Jóga gyakorlatok izomcsoportokkal

Fantasztikus fotók, jóga gyakorlatok izomcsoportok megnevezésével! Tudatos mozgás, tudatos légzés, tudatos élet a JÓGA gyakorlásával! Mozgásforma, mely jótékonyan hat a testünkre, gondolkodásmódunkra, lelkünkre egyaránt! Alakítják testünk rugalmasságát, izomerejét, az ízületeket, egyensúlyunk megtartását, a helyes testtartás kialakítását, és a tudatos légzésünket! A gyakorlatoknál javaslom a fokozatosság betartását, a légzés tudatos használatát! Egy-egy gyakorlatot a nyújtás sikeressége érdekében többször, és 8-10x végzett, légzéssel és kitartással érdemes végezni!

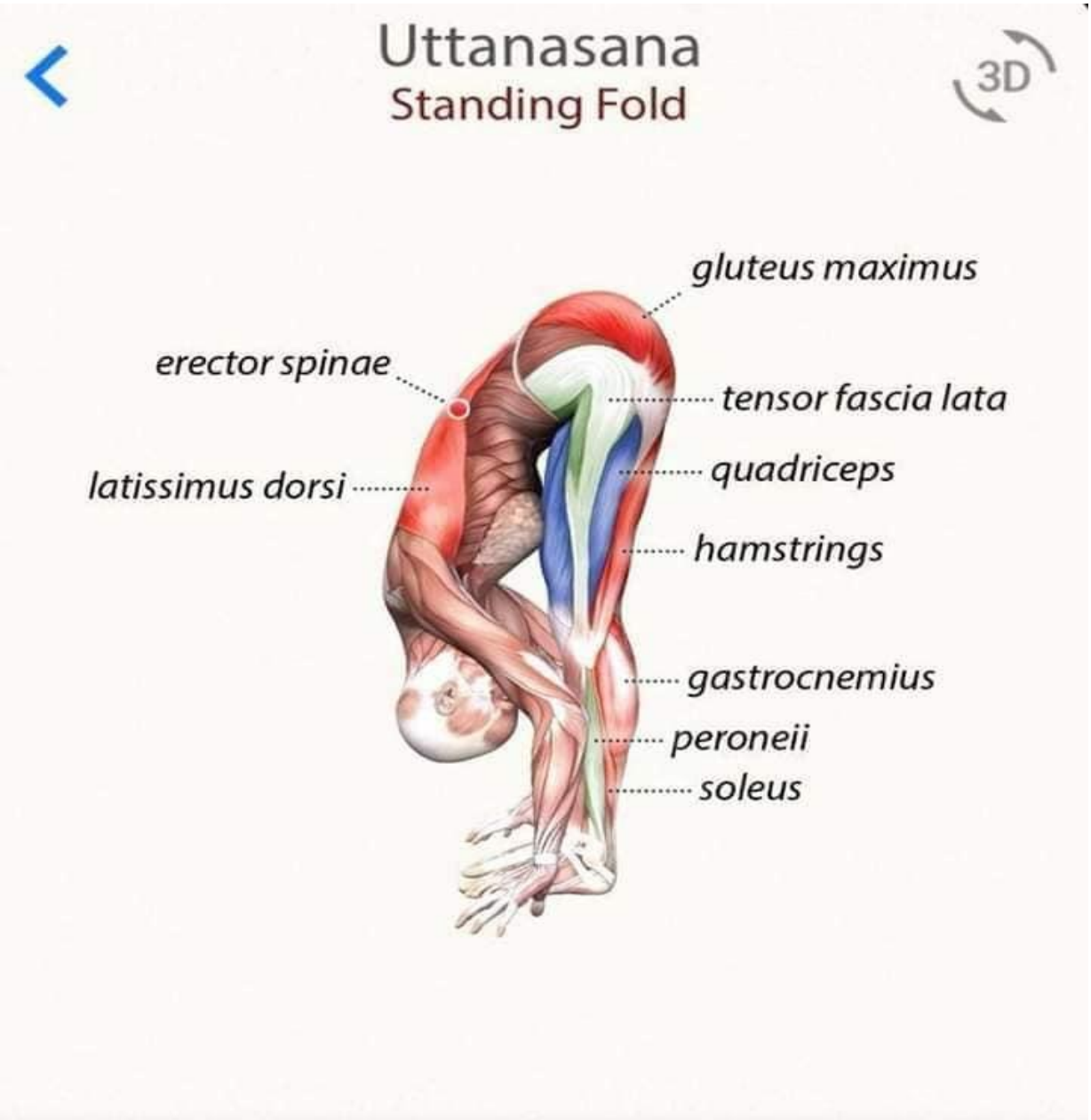
Figyelem! A gyakorlatok megkezdésénél fontos a tested, akár jóga alapgyakorlatokkal vagy egyszerű tornagyakorlatokkal vagy akár a test átdörzsölésével bemelegíteni! Használható bármilyen mozgás levezetésére, vagy önállóan is! A gyakorlatoknál segítséget jelent, ha a szemeddel kinézel egy pontot az adott síkban, és a tudatos légzés alatt ott tartod a figyelmed a ponton is! Ez hozzájárul az egyensúly megtartásához is! Javaslom tapasztalataim alapján, hogy a gyakorlatokat mindig ellentétes irányú nyújtás kísérje, így minden irányból megmozgatjuk a testet, és nem keletkezik fájdalom.

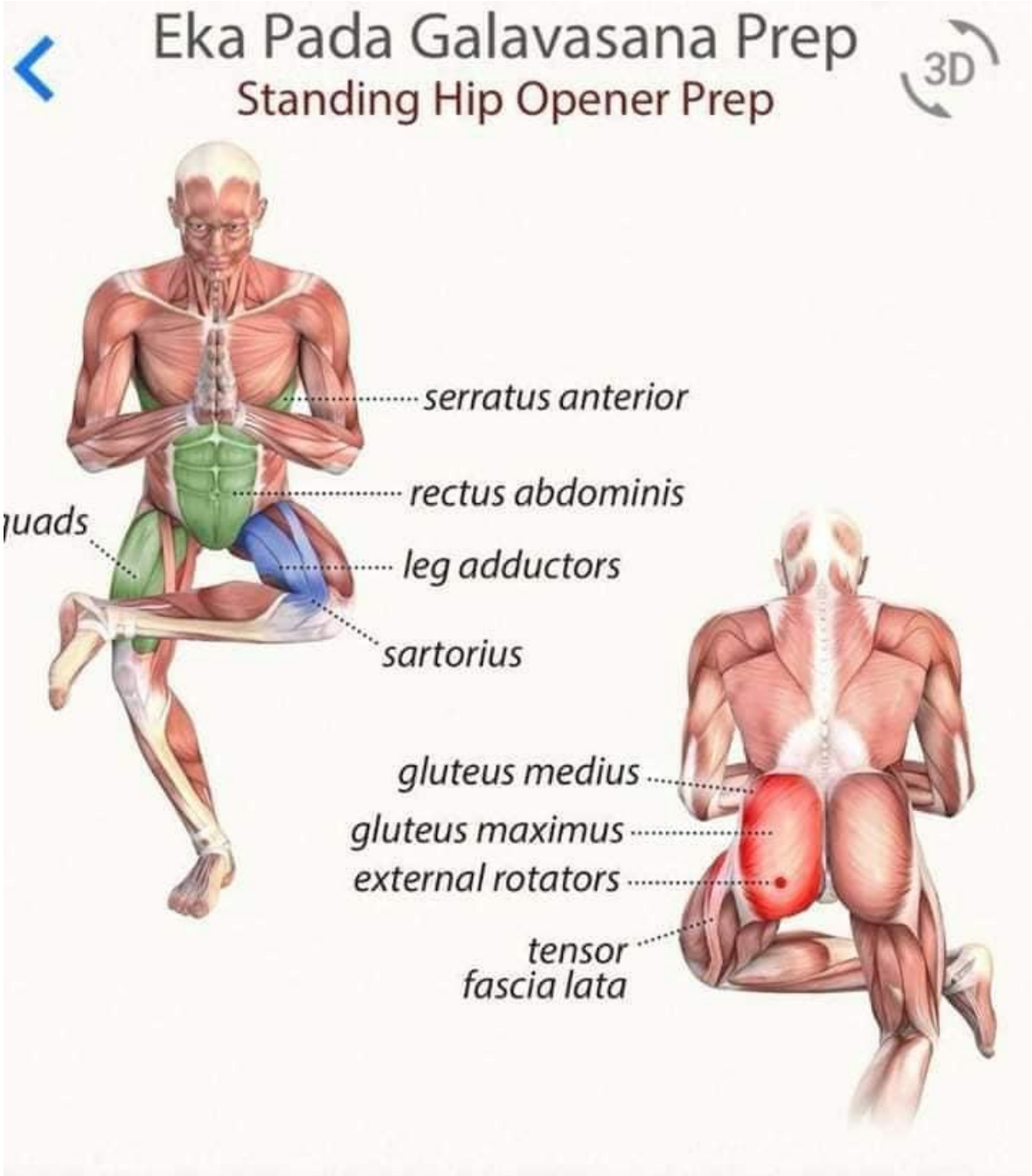
Fontos a tested mindenkori állapotának figyelembevétele és az ellenjavallatok kizárása! A gyakorlatokat mindenki saját felelősségére végezheti! (törés, húzódás, sérülés, vérnyomás, kismamák, stb.)

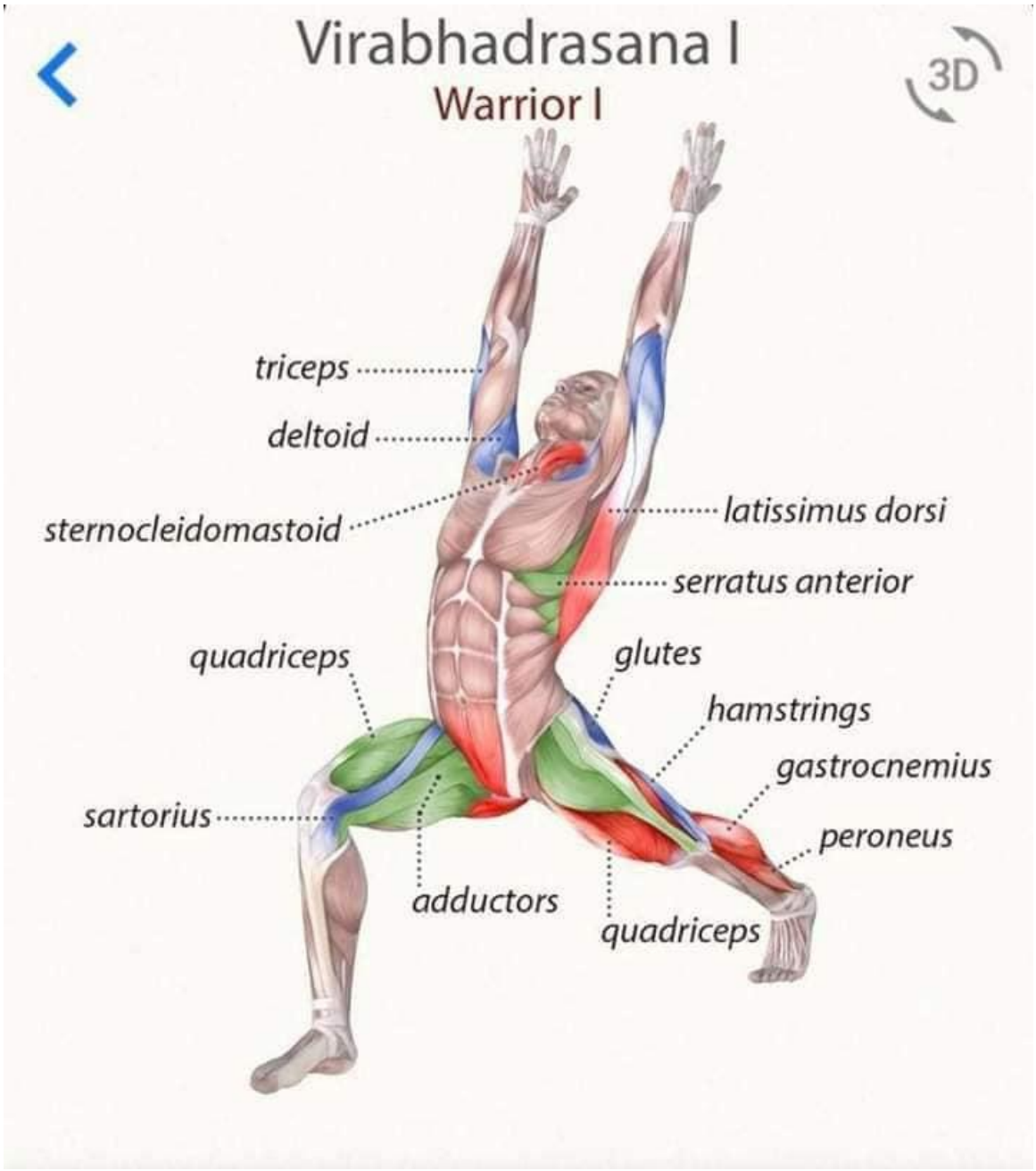
T.É.GY.Önmagadért

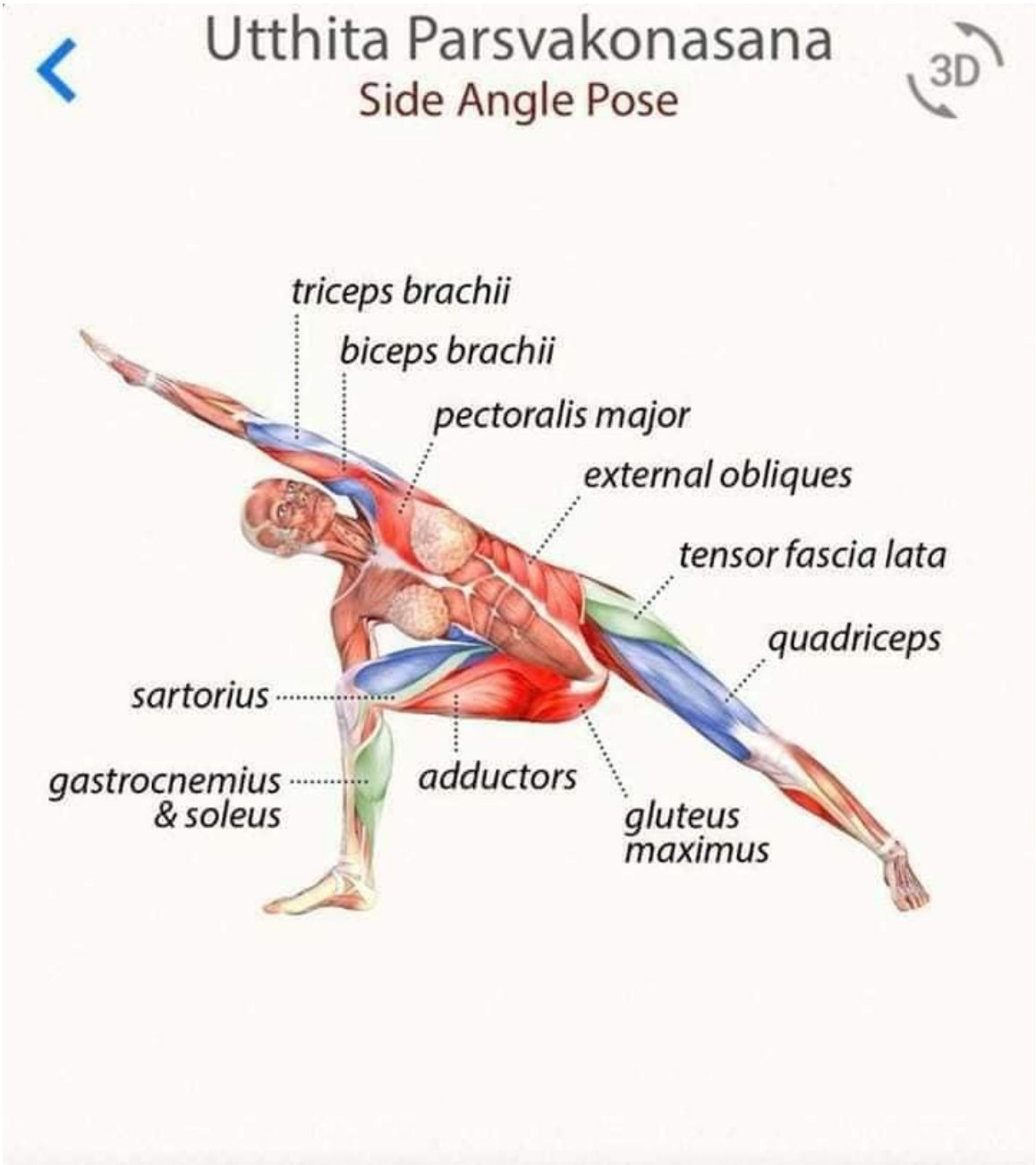
Közösségi oldal: Tudatos élet a gyakorlatban Jakab Tündivel
www.jakabtundi.com
www.masszazsmegoldasok.com

