Yoga Moves You Can Do at Home by Carmela Turner

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Life is getting tough day by day. Busy work schedules, travelling, hectic and unhealthy lifestyle, unhealthy eating habits, etc all lead to many health problems even at an early age. It has become difficult for people to find time to visit a yoga retreat or meditation retreat and practice yoga there. People find it difficult to manage time for work out and therefore just give up the idea of workout. However you can now continue with your lifestyle and schedule and still workout at your home and lead towards a healthy life. You can now practice some yoga moves at home that will help to relax your body and mind and get rid of any health problems.

Here are some moves/yoga poses you can practice at your home. You just need a couple of things for this:

Yoga Mat, Yoga DVD and of course time. Working out for 20-30 minutes a day will prove very beneficial to you. You might spend this much time in travelling if you join some class but if you decide to practice it at home you can utilize this time. If you do not much about this form of exercise then you can learn it by watching a yoga DVD. For your convenience we have jotted down following some exercises that you can practice at home.

Pranayam/ Breathing Exercise:

This is the basic exercise in yoga. It is a breathing exercise and a sort of meditation as well. Reading the next few steps will help you practice this move.

1. Dress up in your yoga attire. Sit in an upright posture on your yoga mat.

2. Sit upright with your legs folded and your spinal cord should be straight. Do not bend pr lean.

3. In this exercise you need to observe your breath. Using your index finger and thumb, first close your right nostril with thumb and inhale from your left nostril. Now close your left nostril with your index finger and exhale breath from right nostril.

4. Repeat this a couple of times.

Cat Pose

1. Get on the floor in cat position that is with your palms and legs touching the floor.

2. Your hand should be exactly below your shoulder and your fingers stretched apart.

3. Now slowly bending your knees place the hands on the hips.

4. Now breathing in pull your chin towards your chest. Exhaling your breath look upwards to the ceiling and stretch your back.

Palm Tree Move:

1. Standing straight at your place, place your arms straight just besides you touching your body.

2. Now lock the fingers of your hand together, and face your palm upwards to the ceiling.

3. You also have to look up at your hand.

4. Looking upwards at your hands try to balance on your tiptoes. Hold for 10 seconds.

These are some simple yoga moves for meditation, back and complete body. These poses are not difficult, however, it needs a bit practice.

Now you donâ€™t have any reason to shy away from working out and blaming it on your schedule. These simple moves can be practiced at home and you can keep adding to it by learning new moves. Get started now and live a healthy life.

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