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The benefits of Nadi Shodhana, the second series of Ashtanga Yoga. This has been a long time in research. Both the “bibles” of the Ashtanga practice (Yoga Mala and Lino’s Ashtanga Yoga book) do not list the benefits of these intermediate postures. I researched and got most of this information from “Asana, Pranayama, Mudra, Bandha” from the Bihar School of Yoga. Some information also comes from the “Yoga Rahasya”, and other similar books that I have come to trust.

| POSE | BENEFITS |
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| Sun Salutes | Warm up body, connect breathing and moving synchronicity, improve blood flow to/around spine |
| Standing poses | Begin the opening/stretching process in the body. Help us to connect to grounding while lengthening in to pose. They strengthen back, hips, and legs and help to realign the skeletal system |
| Pasasana | relieves asthma, relieves neck, shoulder and back tension, provides relief for menstrual discomfort, is therapeutic in relieving flatulence and indigestion. It also gives a deep stretch to the ankles keeping them strong and flexible. Pasasana benefits apana, the downward moving energy, grounding you to Mother Earth. |
| Krounchasana | opens up hips and hams, and calves. helps you learn extension of the spine preparing you for the upcoming posture. It benefits prana, the upward movement of energy, pasasana grounds you preparing you to flower in Krounchasana. Krounchasana is a more intense version of triang mukha eka pada paschimattanasana; it is a type of forward bend so you get those benefits (improved digestion), it helps prevent and cure flat feet, the head position (chin to shin) stretches the scalenes (muscles on the side neck that are often tight). |
| Shalabasana | one of the most prescribed exercises by PTs for back issues, disc related problems, and sciatica. Strengthens the nervous system and the lower back. Tones and balances the function of the liver and other abdominal organs (due to the pressure of lying prone--on your belly). |
| Bhekasana | this posture is very good for knees, it stretches quads to improve backbending (tightness on the front of our body makes backbends tight), and opens shoulders. due to the abdomen pressing on the floor all the abdominal organs are benefitted. This pose is also very good for correcting flat feet and heel pain including heel spurs |
| Dhanurasana & Parsva Dhanurasana | keeps the spine flexible and realigns the spine--it helps correct hunching of the spine. Major detoxifier of liver and abdominal organs and aids in digestion. Improves blood circulation. Pancreas and adrenal glands are toned balancing their secretions, and the kidneys are massaged and excess weight is removed around the abdominal area. -- Parsva dhanurasana with the additional rolling around on the abdomen works deeper into the detoxifying of the organs. |
| Ushtrasana | Improves posture—one of the best asanas for getting rid of the “hump back” of old age. The back bending also stimulates the spinal nerves relieving back aches. It benefits the digestive and reproductive systems. By stretching the stomach and intestines and relieves constipation. The front of the neck is fully stretched regulating the thyroid gland. It stretches the psoas, a muscle that when tight leads to back pain. |



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| Laghuvajrasana | Helps you overcome the fear of dropping back and teaches you how to use your thighs to control drop backs. It has many of the same benefits of Ushtasana plus it also strengthens our abs and thighs |
| Kapotasana | deepens your backbend taking you deeper into the benefits of backbending as outlined in ushtasana. Also stretches the shoulders and opens our heart. |
| Supta Vajrasana | It tones the spinal nerves, keeps the back flexible and corrects poor posture. The nerves in the neck and thyroid gland are influenced. The chest is stretched and expanded filling the lungs to bring in more oxygen, so it is beneficial for those suffering with asthma, bronchitis, and other lung ailments. (vajra refers to the nerve and energy pathway which connects the sexual organs to the brain.) |
| Bakasana A/B | releases back from backbending with a mild forward bend, teaches balance, strengthens wrists and forearms, B position teaches lightness. This asana also balances the nervous system. |
| Bharadvajasana & Ardha Matsyendrasana | spinal twisting relaxes nervous system from backbending and prepares our body for the next direction. Spinal twisting alternately stretches one side of the back while strengthening/compressing abdominals on opposite side. Spinal twists massage the internal organs alleviating digestion problems. Spinal twisting is also good for disc related problems. Ardha Matsyendrasana also tones the nerves of the spine, relieves muscular spasms, and is good for the vertebrae. |
| Eka Pada Sirsasana | compresses each side of the abdomen throughly massaging the abdominal organs and removing constipation. It tones the reproductive organs. It improves blood circulation in the legs relieving varicose veins, and in the spine increasing the level of energy in the chakras. |
| Dwi Pada Sirsasana & Yogi Nidrasana | help to control the nervous system. The solar plexus and adrenal glands are massaged increasing vitality. They tone all the abdominal and pelvic organs improving the efficiency of the digestive, reproductive, and eliminatory systems. |
| Tittibhasana | keeps our legs behind our head even longer . . . this pose teaches patience in our practice |
| Pincha Mayurasana | helps relieve the stress we hold in our upper back and shoulders. It improves balance and like all inversions improves blood flow to our brain and eyes. It strengthens our arms, shoulders, and core while stretching our chest, shoulders, and ribs. |
| Karandavasana | has the inversion and strength benefits of pincha plus as you fold down all your abdominal organs are compressed and stimulated to work better; specifically the pancreas and liver are toned meaning better blood sugar regulation and better digestion as the toning the liver is good for the bile and metabolism. |
| Mayurasana | The pressure of the elbows in our abdomen deeply detoxifies the organs and stimulates the metabolic processes (improving digestion and the function of the liver and kidneys), which in turn stimulates the elimination of toxins from our blood. It harmonizes the glands of the endocrine system, develops physical as well as mental balance, and develops muscular control. |