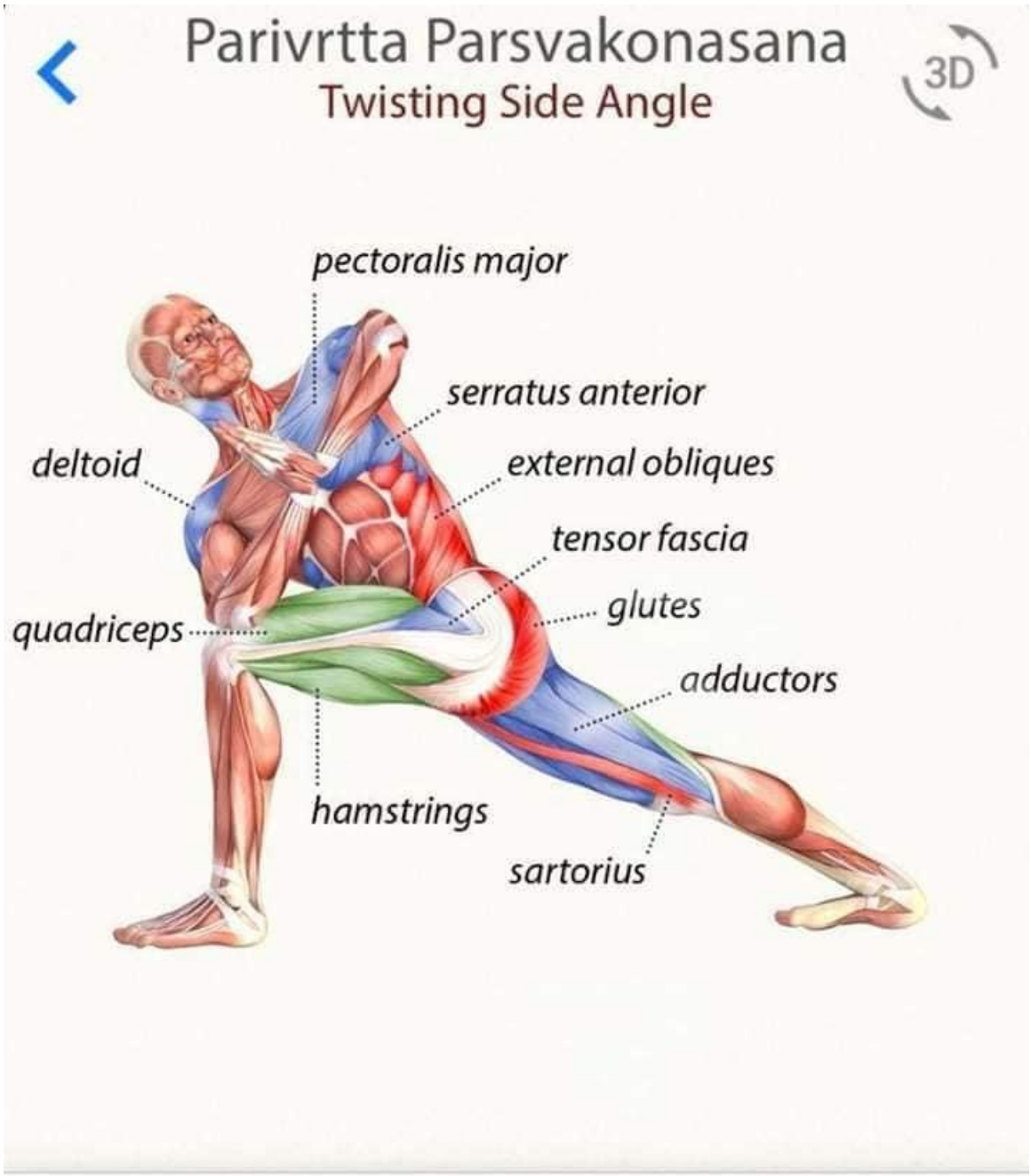
Fotók: Physotherapy Foundation of Bangladesh


Uttanasana
Standing Fold
3D
gluteus maximus
erector spinae
tensor fascia lata
latissimus dorsi
quadriceps
hamstrings
gastrocnemius
peroneii
soleus

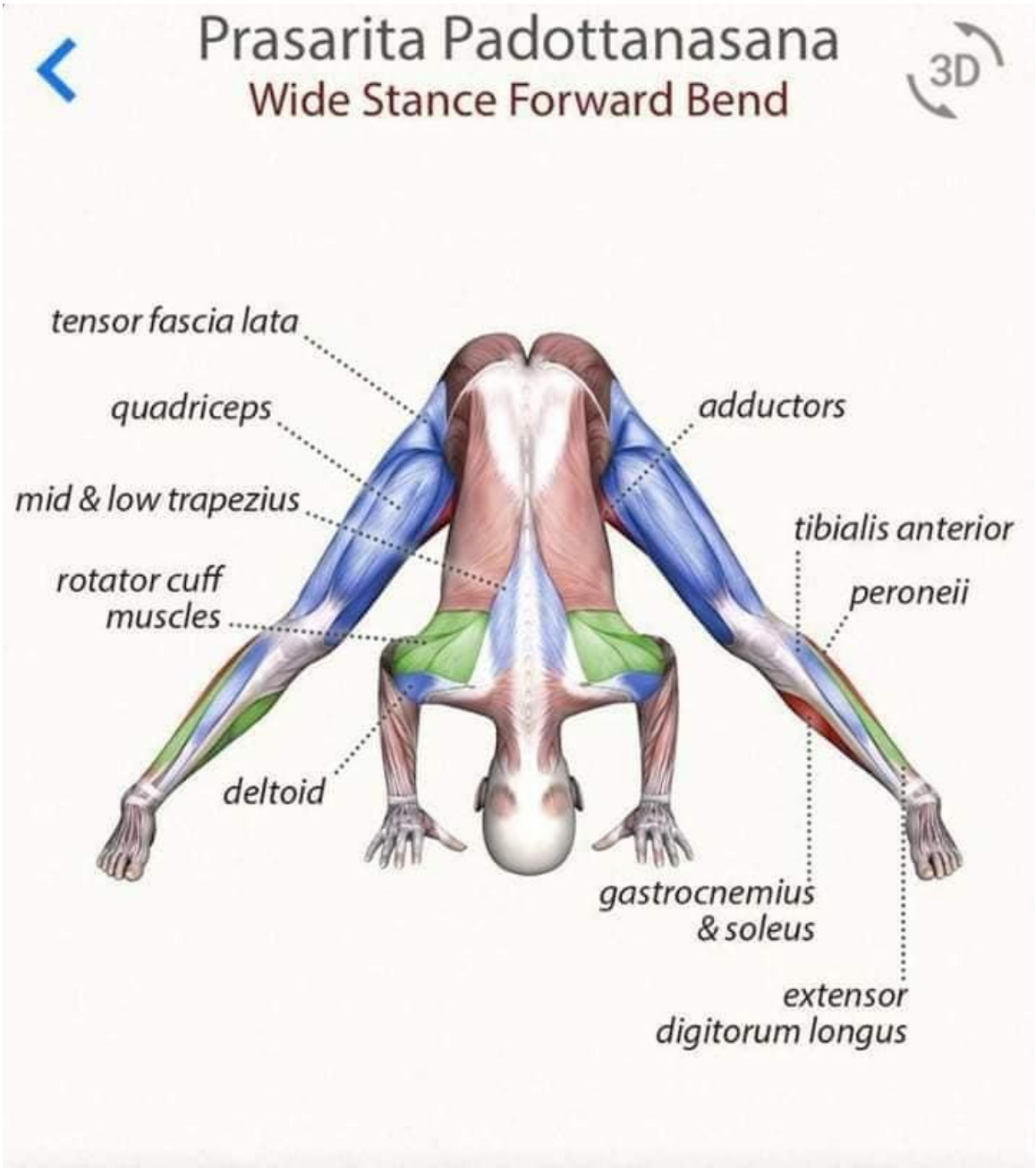

Eka Pada Galavasana Prep
Standing Hip Opener Prep
3D
serratus anterior
rectus abdominis
uads
leg adductors
sartorius
gluteus medius
gluteus maximus
external rotators
tensor
fascia lata

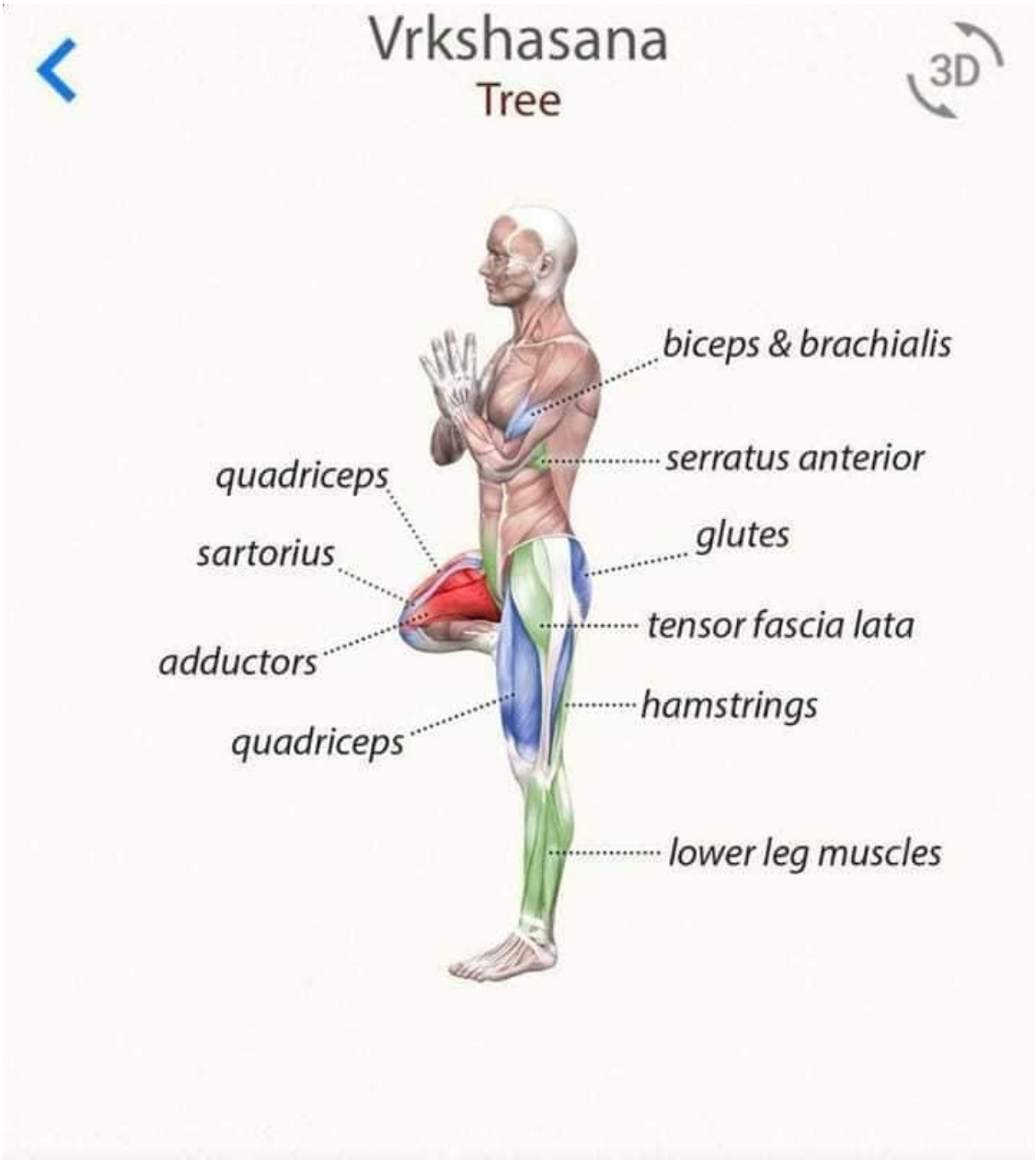

Virabhadrasana I
Warrior I
3D
triceps
deltoid
sternocleidomastoid
latissimus dorsi
serratus anterior
quadriceps
glutes
hamstrings
gastrocnemius
sartorius
peroneus
adductors
quadriceps

