

FREE ONLINE

YOGA
CHALLENGE



WORLD RECORDS UNION
An Official Register of World Records



HABUILD

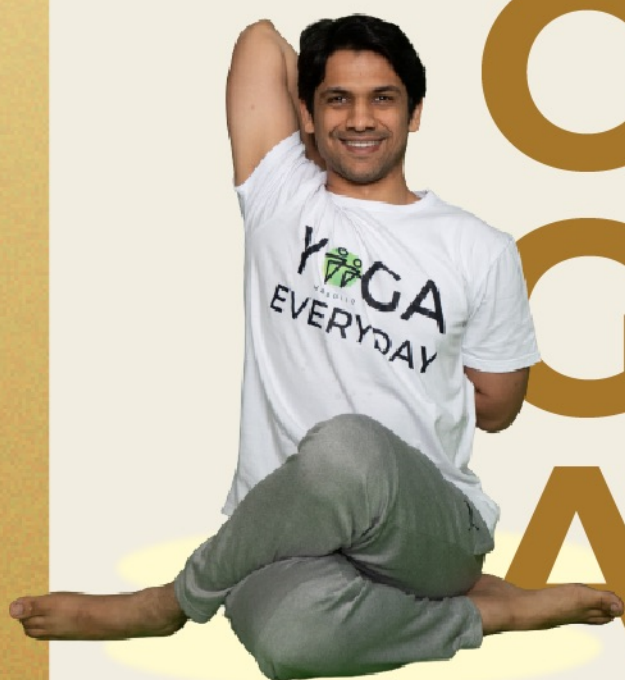
HABUILD **YOGA**

HANDBOOK

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INTRODUCTION

Great health is the culmination of tiny good habits.

Our sessions are beginner friendly, with easy-to-do asanas and exercises. Meditation sessions are conducted during the weekend.

It's not about being perfect, but staying consistent with your daily practice.

The best part is, you can do it anywhere.

We build habits, habits build you!

ABOUT THE TRAINER



IIT GRADUATE



GOVT CERTIFIED LEVEL 3
YOGA INSTRUCTOR



TEDX SPEAKER

1150+ DAYS OF
YOGA EVERYDAY

42000+ MEMBERS

10 LAKH+ COMMUNITY

BENEFITS



Healthy Body



More Energy



Better Will
Power



Improve
Sleep



Reduce Stress



Become
Flexible



Optimise
Body Weight



Manage
Aches & Pains



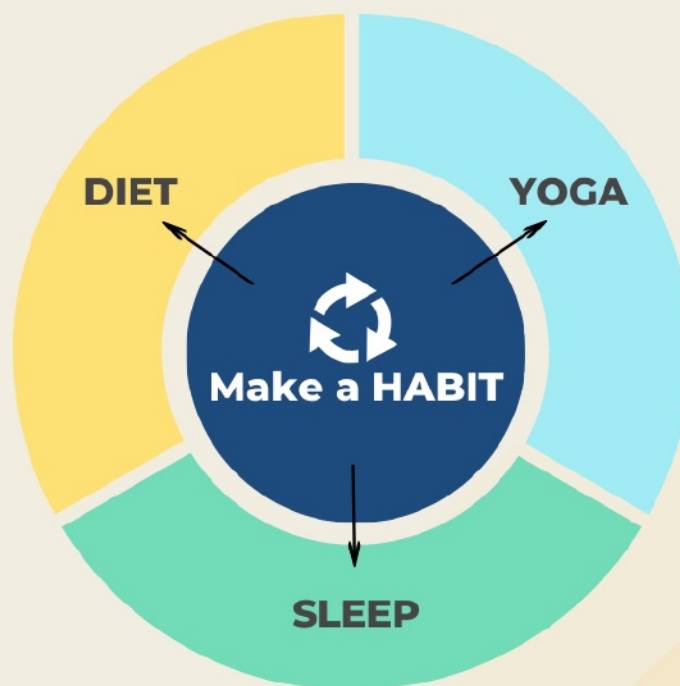
Improve
Memory

and many more...