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| Nakrasana | develops wrists, throws of lethargy and fatigue of brain, rejuvenates entire body and makes one feel lively and vigorous, is strength and power. Most yoga poses train our slow twitch muscle fibers, nakrasana will train our fast twitch muscle fibers giving us more power. This is especially important for yoginis. |
| Vatayanasana | This pose is good for the knees, it will also improve your lotus. It reduces hyperactivity of the kidneys. |
| Parighasana | gives a good lateral stretch to the pelvic region and trunk. massages the abdominal organs and prevents the skin around your abdomen from sagging. |
| Gomukhasana | induces relaxation, relieves tiredness and anxiety. It stimulates the kidneys and alleviates mature onset diabetes. It relieves backache, sciatica and general stiffness in the shoulders and neck, it improves posture. It alleviates leg cramps and makes the leg muscles supple. |
| Supta Urdhva Pada Vajrasana | another spinal twist to relax nervous system prior to the 7 headstands |
| Mukta Hasta Sirsasana Baddha Hasta Sirsasana | 7 Headstands! Improve balance and strengthen neck, plus gives us all the benefits of inversions. |
| Urdhva Dhanurasana & Back Bending | Urdhva Dhanurasana is not part of closing, nor is it really part of primary, it is more like the climax of the practice. It is beneficial to the nervous, digestive, respiratory, cardiovascular, and glandular systems. It influences all hormonal secretions and relieves gynecological disorders. In this asana the whole body and nervous system are being placed in an abnormal position. It may be difficult to raise the body if the nervous system is not ready. If proprioception is lost, strength is lost. This asana develops proprioception. |
| Sarvangasana | Inversions are about blood flow! Getting stale, stagnant blood out of the lower parts of the organs into the circulatory system where the blood is purified. The throat area is purified and the glands in the neck and head (thyroid, pituitary, pineal) are brought into balance directly benefitting our endocrine system. |
| Halasana | Same as sarvangasana plus purifies the intestines and strengthens the waist. |
| Karna Pidasana | Same as sarvangasana plus eliminates diseases of the ears and ringing of the ears. |
| Urdhva Padmasana | Same as sarvangasana plus purifies anal and urinary channels and strengthens the front of the spinal column. |
| Pindasana | Same as sarvangasana, plus purifies the lower abdomen, the spinal column, liver, spleen, and stomach |
| Matsyasana & Uttana padasana | Counter pose the previous 5 poses and purify esophagus and anus, liver and spleen and strengthen the waist and neck. |
| Sirsasana | Blood flow to brain and eyes is increased improving memory and the sense organs and removing eye diseases. |
| Baddha Padmasana | Purifies liver and spleen, straightens spinal column, and purifies anal canal. |
| Padmasana | Destroys great sins as well as diseases of the body |
| Uth Pluthi | Strengthens the waist and improves abdominal and anal control. Prepares one for rest pose. |
| Rest pose | Like clicking save on all the above ;) |