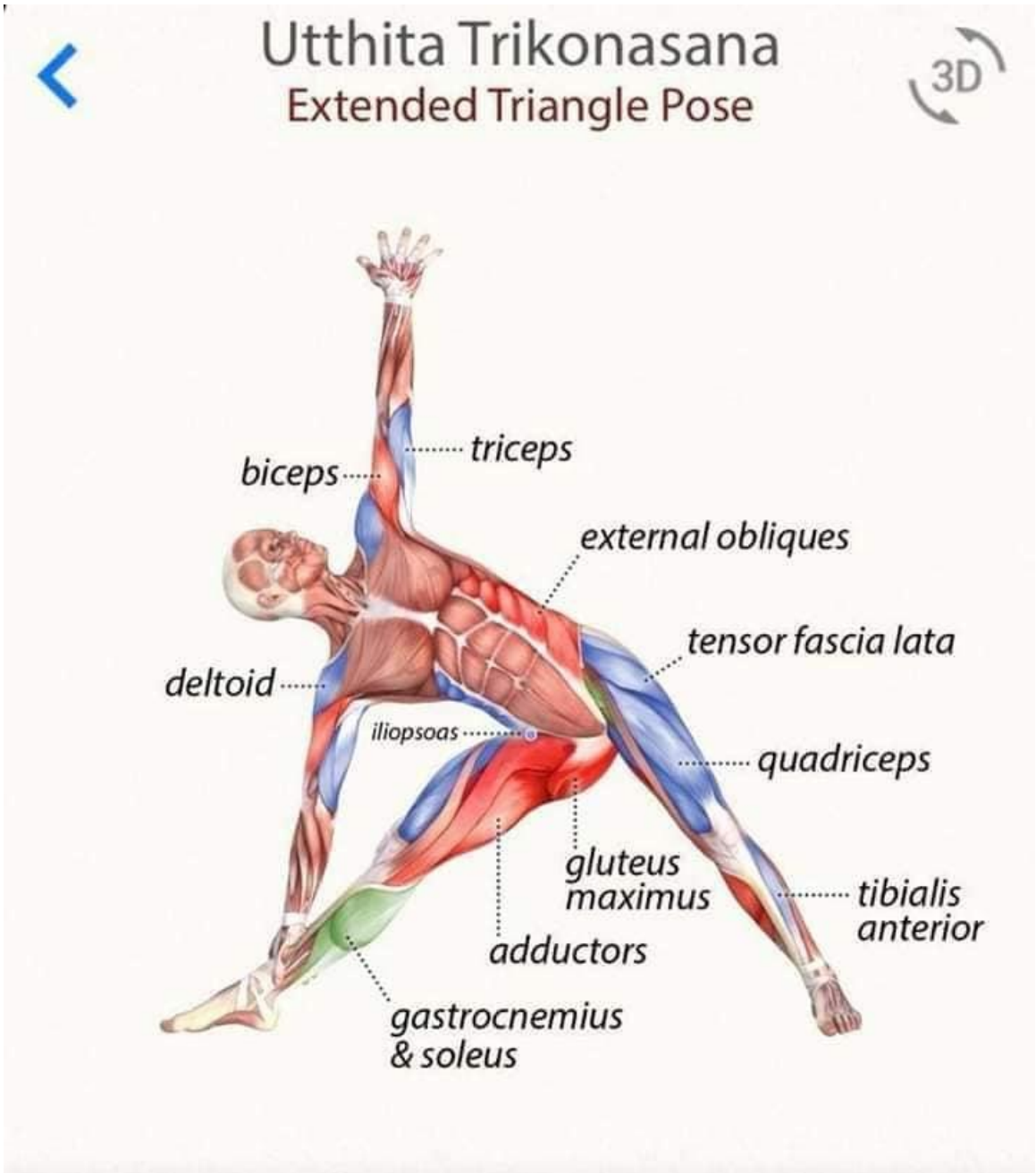

Utthita Parsvakonasana
Side Angle Pose
3D
triceps brachii
biceps brachii
pectoralis major
external obliques
tensor fascia lata
quadriceps
sartorius
gastrocnemius
& soleus
adductors
gluteus
maximus


Parivrtta Parsvakonasana
Twisting Side Angle
3D
pectoralis major
serratus anterior
deltoid
external obliques
tensor fascia
glutes
quadriceps
adductors
hamstrings
sartorius

Parsvottanasana
Intense Side Stretch Pose
3D
latissimus dorsi
gluteus maximus
serratus anterior
mid & lower trapezius
rhomboids
quadriceps
hamstrings
rotator cuff muscles
adductors
gastrocnemius & soleus
tibialis anterior
peroneii
extensor digitorum longus

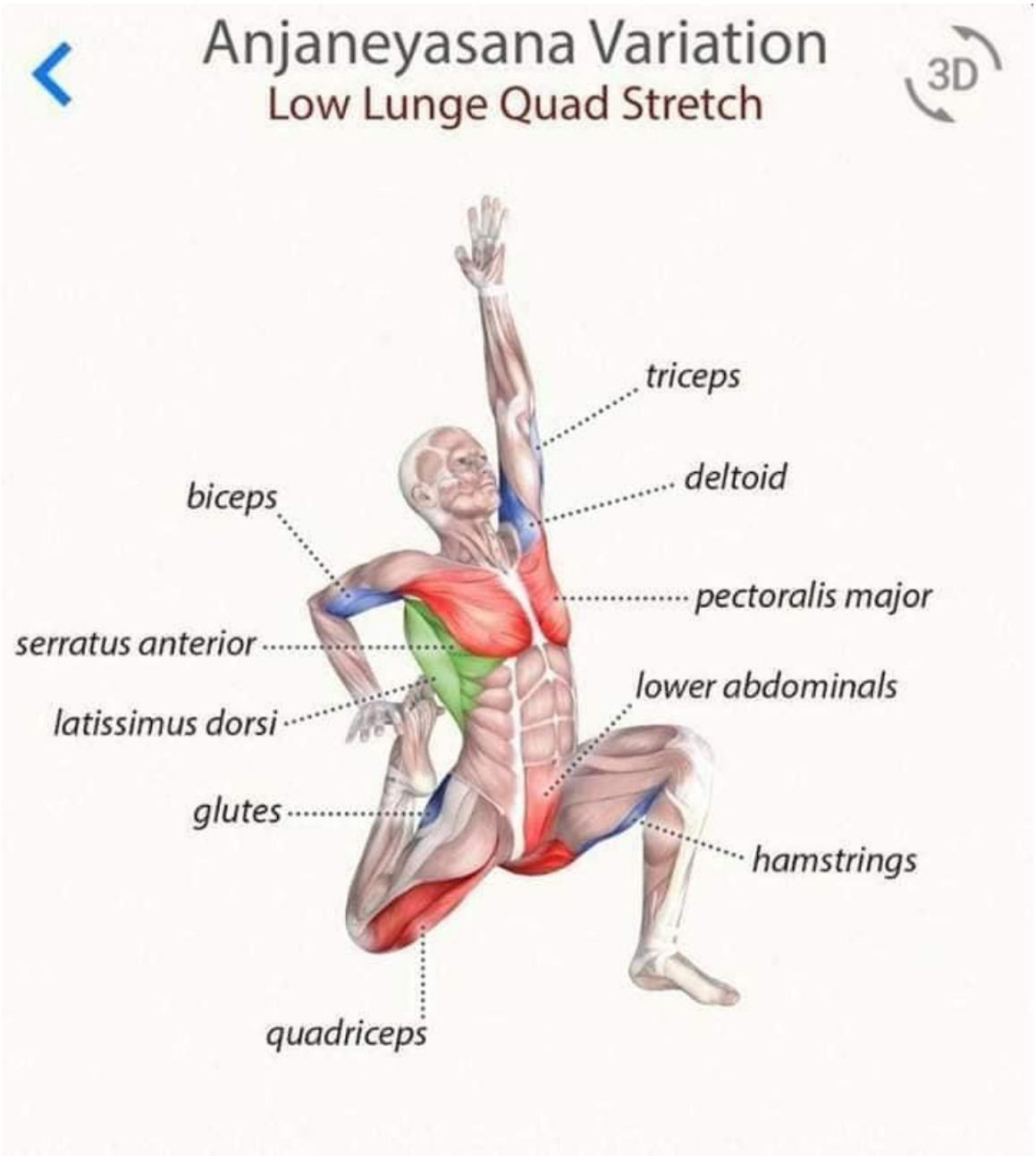

Prasarita Padottanasana
Wide Stance Forward Bend
3D
tensor fascia lata
quadriceps
mid & low trapezius
rotator cuff muscles
deltoid
adductors
tibialis anterior
peroneii
gastrocnemius & soleus
extensor digitorum longus

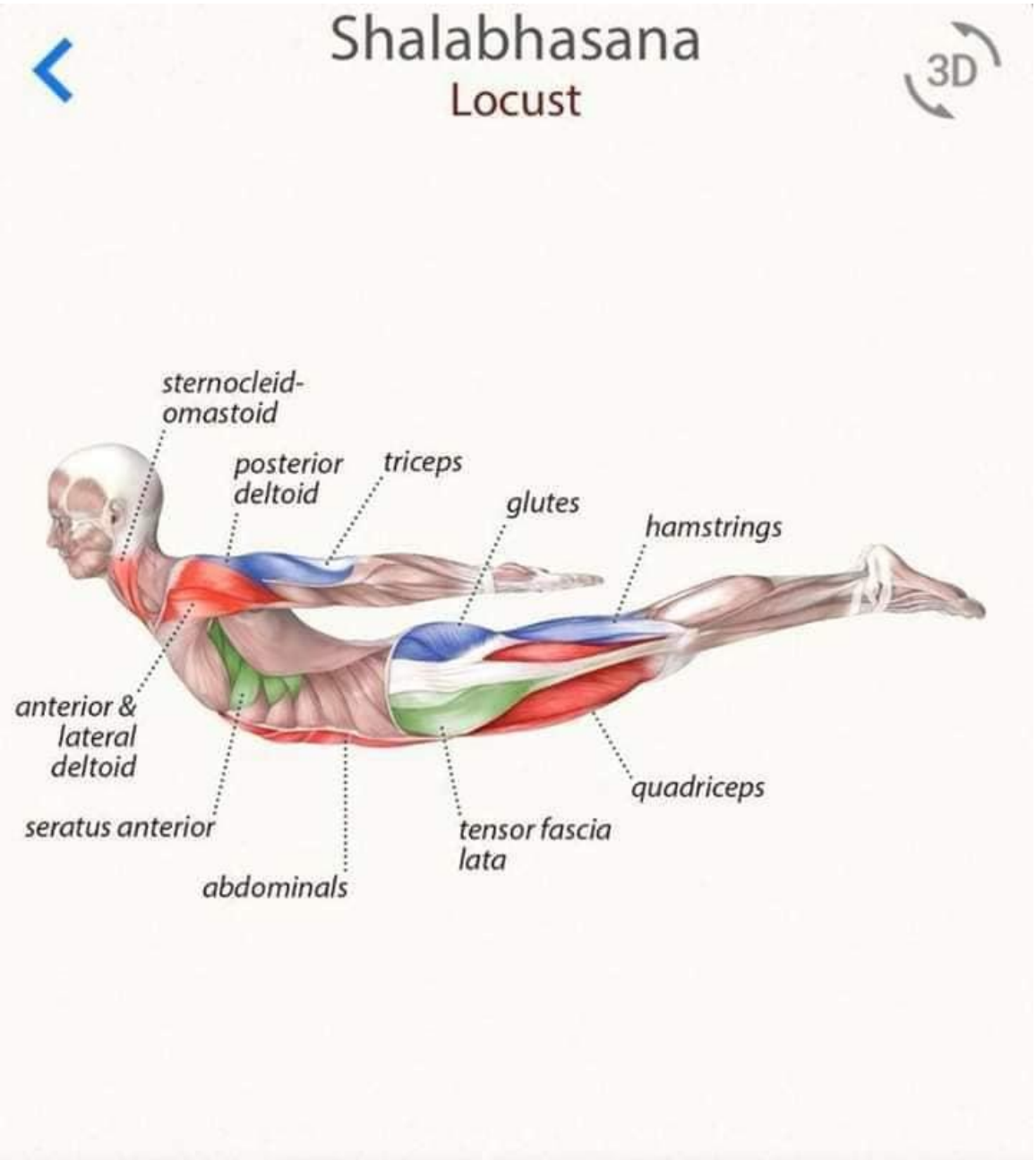

Vrkshasana
Tree
3D
biceps & brachialis
serratus anterior
quadriceps
glutes
sartorius
tensor fascia lata
adductors
hamstrings
quadriceps
lower leg muscles


Utthita Trikonasana
Extended Triangle Pose
3D
triceps
biceps
external obliques
tensor fascia lata
deltoid
iliopsoas
quadriceps
gluteus
maximus
tibialis
anterior
adductors
gastrocnemius
& soleus

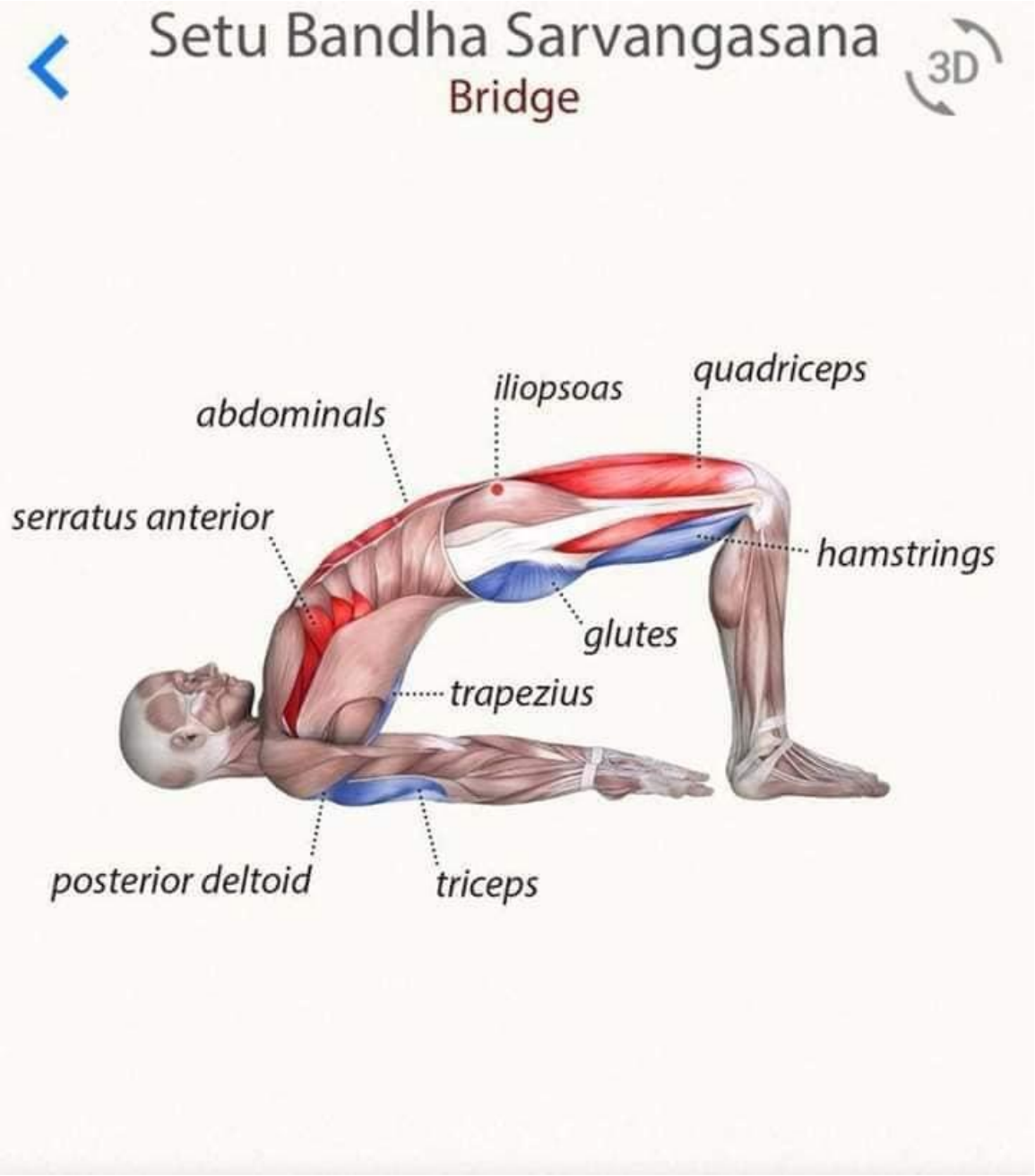
Utthita Hasta Padangusthasana
Standing Toe Hold
3D
soleus
gastrocnemius
hamstrings
adductors
tensor fascia lata
hamstrings
quadriceps
lower leg muscles