3 PILLARS

OF GOOD HEALTH
STAND ON
CONSISTENCY



SCHEDULE OF EVENTS

YOGA SESSIONS



MONDAY
Light Yoga & Breathing



TUESDAY
Lower Body



WEDNESDAY
Upper Body



THURSDAY
Core Yoga



FRIDAY
Flexibility



SATURDAY
Stamina

BONUS SESSIONS



**Circadian Rhythm,
 Set your BIO CLOCK**



**5 Tips for
 Better Sleep**



**Secrets to Build
 Sustainable Habits**



**Practical Diet Tips
 Simple & Effective**

WORLD RECORD UNION



International Yoga Day - 21 June 2023



Largest Online Yoga Class



Session Timings - 6:30 AM - 7:15 AM

Certificate of Participation

This certificate is proudly presented to

who has participated in the **Record Event - Largest Virtual Yoga Class on YouTube** noted by World Records Union on **21st June 2023, International Yoga Day.**



SUKHASANA **(Easy Pose)**

A comfortable, cross-legged, seated position, and one of the most basic poses used in yoga practice and meditation.



BENEFITS

- Relieves lower back pain.
- Improves mobility in the knees, hips, and ankles.
- Helps to improve concentration.

CONTRAINDICATIONS

- Knee issue.
- Sciatica.
- Spinal issues.

BHUJANGASANA **(Cobra pose)**

- Lying on your stomach, place your hands beneath your shoulders, legs straight, toes touching each other.
- Breathing in lift up, elbows touching the sides
- Breathe out slowly and return back to the original position.



BENEFITS

- Relieves lower back pain.
- Helps to broaden the chest and collar bones.
- Helps to improve concentration.
- Helps in diabetes.

CONTRAINDICATIONS

- Frozen Shoulder.
- Carpal tunnel syndrome.
- Hernia.
- Cervical spondylitis.

DHANURASANA

(Bow pose)

- Lying on your stomach, bend your knees, and hold your ankles(same side, same hand).
- Breathe in, lift your upper body, knees and thighs.
- Breathe out, slowly return back.



BENEFITS

- Improves hip flexors.
- Stimulates digestion.
- Helps in diabetes.
- Improves spinal posture.
- Strengthens back and hamstrings.

CONTRAINDICATIONS

- Recent abdominal surgery.
- Injury to the neck.
- Hernia.
- Slipped disc.
- Sciatica.
- Frozen shoulder.

NAUKASANA **(Boat pose)**

- Lie on your back. Stretch your hands behind.
- Breathe out, lift your upper body, hands, and legs up, balancing weight on your hips. Try to bring your eyes, hands and knees in the same line.
- Breathe in, slowly return back.



BENEFITS

- Tones your abdominal muscles.
- Improves balance and digestion.
- Stretches your hamstrings.
- Strengthens your back and hip flexors.

CONTRAINDICATIONS

- Hip and low back pathologies.
- Asthma.
- Diarrhea.
- Low blood pressure.
- Slipped disc.

SETU BANDHASANA **(Bridge pose)**

- Lay on your back. Bend your legs, feet close the hips, upper body relaxed back touching the floor.
- Breathe in, lift your torso up, shoulders and feet firm on the ground.
- Breathe out, and return back slowly.



BENEFITS

- Stretches the chest, neck, spine, and hips.
- Strengthens the back, buttocks, and hamstrings.
- Improves blood circulation.
- Helps alleviate stress and mild depression.
- Calms the brain and central nervous system.

CONTRAINDICATIONS

- Neck injury.
- Hernia.
- Peptic or duodenal ulcers.
- Slipped disc.

SAVASANA **(Corpse Pose)**

- Begin by lying on your back on a flat surface, such as a yoga mat or carpeted floor.
- Let your feet fall naturally to either side and allow your arms to rest at your sides with your palms facing up.
- Close your eyes, and take a few deep breaths to help yourself relax.
- Slowly turn to the right side and sit up.



BENEFITS

- Reduces stress.
- Improves sleep.
- Increases awareness.
- Improves blood circulation.

PRECAUTIONS

- Cervical spondylitis should take care of the neck.

PARVATASANA **(Mountain pose)**

- Sit in padmasana or ardha-padmasana or sukhasana, lift both your hands up in namaste.
- Breathe in, and stretch in the opposite direction of gravity.
- Breathe out, and release the stretch staying in the same position.



BENEFITS

- Improves back posture and coordination.
- Improves agility.
- Improves concentration.
- Stretches back muscles.

PRECAUTIONS

- In case of knee injuries, practise with stretched legs.

