

Mountain Pose (Tadasana)



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This is a great asana to straighten your spine and stretch it, especially if you sit hunched all day long at school. The Mountain pose releases stress and tensions in the body.

1. Stand in a relaxed pose – with your shoulders down and to your sides.
2. Keep your feet together.
3. Lift your hands slowly and join your hands in salutation (Namaste) or like you are praying.
4. Now slowly stretch your hands above you, and bend backward to face the sky.
5. Stay in the position for ten seconds.
6. Slowly lean back to position and bring your hands down to repeat.

Warrior (Virabhadrasana)



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The warrior pose gives you a buzz of energy and lets you release stress with simple moves. It also strengthens your muscles. There are three different variations of the warrior pose. This is a simple one for beginners.

1. Stand straight with your spine erect and your shoulders relaxed and to your side.
2. Move your feet apart to the sides, with your legs stretched beyond the hips.
3. Stretch your arms to the sides and stand firmly. Your arms should be parallel to the ground.
4. Bend your right knee slowly, as you breathe out.
5. Turn your head to the right and slowly turn your right foot by 90 degrees to the right. Your knee and the right leg should form a right angle.
6. Turn your left foot by 15 degrees.
7. Stretch the arms further and stay in the position for four to five breaths.
8. Breathe in using your belly.
9. To release, slowly pull your legs back and put your hands down. You should be back to standing straight with an erect spine.