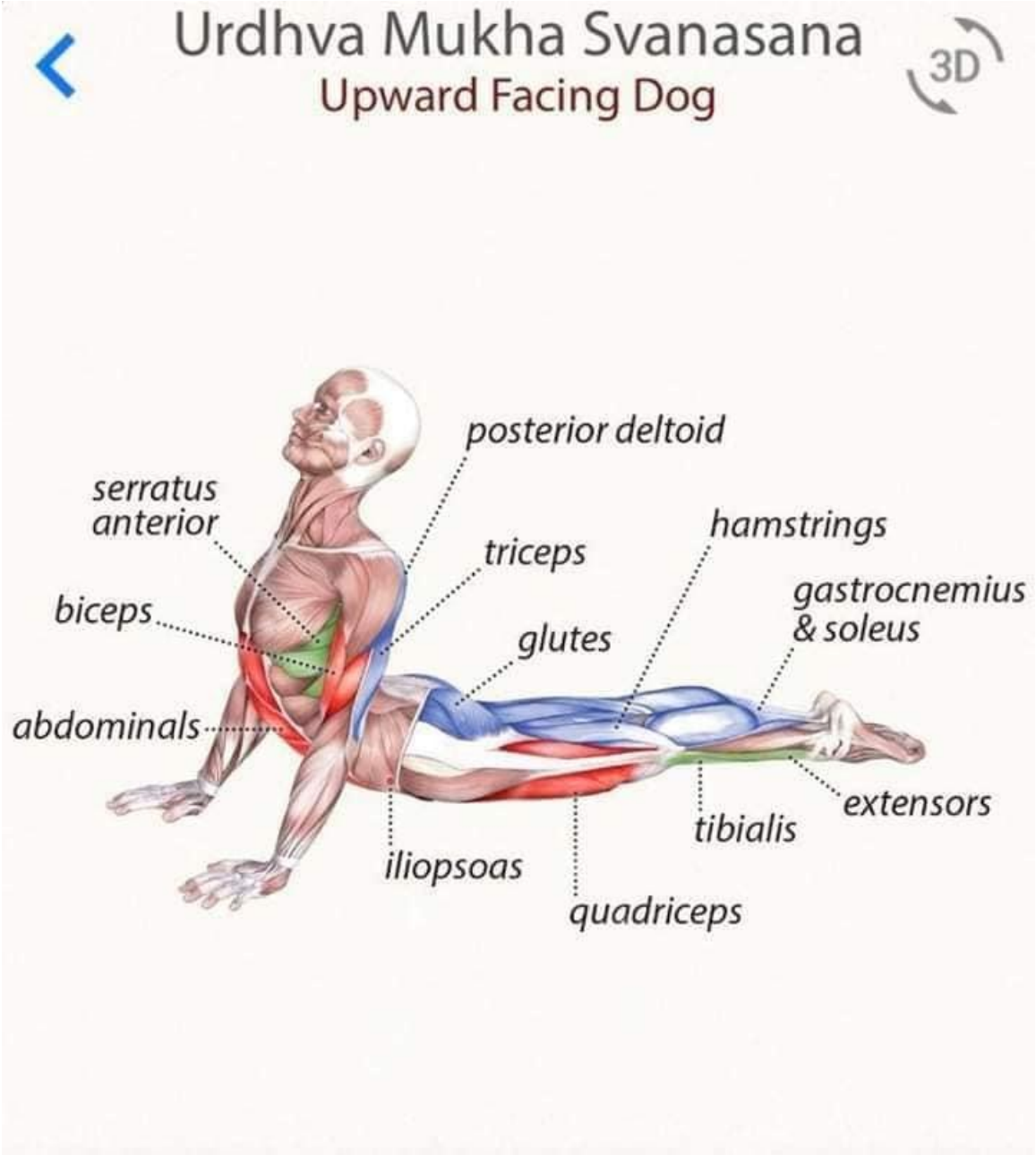
Anjaneyasana
Low Lunge
3D
pectoralis major
iliopsoas
triceps brachii
quadriceps
gluteus maximus
hamstrings

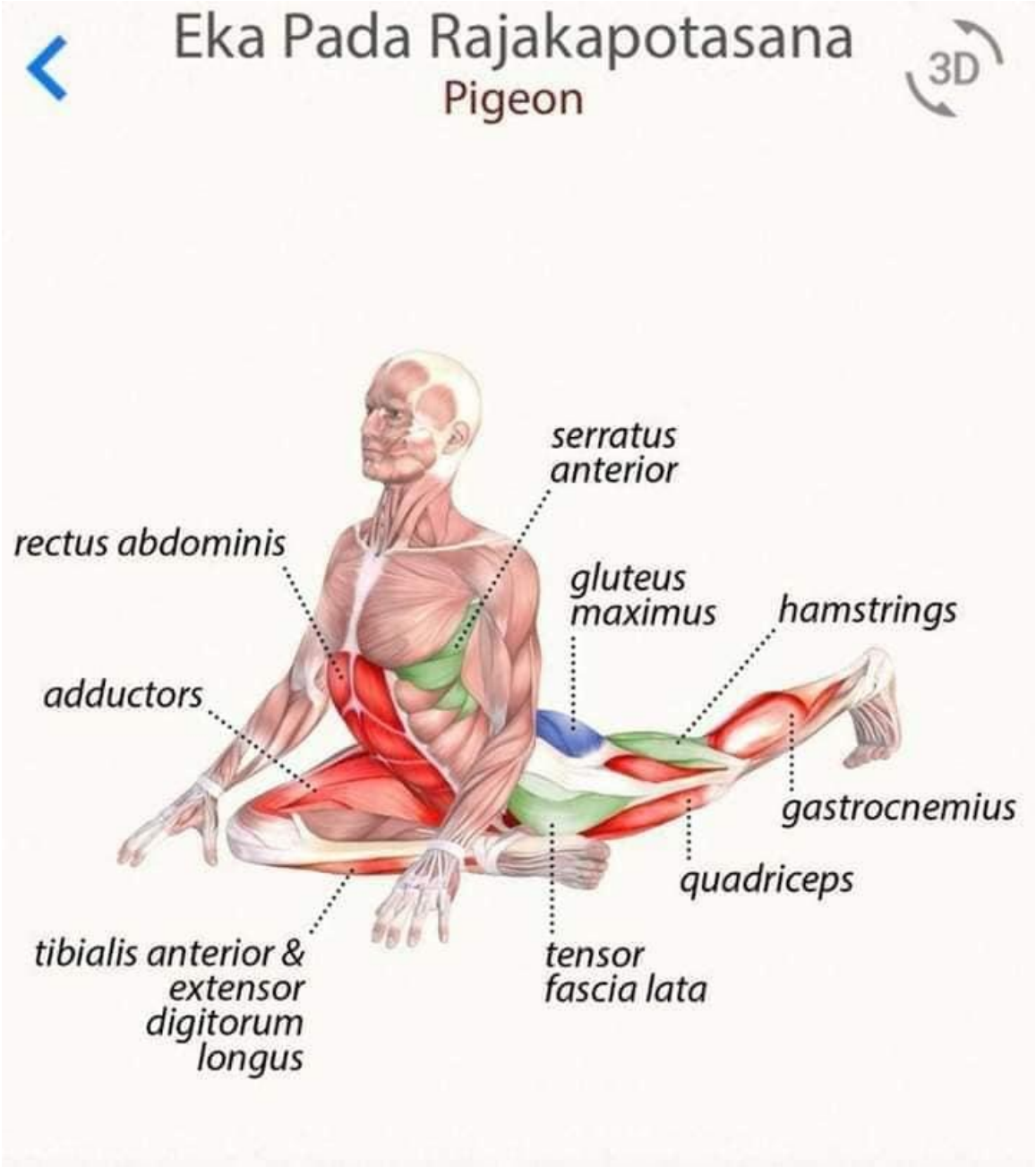

Anjaneyasana Variation
Low Lunge Quad Stretch
3D
triceps
deltoid
biceps
pectoralis major
serratus anterior
lower abdominals
latissimus dorsi
glutes
hamstrings
quadriceps

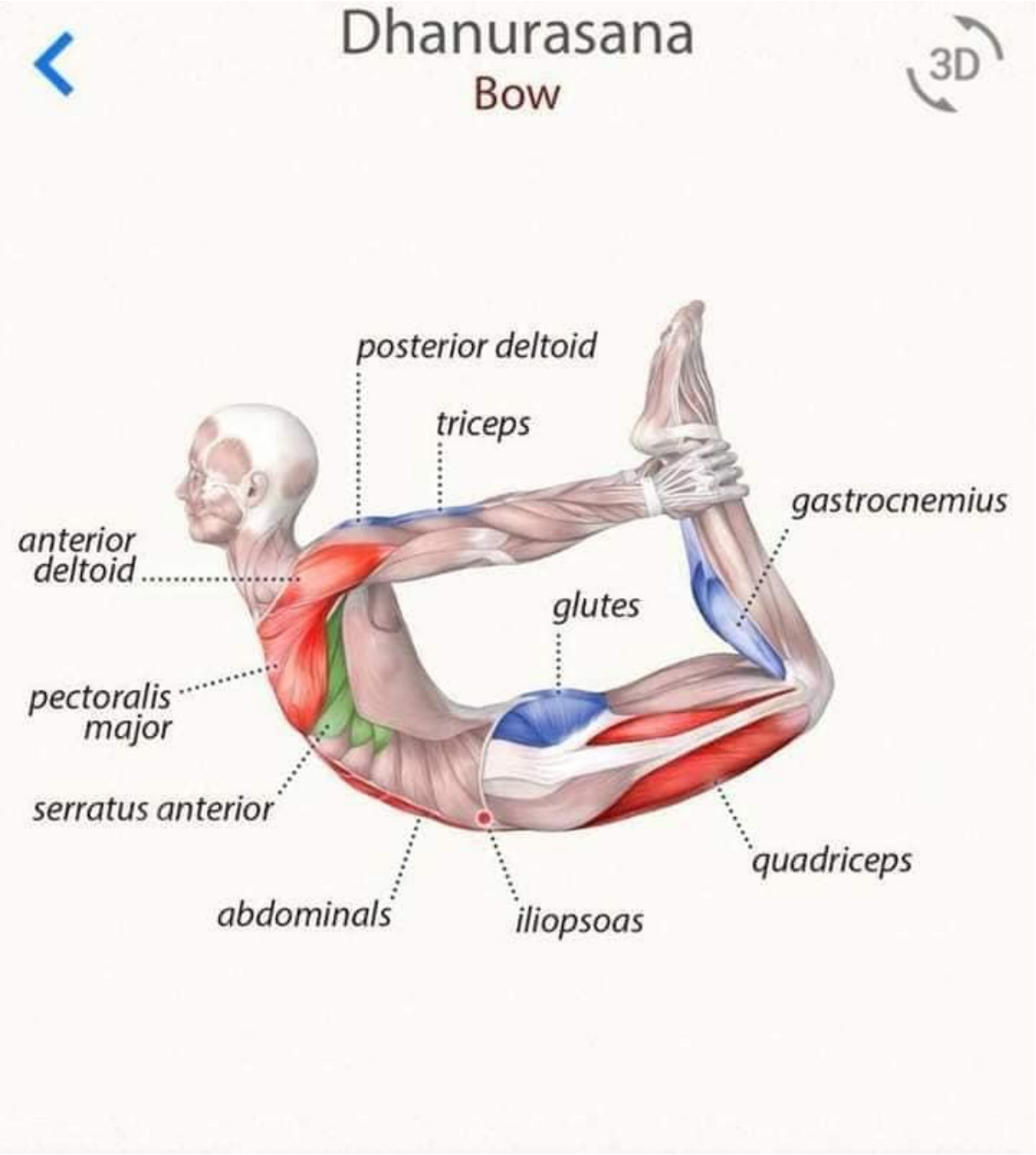

Shalabhasana
Locust
3D
sternocleid-
omastoid
posterior
deltoid
triceps
glutes
hamstrings
anterior &
lateral
deltoid
seratus anterior
abdominals
tensor fascia
lata
quadriceps

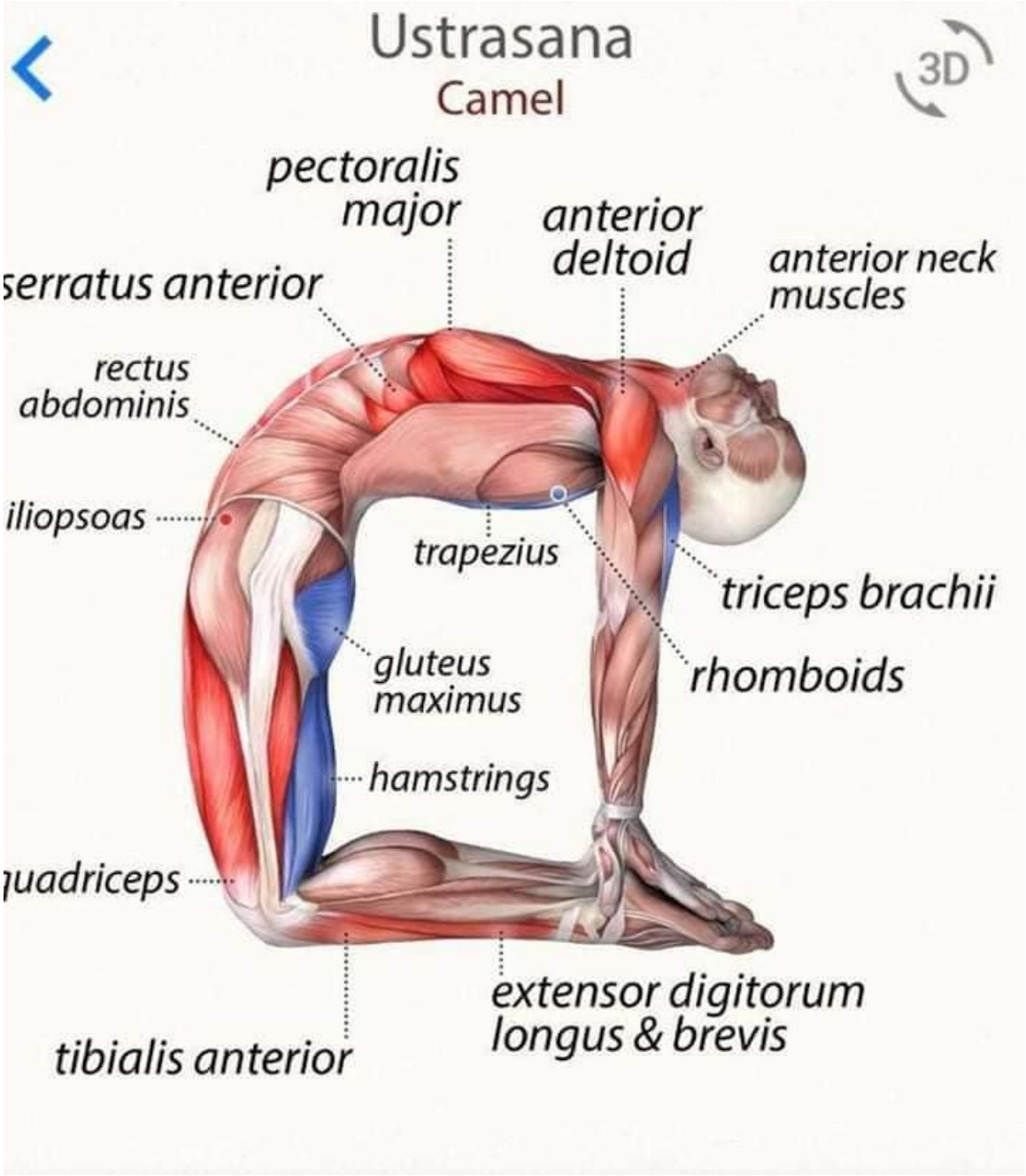
Bhujangasana
Cobra
3D
posterior deltoid
serratus anterior
triceps
biceps
rotator cuff
glutes
hamstrings
gastrocnemius & soleus
tensor fascia lata
quadriceps
tibialis anterior
extensor digitorum longus

