

# EIGHT ESSENTIAL YOGA POSES




A Video eBook






***iBodyFit.com***





*it's your body*

by Niki McCants and Franklin Antoian

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Niki is a Registered Yoga Teacher certified through the Yoga Alliance. She discovered yoga in her late teens and began practicing as a way to deal with a diagnosed digestive disorder. In her 20's, after falling away from yoga and having surgery, she was prescribed several medications. In search of alternative ways of coping with her diagnosis, she rediscovered her love of yoga and deepened her practice by becoming a Registered Yoga Teacher. Years later, she continues to practice yoga and works diligently to continue her study of the history, philosophy and limbs of yoga.

Niki's original intention of yoga training was to deepen her awareness of the practice of yoga. Since being certified with Yoga Alliance, she has found the motivation and joy to share her knowledge with students.

Studying with well known teachers from both the East and West Coast, she has managed to evolve and transform many elements of her own practice. Her styles of yoga include: Ashtanga, Kripalu, Vinyasa, Yin and her favorite, Children's yoga.

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Niki is currently pursuing a master's degree in social work. The opportunity to combine the clinical knowledge of social work and the skills of yoga has proven to be extremely helpful and enlightening to both her yoga and social work practices.

If you are reading this, you are probably interested in ways to incorporate healthy choices into your current lifestyle. Niki is happy to train you online or help you find a local studio that meets your needs.

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## Welcome



If you are reading this eBook, you may be interested in getting stronger, having more energy and losing weight. In addition to the other workouts you can find at [iBodyFit.com](http://iBodyFit.com), Yoga is a key ingredient to help you reach and maintain your goals. Instead of thinking of yoga as another tool for weight "loss", I urge you to think of yoga as a tool for health "gain". If this is one of your first experiences of yoga, be sure to remember that it takes time to understand the strength of the practice. The benefits are infinite. It's up to you to recognize them.

The following poses are basic poses of a good yoga practice. Remember that many of them can be modified as needed. Most poses have several variations. Be sure to repeat the pose on the opposite side.

The most important part of any yoga practice is to allow your breathing to lead the poses. Smiling is always a great option!



## Tadasana Pose (click box for video!)



Tadasana Pose, or Standing Pose, is a basic yoga pose used in every routine. It is important to understand this posture.

**Step 1.** Stand up straight with your feet hip with apart. Press your heels into mat.

**Step 2.** Your toes and kneecaps should be slightly lifted.

**Step 3.** Your tailbone should be pointed down.

**Step 4.** Keep your shoulders down and back and your sternum up.

**Step 5.** Your chin should be slightly tucked and the crown of your head extended.

*Breathe fluidly.*



## Plank Pose



The Plank Pose will strengthen your arms, wrists, spine and abdomen. Move directly into this pose from Pose #1, Tadasana.

**Step 1.** Inhale and extend your arms over your head.

**Step 2.** Exhale as you fold forward.

**Step 3.** Inhale and look up. (stay in folded position).

**Step 4.** Exhale and press your palms into the mat. Extend your legs into plank position by walking or jumping backwards.

**Step 5.** Your body is in a straight line now, heels towards the back of the mat and pointing up, shoulders towards the front of the mat, above your wrists.

*Breathe fluidly.*