YOG MUDRA

- Sit in padmasana or ardha-padmasana or sukhasana.
- Take your hands back, hold your right hand's wrist with the left hand.
- Breathe out, bend forward, deepen the stretch.



BENEFITS

- Massages abdominal muscles.
- Alleviates constipation.
- Helps prevent sagging of the uterus.
- Improves the health of the abdomen and pelvic organs.

CONTRAINDICATIONS

- Spinal injury and abnormalities.
- Cervical pain.
- Hypertension.
- Serious cardiac conditions.
- Hernia.
- Eye issues.
- Bulging tummy.

ARDHA MATSYENDRASANA **(Spinal twist)**

(First right, then left)

- Keep your left heel close to the right hip, cross your right leg over your left knee, and twist to the right side.
- Right palm near your right hip, keep your left hand on the right leg and push it to deepen the stretch. Look over your right shoulder.
- Breathe in, and deepen the stretch. Breathe out and relax.
- Repeat the same on the other side.



BENEFITS

- Lengthens the spine.
- Reduces back pain.
- Spine flexibility and back-muscles health.
- A great tool to de-stress.
- Reduces abdominal fats.
- Helps in diabetes.
- Improves digestion.

CONTRAINDICATIONS

- Slipped disc.
- Hip and knee injuries.
- Frozen shoulder.
- Hernia.

ARDHA PAWANMUKTASANA (One Leg Wind pose)

(First Right, then left)

- Laying down on your back, fold your leg and bring it close to the chest.
- Breathe out, try to touch your forehead or nose or chin to the knee.
- Breathe in , relax and return back slowly.
- Repeat the same with the other leg.



PAWAN MUKHTASANA **(Wind pose)**

- Lying on your back, fold both your legs and bring them close to the chest.
- Breathe out, lift your head and try reaching your knees with your nose in between them.
- Breathe in, return back slowly.



BENEFITS

- Relieves gas and bloating.
- Helps in diabetes.
- Improves digestion.
- Eases tension in the lower back.
- Strengthening of back and abdominal muscles.
- Relieves pain in sciatica.

CONTRAINDICATIONS

- Recent abdominal surgery.
- Hernia.

PRECAUTIONS

- In case of neck injuries or cervical spondylitis, practise with head on the mat.

MAKARASANA **(Crocodile Pose)**

- Lie on your stomach.
- Bend your right leg, at a 45 degree angle, keeping your left leg straight.
- Place your left cheek on your mat.
- Relax, breathe normally.



BENEFITS

- Provides deep relaxation.
- Releases tension in the back.
- Relieves stress.

ARDHA SHALABHASANA **(Half locust pose)**

(First Right, then left)

- Lie on your stomach. Breathe in, Lift your leg up straight, without bending at the knee. Make sure your chin is touching the floor.
- Your palms are on the side facing upwards.
- Breathe out, slowly return back.
- Repeat the same with the other leg.



SHALABHASANA **(Full locust pose)**

- Lie on your stomach. Make a fist(both hands) thumb encircled by the fingers. Place both your fists near the groin region. Chin, shoulders, and torso touching the floor.
- Breathe in, lift both legs up together, feet touching each other.
- Breathe out, slowly return back.



BENEFITS

- Opens the shoulder blades, neck, and collarbones.
- Improves spinal posture, flexibility, and alignment.
- Reduces back pain.
- Improves circulation.

CONTRAINDICATIONS

- Pregnancy.
- Wrist or rib fracture.
- Asthma.
- Carpal tunnel syndrome.
- Recent abdominal surgery.

VIPARITA SHALABHASANA **(Superman pose)**

- While laying down on your stomach, place both your hands shoulder-width apart in a straight line. The feet should also be placed at a distance from each other.
- Breathe in, lift up (only torso touching the floor).
- Breathe out, slowly return back.



BENEFITS

- Strengthen back muscles.
- Improves posture.
- Helps in diabetes.
- Stronger legs and buttocks.
- Improves digestion.

CONTRAINDICATIONS

- Injury and Surgery.
- Lack of Body-Breath Connections.

NATARAJASANA (Dancing Shiva pose)

(First right, then left)

- Lie on your back. Extend your hand in line with your shoulder, bend your leg, place it on the other knee, look towards the extended hand and twist your leg to the opposite side.
- Breathe out, and rest the bent leg in the direction of gravity.
- Breathe in, release your grip a little, and stay in the same position.
- Repeat the same for the opposite leg.