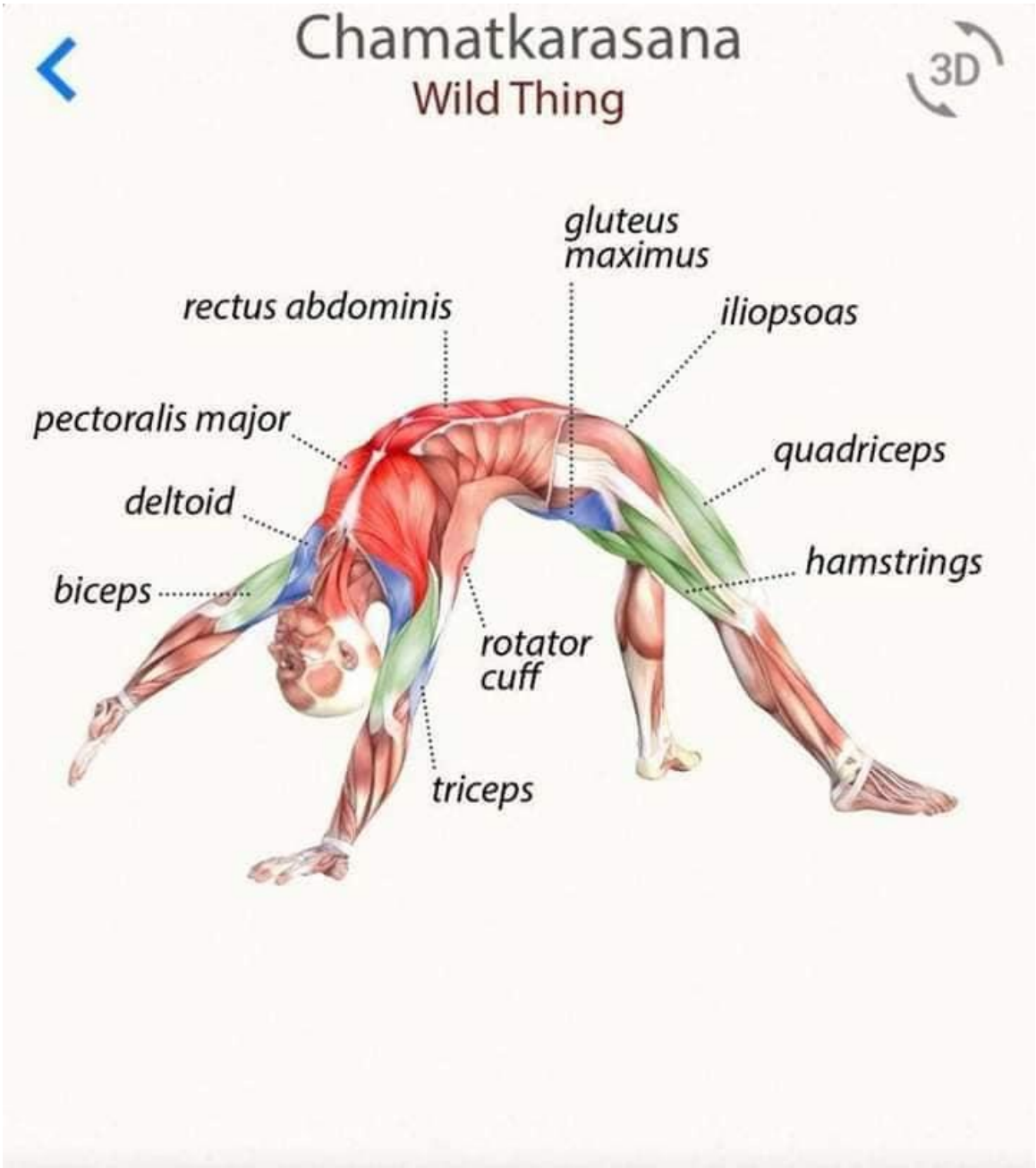

Setu Bandha Sarvangasana
Bridge
3D
abdominals
iliopsoas
quadriceps
serratus anterior
hamstrings
glutes
trapezius
posterior deltoid
triceps

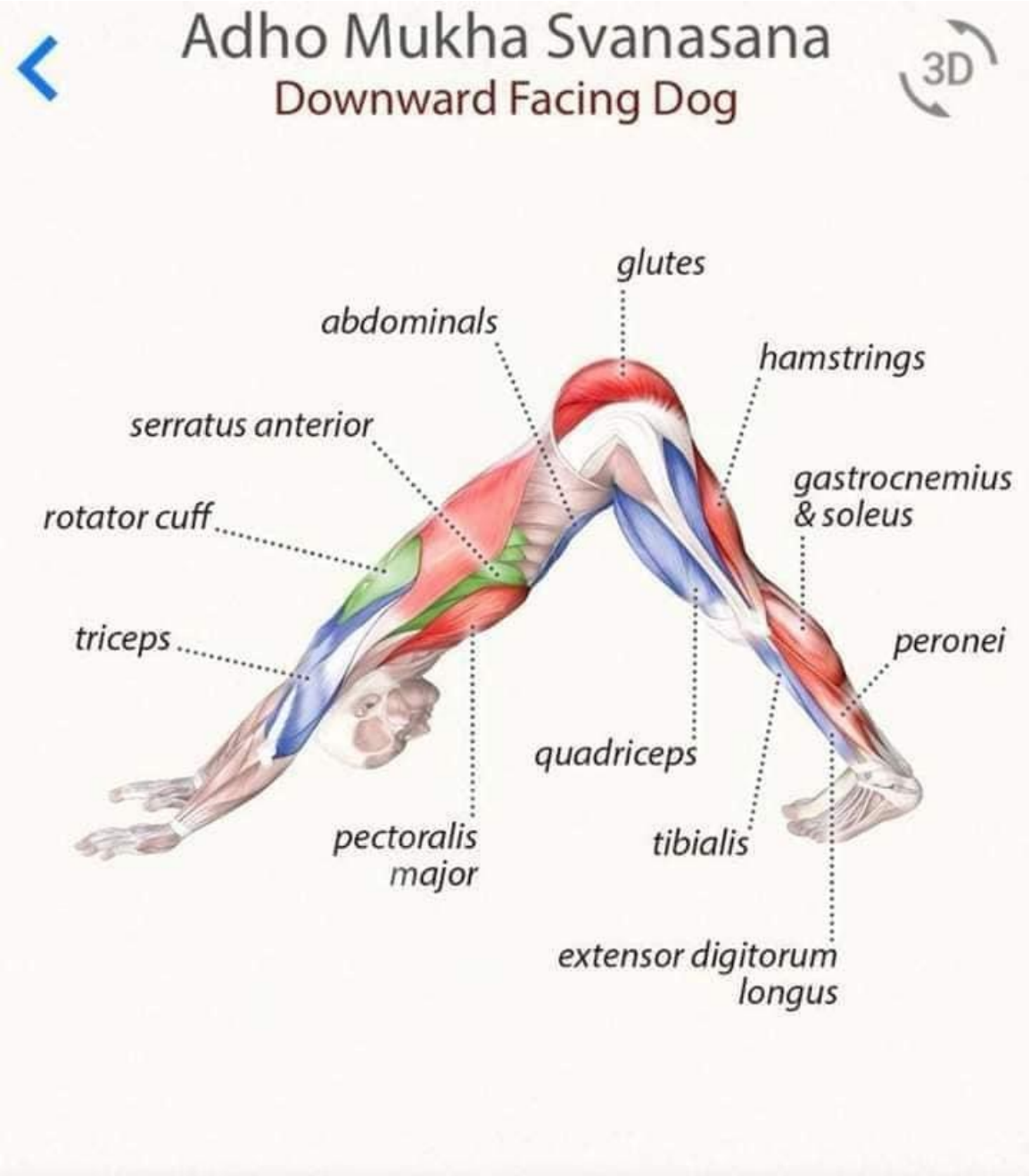

Urdhva Mukha Svanasana
Upward Facing Dog
3D
posterior deltoid
serratus anterior
triceps
hamstrings
gastrocnemius & soleus
biceps
glutes
abdominals
extensors
tibialis
iliopsoas
quadriceps


Eka Pada Rajakapotasana
Pigeon
3D
serratus anterior
rectus abdominis
gluteus maximus
hamstrings
adductors
gastrocnemius
quadriceps
tibialis anterior & extensor digitorum longus
tensor fascia lata

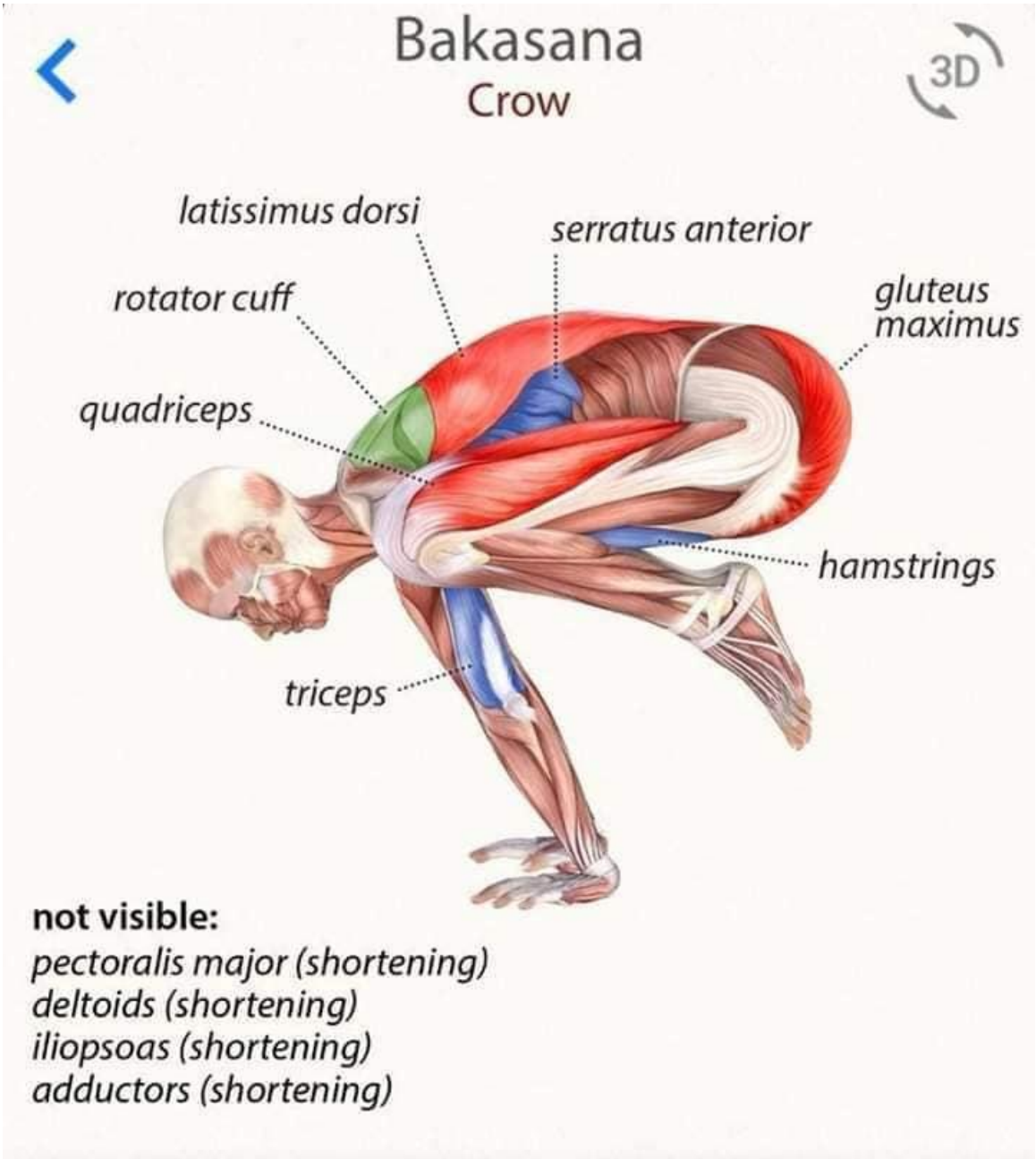

Dhanurasana
Bow
3D
posterior deltoid
triceps
gastrocnemius
anterior deltoid
glutes
pectoralis major
serratus anterior
quadriceps
abdominals
iliopsoas

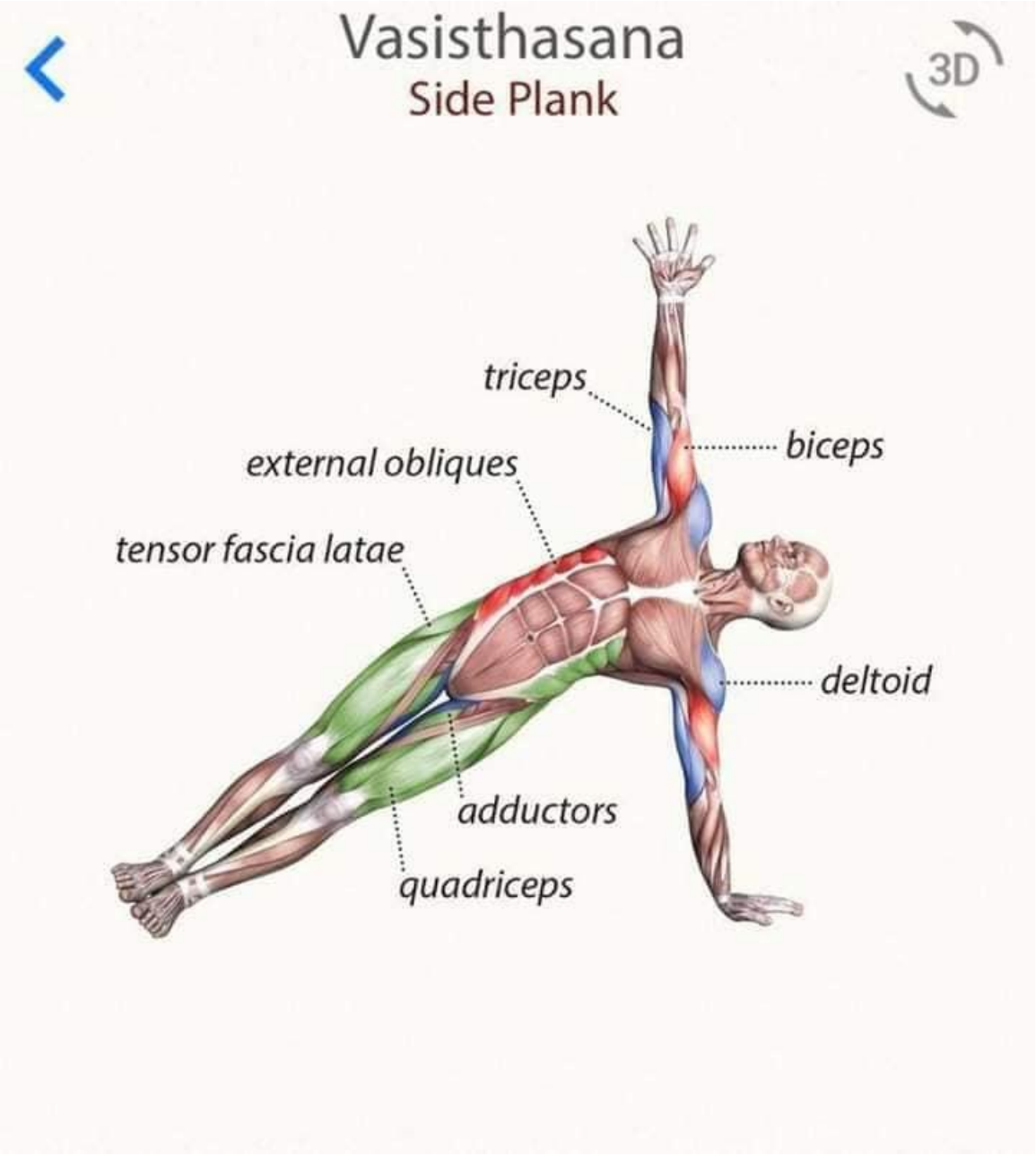

Ustrasana
Camel
3D
pectoralis major
anterior deltoid
anterior neck muscles
serratus anterior
rectus abdominis
iliopsoas
trapezius
triceps brachii
rhomboids
gluteus maximus
hamstrings
quadriceps
extensor digitorum longus & brevis
tibialis anterior

