Hold the position.



### Extended Leg Pose

- Lie down on your yoga mat, with your legs and arms extended straight.
- Lift your back upwards so you're leaning on your head and shoulders only.
- Lift and extend your arms towards the ceiling.
- Then, lift and extend your legs while keeping them straight.
- Hold the position.



### Extended Sideward Pose

- Stand with your feet hips width apart.
- Use your right hand to lift your right foot off the ground bringing the knee to your chest.
- While holding your left hip with your left hand for balance, straighten out your right leg outwards and slightly upwards.
- Turn your head to the left and hold the position. Then, repeat for the other side.



### Extended Side Angle Pose

- Step your left foot back behind you, about 3-4 feet apart from your right foot. Turn your left foot out at a 45-degree angle, so the outer edge of your left foot is parallel to the back edge of your mat.
- On an inhale, bend your right knee directly over your right ankle, coming into a lunge position. Your right thigh should be parallel to the floor, and your right shin should be perpendicular to the floor.
- On an exhale, extend your arms to the sides at your shoulder height. Keep your palms facing downwards. Hold the position and repeat on the other side.



### Fish Pose

- Begin by lying flat on your back on your yoga mat with your legs bent and your arms resting alongside your body.
- Bend your elbows and bring your hands palms-down underneath your buttocks.
- On an inhale, press down through your forearms and elbows, lifting your chest and upper back off the mat. Keep your pelvis rooted firmly on the ground.
- Arch your back and tilt your head back, allowing the crown of your head to rest on the mat. Your gaze can be directed towards the ceiling or, if comfortable, you can allow your head to hang back slightly.



### Knee Head Posture B

- Begin by sitting on your yoga mat with your legs extended in front of you.
- Bend your right knee and use both hands to pull your leg over your head.
- Keep your left leg extended and straight on the floor,
- Hold this position and repeat for the other leg.



### Four Limbed Staff Pose

- Begin in Plank Pose, with your hands shoulder-width apart and your wrists directly under your shoulders. Your body should form a straight line from your head to your heels, with your core engaged and your legs active.
- Shift your weight slightly forward onto the balls of your feet, keeping your body in a straight line.
- On an exhale, slowly lower your body towards the floor by bending your elbows straight back along your ribcage. Keep your elbows hugging close to your sides, rather than splaying them out to the sides.
- Lower your body down until your upper arms are parallel to the floor and your elbows are bent at a 90-degree angle.



### Front Extended Pose

- Lie down on the floor with your arms and legs extended.
- Lift your upper body off the floor by bending your arms at elbows.
- Slowly straighten your arms each at a time while keeping your legs straight.
- Arch your back and push your chest out while facing the ceiling.
- Hold the position for 5 to 10 seconds.