BENEFITS

- Opens up the hips.
- Strengthens the core.
- Tones abdominal organs and hips.
- Improves digestion.
- Relieves back pain.

CONTRAINDICATIONS

- Slipped disc.
- Diarrhoea.
- Hernia.
- Recent or recurring injuries: back, knee, ankle, or instability in the hip joint.

NADISHODHAN PRANAYAMA (Alternate nostril breathing)

- Sit comfortably in Sukhasana with your spine erect and shoulders relaxed.
- Place your left hand on the left knee, and palms open to the sky or in Chin Mudra (thumb and index finger gently touching at the tips).
- Place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and little finger on the left nostril, and the thumb on the right nostril.
- Press your thumb down on the right nostril and breathe out gently through the left nostril.
- Now breathe in from the left nostril and then press the left nostril gently with the ring finger and little finger.
- Continue inhaling and exhaling from alternate nostrils.
- Complete 9 such rounds by alternately breathing through both nostrils.



NADISHODHAN PRANAYAMA **(Alternate nostril breathing)**

BENEFITS

- Infuses the body with oxygen.
- Clears and releases toxins.
- Reduces stress and anxiousness.
- Increases energy, and alertness.
- Improves concentration.
- Balances prana.

CONTRAINDICATIONS

- Cold, fever, flu.
- Blocked sinuses.
- During menstruation.
- High anxiety or nervousness.

PRANAMASANA

(Prayer pose)

- Stand by keeping your feet together and balance your weight equally on both feet.
- Breathe in and out, bring your palms together in front of the chest.
- Expand your chest and relax your shoulders.
- Breathe out, and relax.



BENEFITS

- Relaxes the nervous system.
- Maintains body balance.
- Relieves stress and anxiety.

HASTA UTTANASANA **(Raised arms pose)**

- Stand by keeping your feet together and balance your weight equally on both feet.
- Breathe in and reach with your arms—up and backward, keeping the biceps close to the ears.
- Keeping your head in a neutral position and in line with the spine.
- Breathe out, and relax.



BENEFITS

- Increases flexibility and range of motion.
- Increases awareness and focus.
- Stretches the muscles near ribs, neck, shoulders and arms.
- Strengthens the spinal cord.

CONTRAINDICATIONS

- Injury or Surgery.

HASTAPADASANA **(Standing forward bend)**

- Stand by keeping your feet together and balance your weight equally on both feet.
- Breathe out, and bend forward, placing your palms on the floor, outside of your feet.
- As you exhale completely, bring the hands down to the floor beside the feet.
- Breathe in, and relax.



BENEFITS

- Gives the body a nice shape.
- Stretches the body muscles.
- Strengthens hands, legs, and chest.
- Improves blood circulation.
- Fights belly diseases.

CONTRAINDICATIONS

- Cardiac conditions.
- Backache.
- Hernia.
- Vertigo.
- Hypertension.

ASHWA SANCHALANASANA **(Equestrian pose)**

- Start with Hastapadasana, breathing in, push your right leg back, as far back as possible.
- Bring the right knee to the floor and look up.
- Breathe out, and relax.
- Repeat the same with the opposite leg.



BENEFITS

- Stretches lower back, hip, and calf muscles.
- Strengthens the hip muscles.
- Relaxes back muscles.
- Eases sciatica pain.
- Engages deep core muscles.

CONTRAINDICATIONS

- Injury: neck lower back, quadriceps, groin, knees or hips.

PHALAKASANA **(Plank pose)**

- Place the hands on the ground and hold the body up on the toes and forearms.
- The back and legs should be straight, and breathe out and engage your core muscles.
- Breathe in, relax your knees on the mat.



BENEFITS

- Strengthens the core muscles.
- Improves posture.
- Increases stability and balance.
- Reduces stress.
- Strengthens arms and shoulders.

CONTRAINDICATIONS

- Wrist pain or injury.
- Low back pain.
- Shoulder injuries or conditions.
- Hernia.

ASTANGASANA **(Eight limbs pose)**

- From Phalakasana, gently bring your knees down to the floor and breathe out.
- Take the hips back slightly, slide forward, resting your chest and chin on the floor.
- Raise your posterior a little bit.
- Breathe in, and relax.