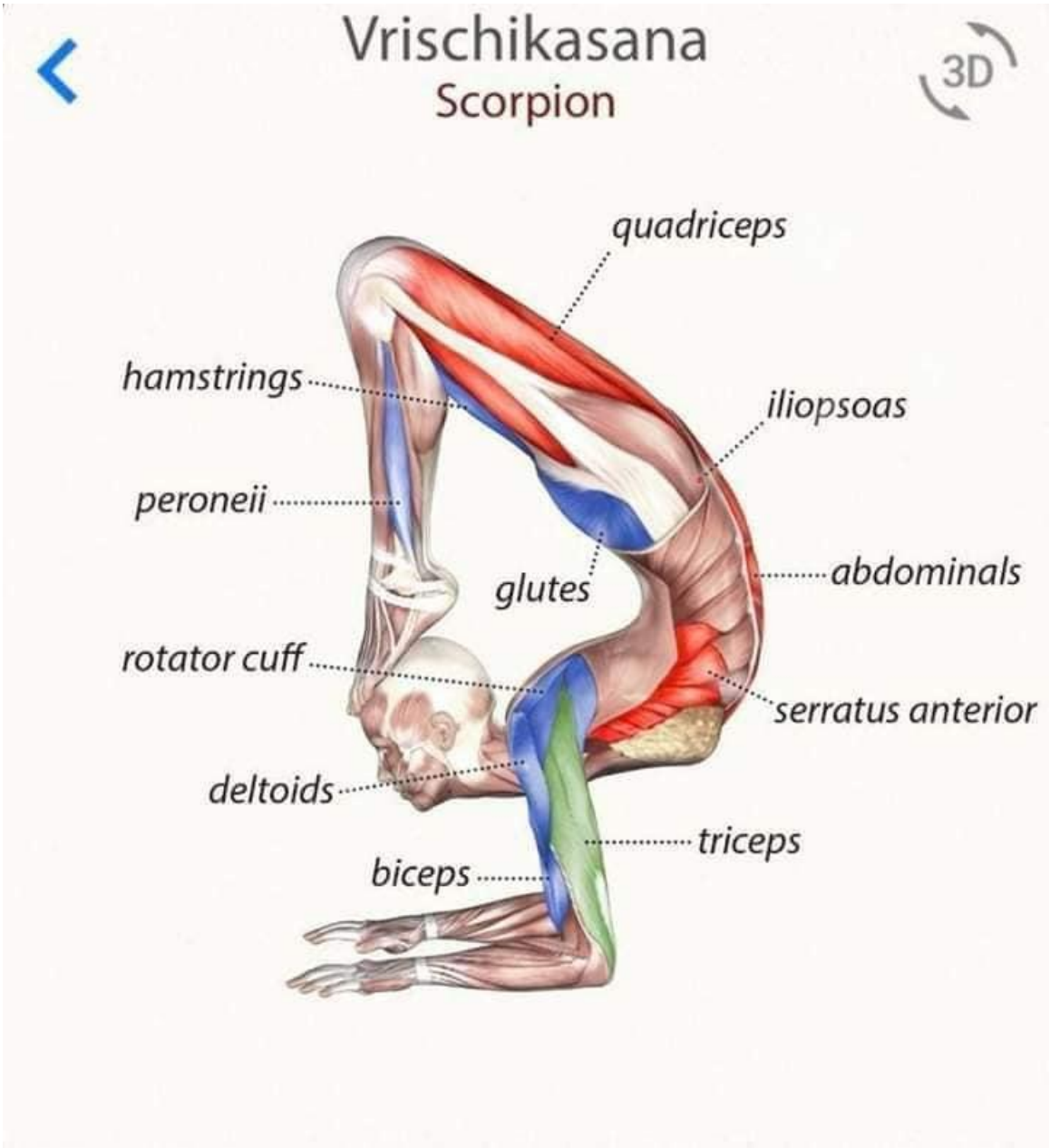

Chamatkarasana
Wild Thing
3D
gluteus maximus
rectus abdominis
iliopsoas
pectoralis major
quadriceps
deltoid
hamstrings
biceps
rotator cuff
triceps

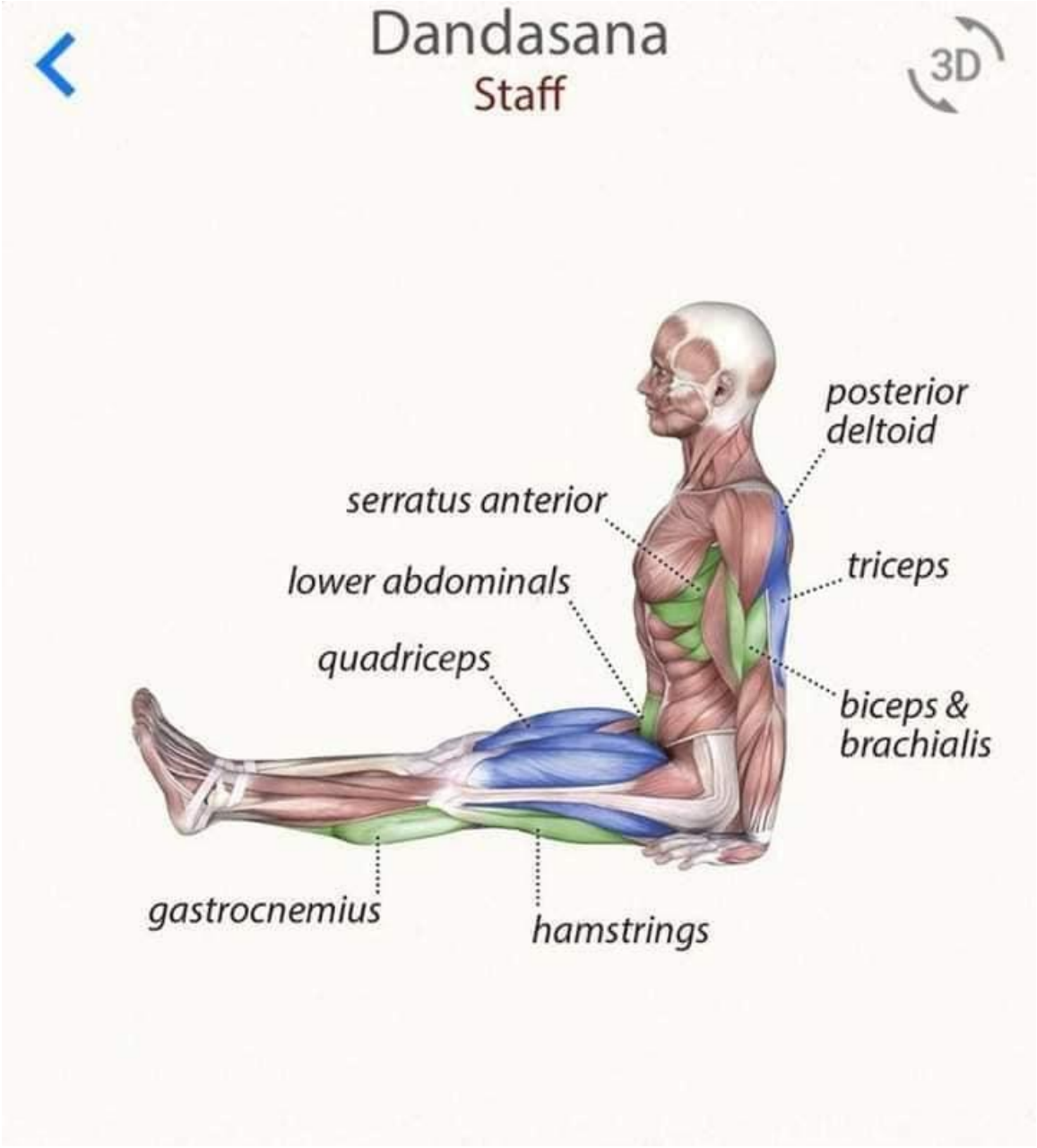

Adho Mukha Svanasana
Downward Facing Dog
3D
glutes
abdominals
hamstrings
serratus anterior
gastrocnemius
& soleus
rotator cuff
triceps
peronei
quadriceps
pectoralis
major
tibialis
extensor digitorum
longus

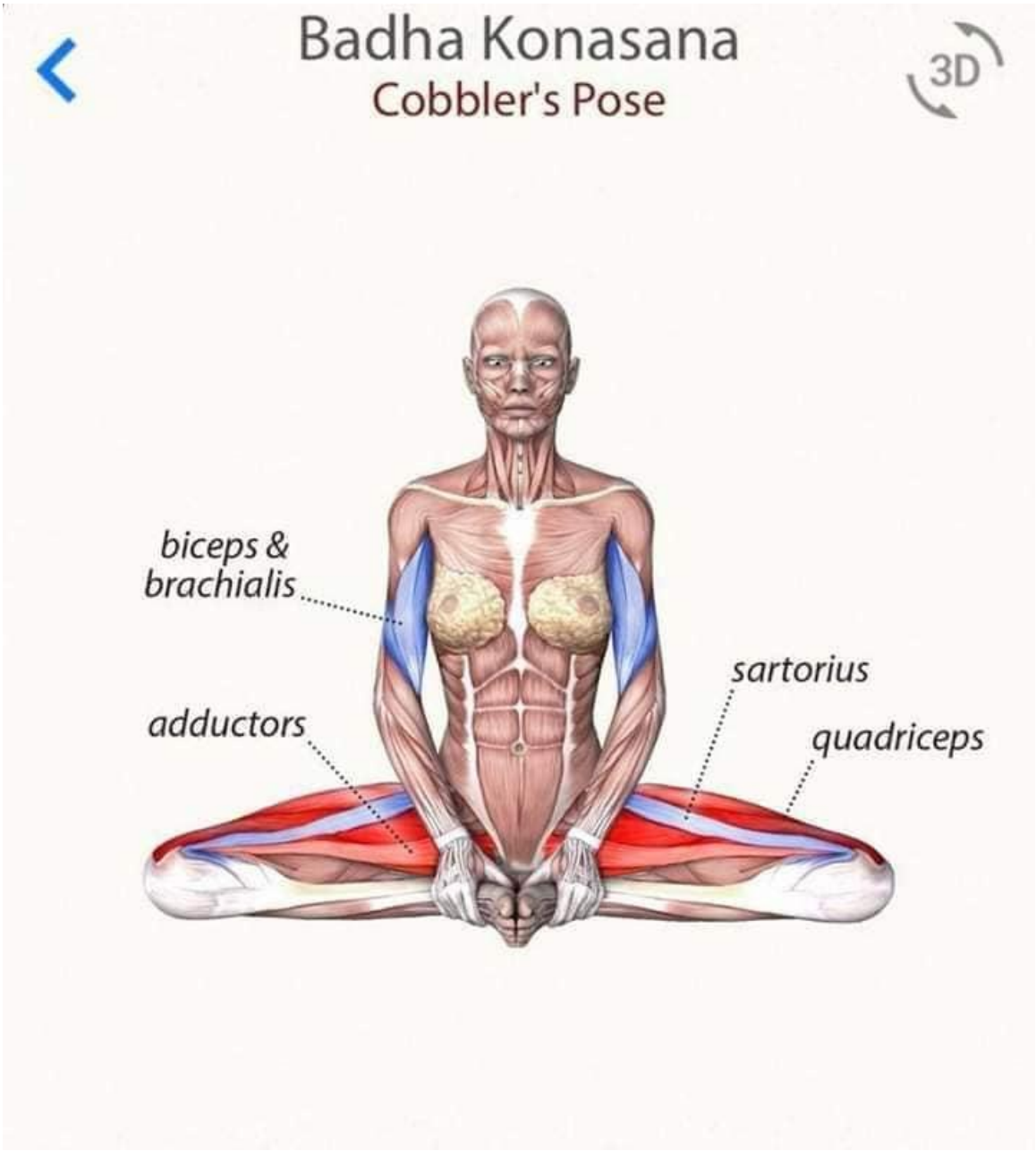
Urdhva Dhanurasana
Wheel
3D
rectus abdominis
iliopsoas
latissimus dorsi
tensor fascia lata
pectoralis major
quadriceps
gluteus maximus
hamstrings
erector spinae
triceps brachii

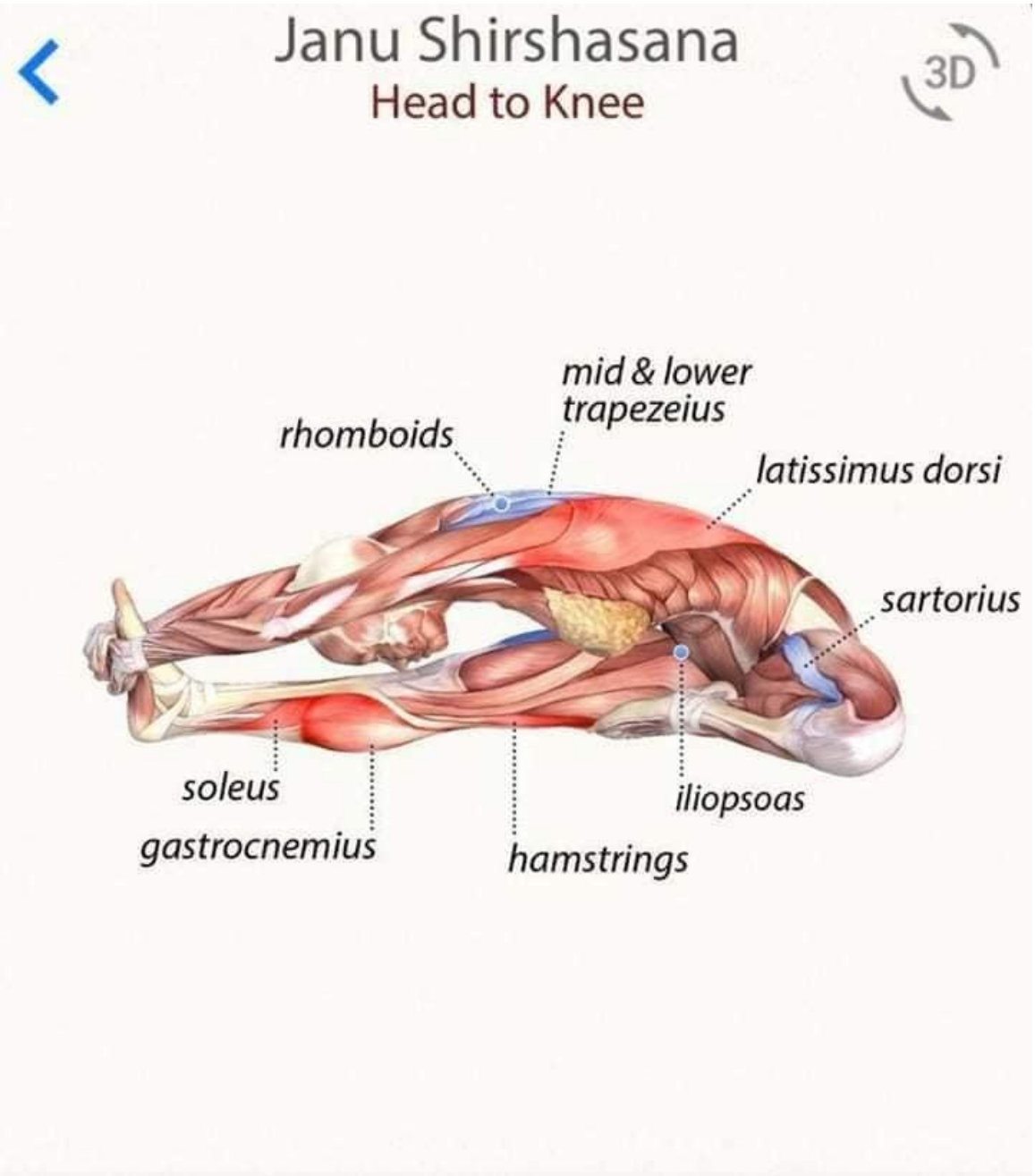

Bakasana
Crow
3D
latissimus dorsi
serratus anterior
rotator cuff
gluteus maximus
quadriceps
hamstrings
triceps
not visible:
pectoralis major (shortening)
deltoids (shortening)
iliopsoas (shortening)
adductors (shortening)

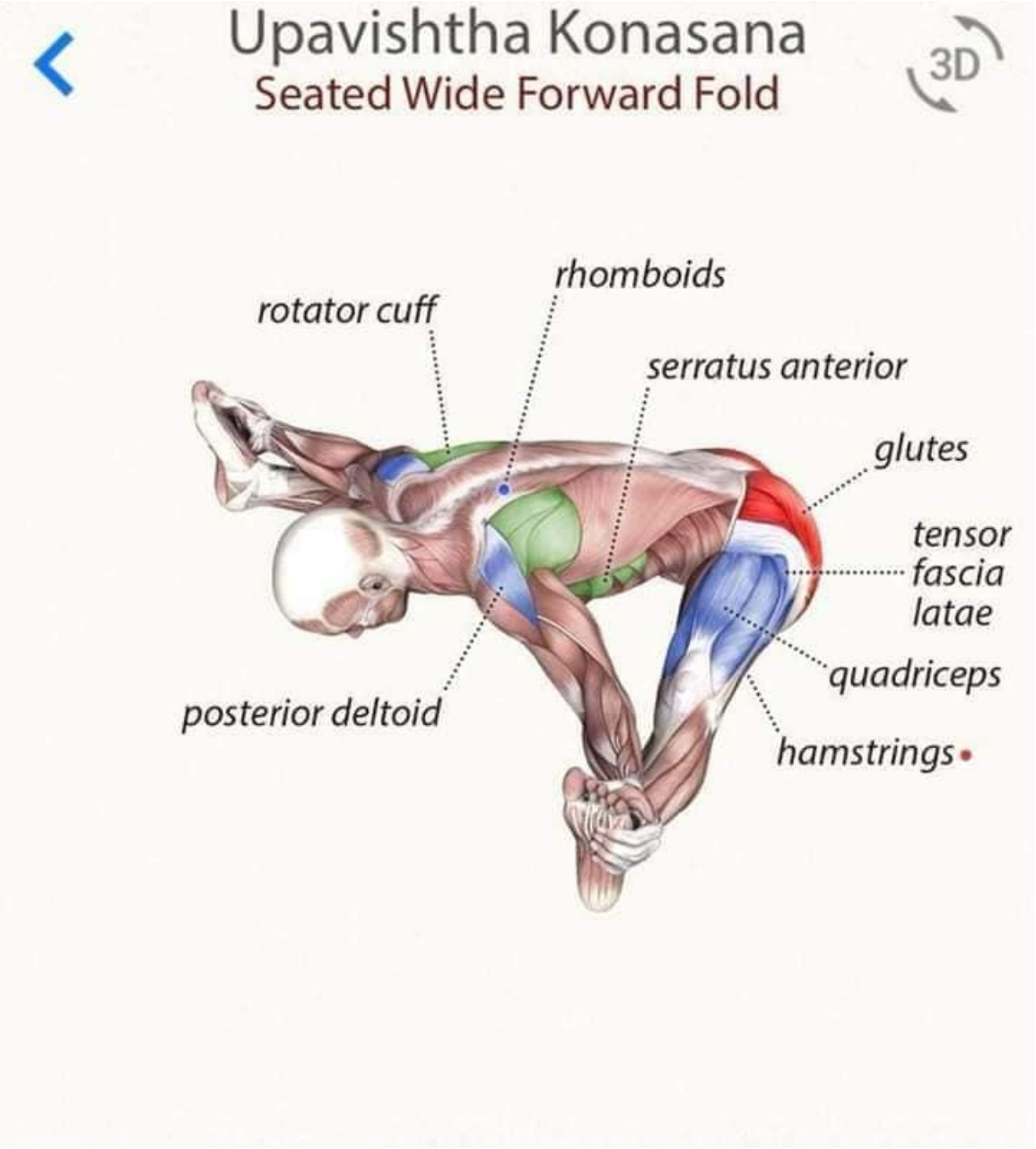

Vasisthasana
Side Plank
3D
triceps
biceps
external obliques
tensor fascia latae
deltoid
adductors
quadriceps

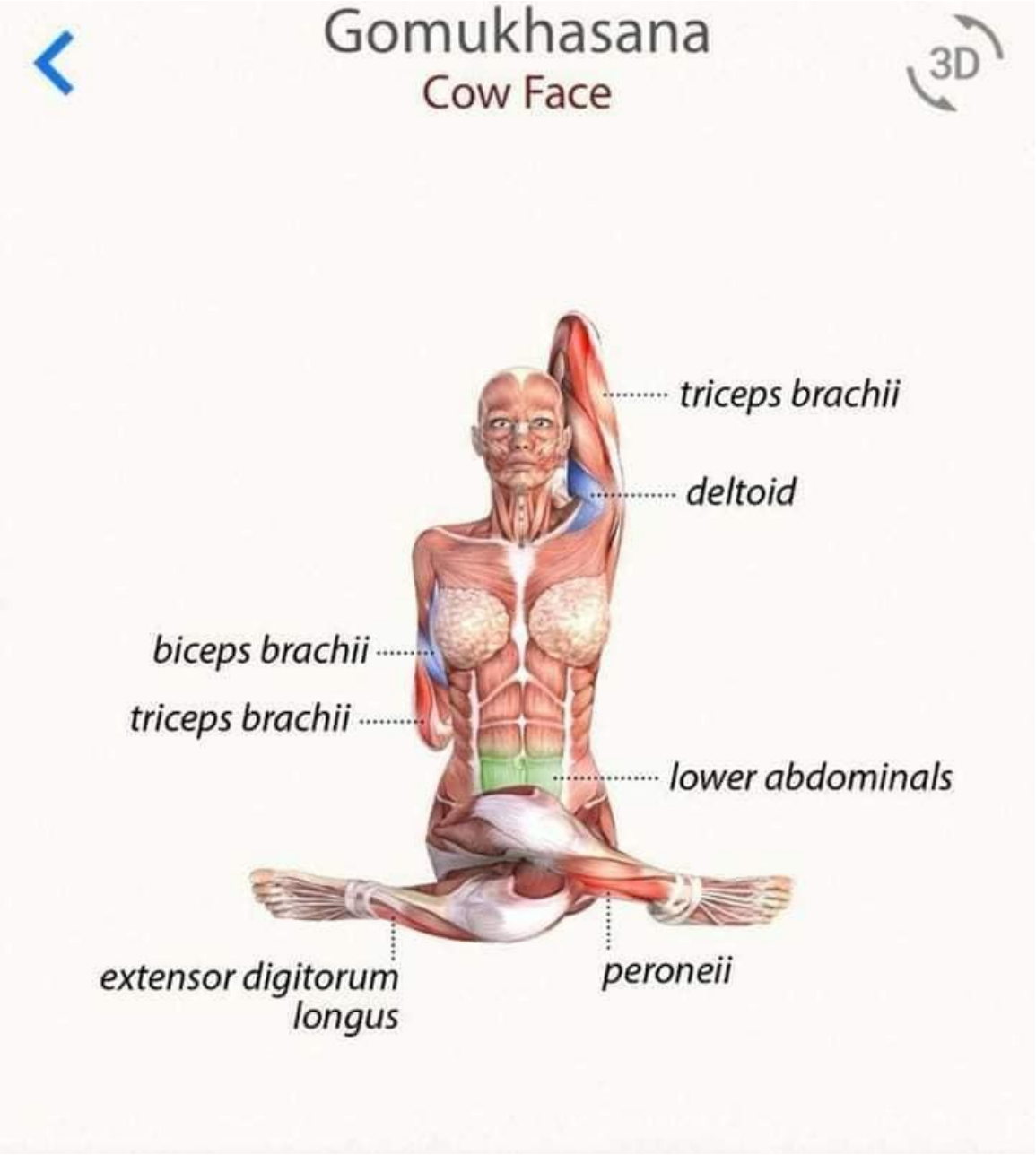

Vrischikasana
Scorpion
3D
quadriceps
hamstrings
iliopsoas
peroneii
abdominals
glutes
rotator cuff
serratus anterior
deltoids
triceps
biceps

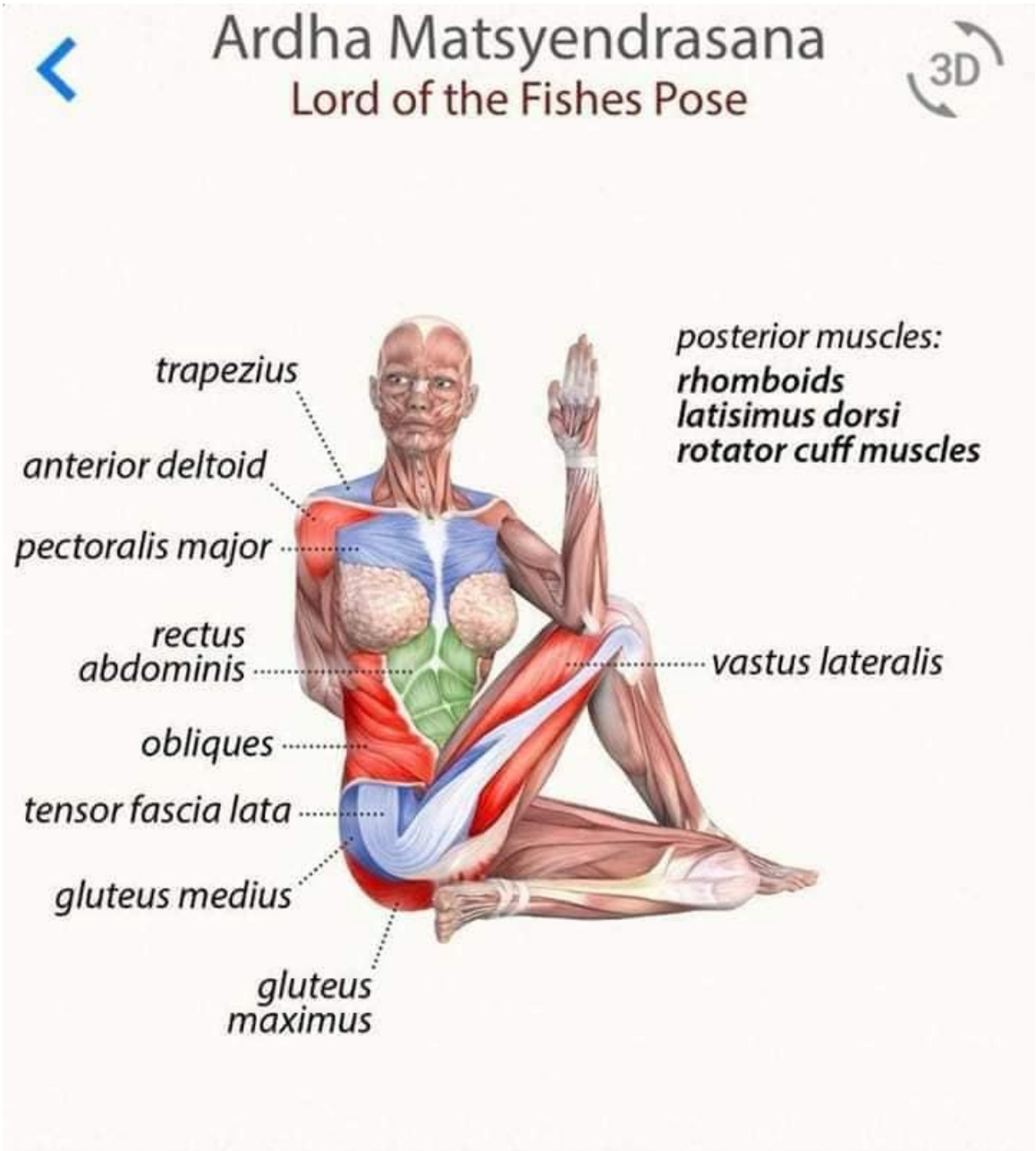

Dandasana
Staff
3D
posterior deltoid
serratus anterior
triceps
lower abdominals
quadriceps
biceps & brachialis
gastrocnemius
hamstrings