BENEFITS

- Corrects posture.
- Strengthens arms and shoulders.
- Strengthens abdomen, knees and chest.
- Improves stability, flexibility and mobility.
- Relieves backache.

CONTRAINDICATIONS

- Carpal tunnel syndrome.
- Wrist pain and injury.
- Recent injuries to your neck, shoulder or elbow.
- Postoperative recovery.
- Hernia.
- Slipped disc.

ADHO MUKHA SVANASANA **(Downward facing dog pose)**

- Start by coming on all fours.
- Breathe out, and lift the hips and the tailbone up, bringing the body into an inverted 'V' pose.
- Breathe in, relax your knees on the mat.



BENEFITS

- Stretches and strengthens the whole body.
- Calms the mind.
- Stimulates blood circulation.
- Relieves sciatica pain.
- Tones core muscles.

CONTRAINDICATIONS

- Wrist or shoulder pain.
- Carpal tunnel syndrome.
- High blood pressure.
- Low blood pressure.
- Injury - back, arms, or shoulders.

VAJRASANA

- Start in a kneeling position with your feet hip-width apart and your toes pointing backwards.
- Slowly lower your buttocks towards your heels, keeping your feet and knees together. Once you are seated, you can rest your hands on your knees or thighs.
- Relax, and sit in sukhasana.



BENEFITS

- Improves flexibility in the ankles and knees.
- Strengthens legs.
- Improves digestion.
- Stimulates the kidneys and bladder.
- Calms mind.



CONTRAINDICATIONS

- Knee injuries or discomfort.

MANDUKASANA

- Sit in Vajrasana.
- Make a fist of both your hands and place them near your pelvic region.
- Breathe out, and bend over.
- Breathe in, and relax.

A



B



C



BENEFITS

- Helps in diabetes.
- Improves gastritis.
- Improves digestion.
- Reduces stress.

CONTRAINDICATIONS

- Knee Injuries.
- Wrist injuries.
- High blood pressure.
- Hernia.

SHISHU ASANA **(Child pose)**

- Start with Vajrasana. Breathe in, take your hands up. As you breathe out, bend forward from your hips.
- You can extend your arms in front of you, with your palms facing down.
- Allow your chest to rest on your thighs and your forehead to rest on the ground.
- Breathe in, come back to Vajrasana, and relax.



BENEFITS

- Calms the mind and body.
- Improves flexibility in the lower back and hips.
- Relieves lower back pain.
- Improves digestion.

CONTRAINDICATIONS

- Neck, back, knee or wrist injuries.
- Hernia.
- High blood pressure.

SUPTA KAPOT ASANA **(Inverted pigeon pose)**

- Lying on your back, knees bent, feet on the floor close to the lower back.
- Lift your left foot, bent from the knee. Now, cross the left ankle and place it on the right thigh.
- Back, head is neutral and rested.
- Lift your right foot off the floor, threading your left arm through the legs.
- Press the right knee deeper into the chest with exhalation.
- Repeat on the opposite side.



BENEFITS

- Energizes and de-stresses the body.
- Stimulates the abdominal organs.
- Relieves lower back pain.
- Improves flexibility and posture.
- Stretches, and strengthens leg muscles.
- Improves digestion.

CONTRAINDICATIONS

- Hernia.
- Knee and hip pain.
- High blood pressure.

BHASTRIKA PRANAYAMA **(Bellows Breath)**

- Sit in vajrasana or sukhasana (cross-legged position).
- Make a fist of both your hands and place them near your shoulders.
- Breathe in, deeply, raise your hands straight up and open your fists.
- Breathe out, slightly forcefully, bring your arms down next to your shoulders and close your fists.
- Continue for 20 breaths.
- Relax with palms on your thighs.



BENEFITS

- Energizes the body and mind.
- Maximizes lung capacity.
- Removes toxins and impurities.

CONTRAINDICATIONS

- Headache.
- Hypertension.
- Hernia.
- Gastric ulcers.
- Vertigo.
- Epilepsy.

JOIN US FOR A FREE YOGA CHALLENGE

UNITE FOR
YOGA

1. Go to www.habit.yoga
2. Enter your name and WhatsApp number.
3. You will get the link to join the WhatsApp group.
4. Join the group and get all the updates there.