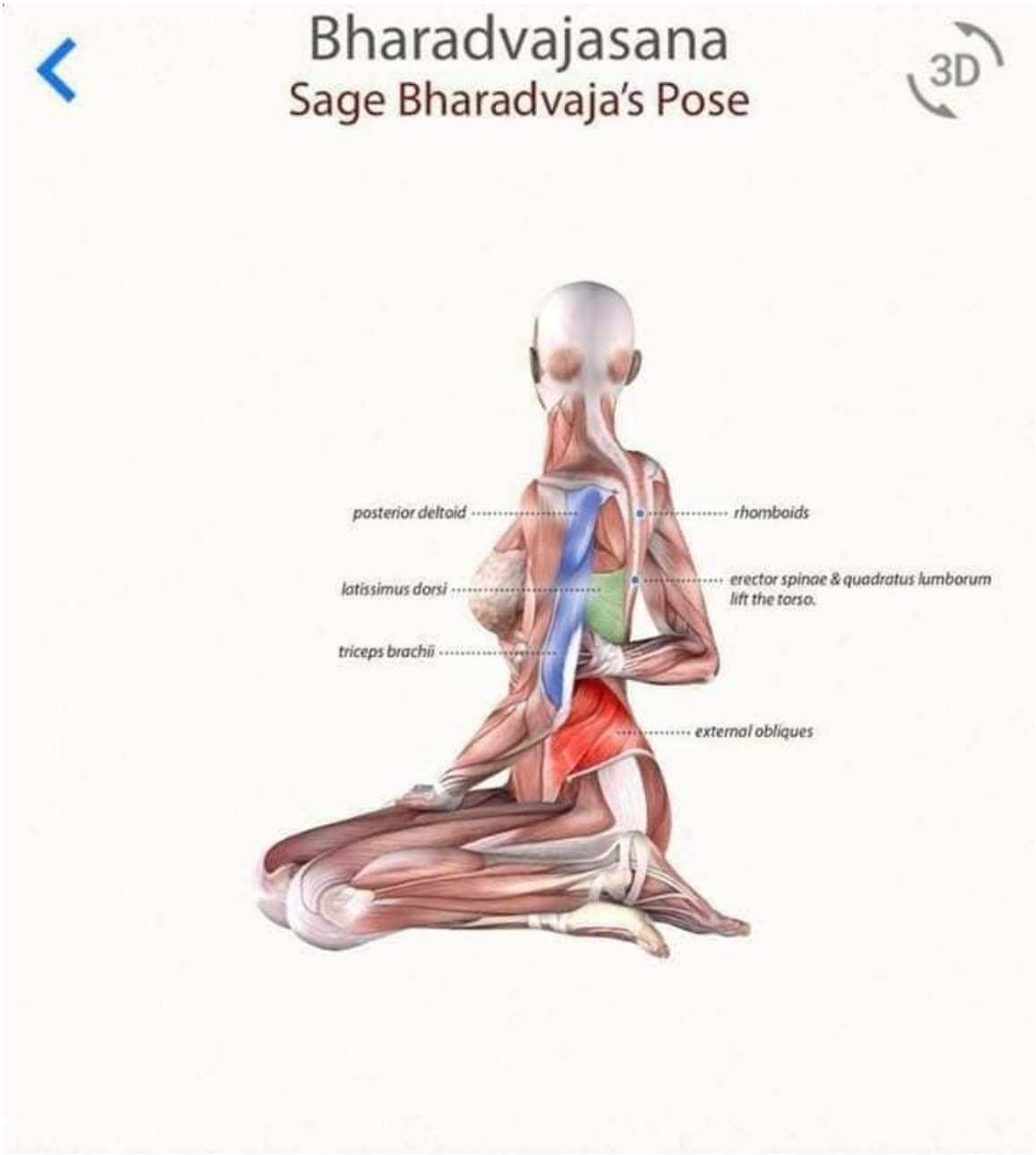

Badha Konasana
Cobbler's Pose
3D
biceps &
brachialis
adductors
sartorius
quadriceps

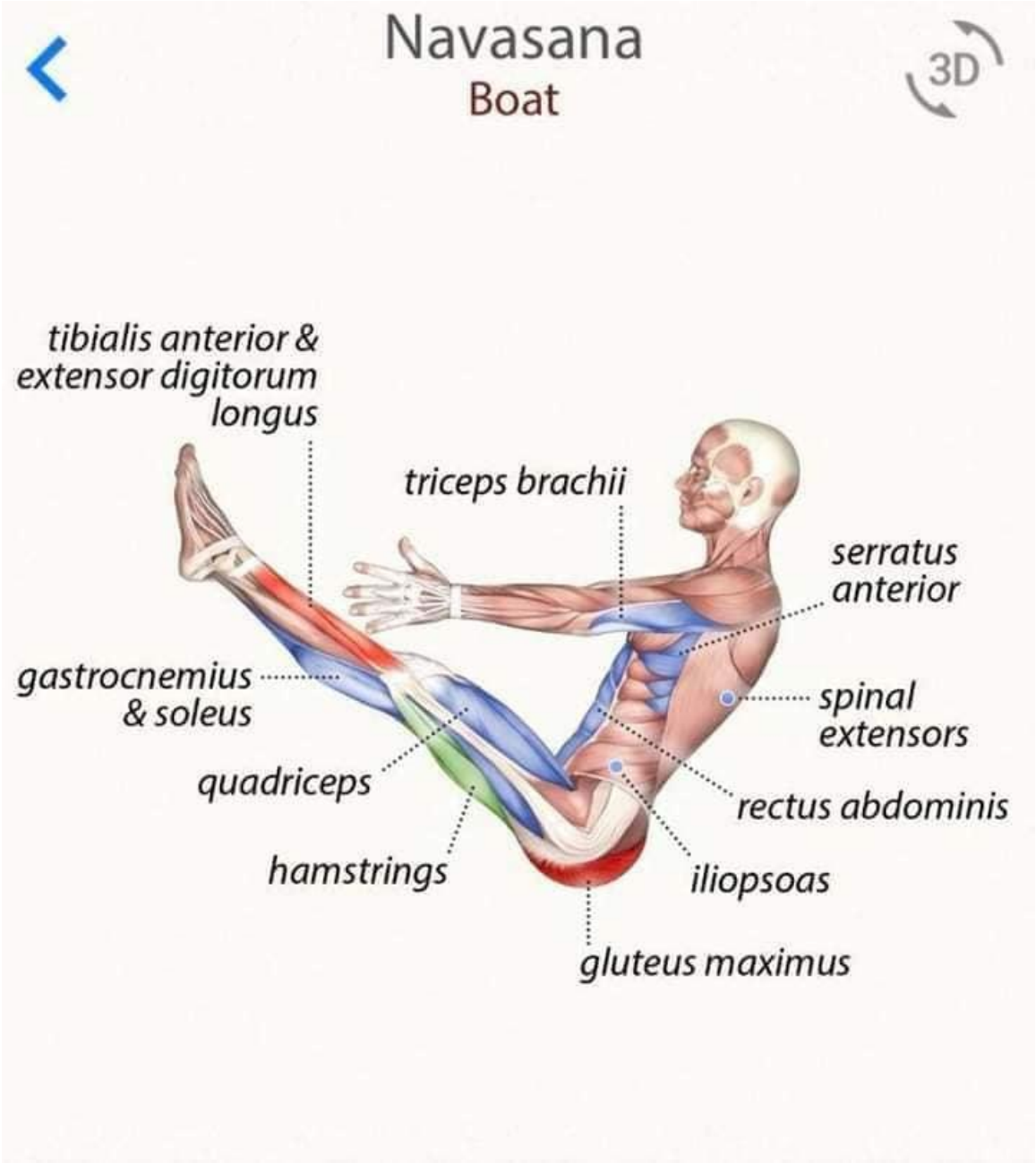

Janu Shirshasana
Head to Knee
3D
mid & lower
trapezeius
rhomboids
latissimus dorsi
sartorius
soleus
gastrocnemius
hamstrings
iliopsoas


Upavishtha Konasana
Seated Wide Forward Fold
3D
rhomboids
rotator cuff
serratus anterior
glutes
tensor
fascia
latae
quadriceps
posterior deltoid
hamstrings

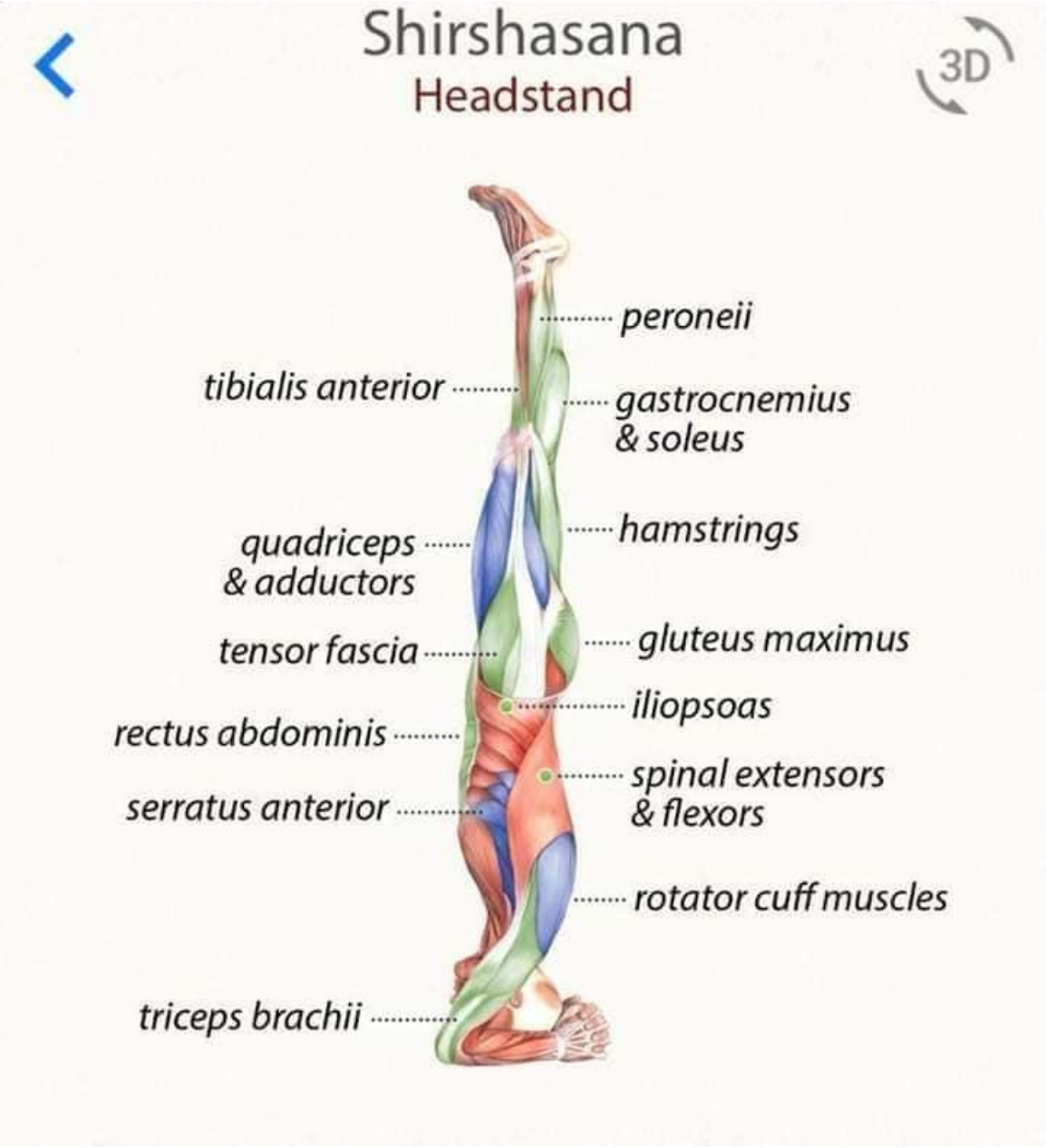

Gomukhasana
Cow Face
3D
triceps brachii
deltoid
biceps brachii
triceps brachii
lower abdominals
extensor digitorum longus
peroneii

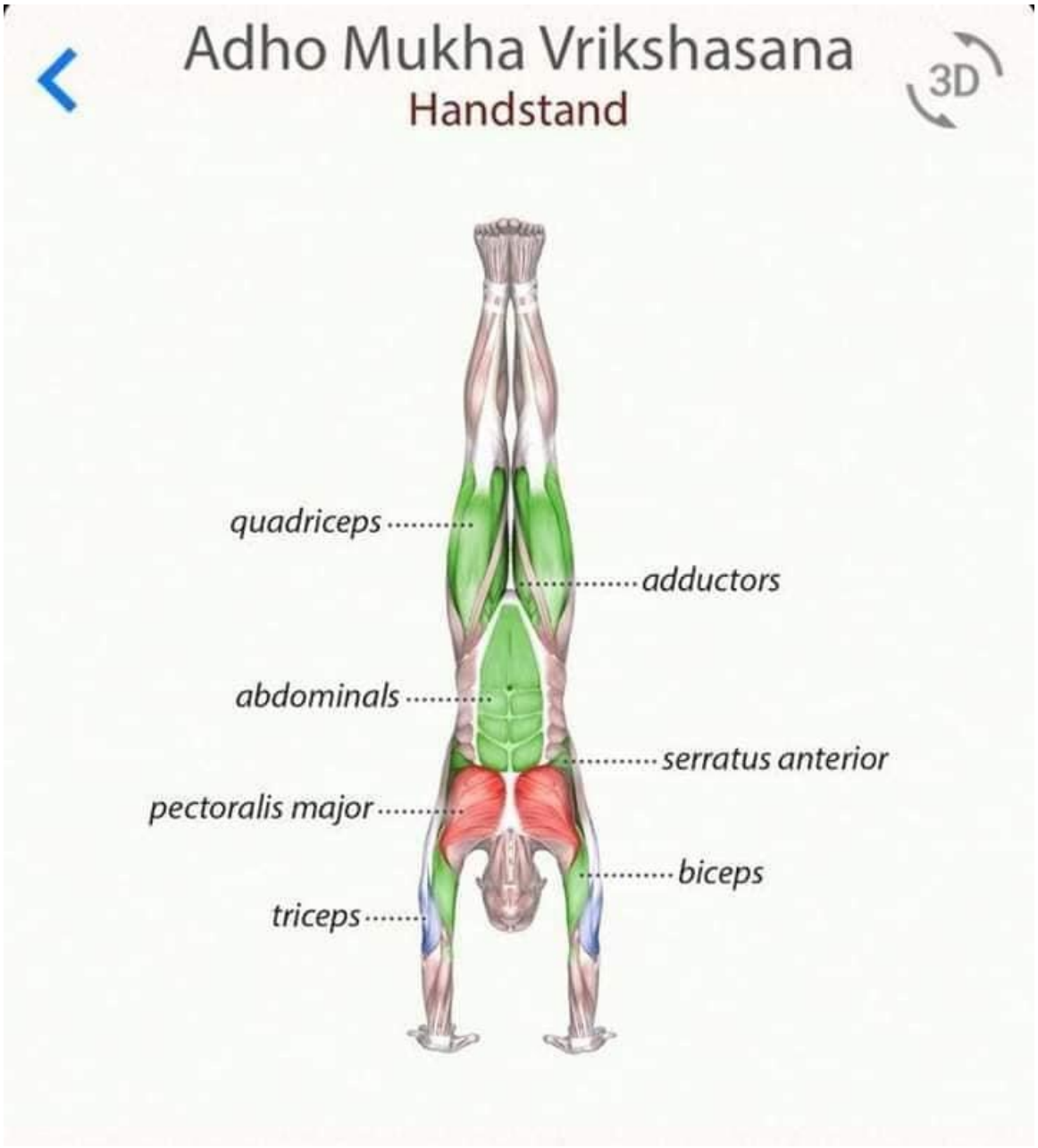

Ardha Matsyendrasana
Lord of the Fishes Pose
3D
trapezius
anterior deltoid
pectoralis major
rectus abdominis
obliques
tensor fascia lata
gluteus medius
gluteus maximus
posterior muscles:
rhomboids
latisimus dorsi
rotator cuff muscles
vastus lateralis


Bharadvajasana
Sage Bharadvaja's Pose
3D
posterior deltoid
rhomboids
latissimus dorsi
erector spinae & quadratus lumborum
lift the torso.
triceps brachii
external obliques


Navasana
Boat
3D
tibialis anterior &
extensor digitorum
longus
triceps brachii
serratus
anterior
gastrocnemius
& soleus
spinal
extensors
quadriceps
rectus abdominis
hamstrings
iliopsoas
gluteus maximus

Sarvangasana
Shoulder Stand
3D
peroneii
tibialis anterior
gastrocnemius
& soleus
quadriceps
& adductors
hamstrings
tensor fascia
gluteus maximus
iliopsoas
rectus abdominis
spinal extensors
& flexors
serratus anterior
rotator cuff muscles
biceps
brachii


Shirshasana
Headstand
3D
peroneii
tibialis anterior
gastrocnemius
& soleus
hamstrings
quadriceps
& adductors
tensor fascia
gluteus maximus
iliopsoas
rectus abdominis
spinal extensors
& flexors
serratus anterior
rotator cuff muscles
triceps brachii


Adho Mukha Vrikshasana
Handstand
3D
quadriceps
adductors
abdominals
serratus anterior
pectoralis major
biceps
triceps