Yoga E-Book

A-FTNSS

The perfect path to a fit body, mind and soul

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The history of yoga

Classical Yoga

In the pre-classical stage, yoga was a mishmash of various ideas, beliefs, and techniques that often conflicted and contradicted each other.

The Classical period is defined by Patanjali's Yoga-Sûtras, the first systematic presentation of yoga. Written sometimes in the second century, this text describes the path of Raja Yoga, often called "classical yoga".

Patanjali organized the practice of yoga into an "eight-limbed path" containing the steps and stages towards obtaining Samadhi or enlightenment.

Patanjali is often considered the father of yoga and his Yoga-Sûtras still strongly influence most styles of modern yoga.

Modern Period

In the late 1800s and early 1900s, yoga masters began to travel to the West, attracting attention and followers.

This began at the 1893 Parliament of Religions in Chicago when Swami Vivekananda wowed the attendees with his lectures on yoga and the universality of the world's religions.

In the 1920s and 30s, Hatha Yoga was strongly promoted in India with the work of T. Krishnamacharya, Swami Sivananda and other yogis practicing Hatha Yoga.

Krishnamacharya opened the first Hatha Yoga school in Mysore in 1924 and in 1936 Sivananda founded the Divine Life Society on the banks of the holy Ganges River.

Facts about yoga

1. What Does 'Yoga' Mean?

The word 'yoga' is derived from the Sanskrit root 'yuj' which literally means to 'yoke' or 'unify. It refers to the coming together of the body, mind and spirit. This can happen on the mat, during meditation or that moment of clarity where you notice what's going on around you and be completely present in that moment.

2. The 'Father' of Yoga

Named by: Patanjali
So he assimilated and included all aspects into a certain format as the Yoga Sutras. Patanjali, the father of modern yoga and the author of the celebrated yoga sutras. As per the modern yoga. Patanjali is known as the father of yoga but in actual there is no such father of yoga

3. Oldest Yoga teacher

Today at 97-years-old, Tao Porchon-Lynch is the world's oldest living yoga teacher, recognized by the Guinness World Records since 2012. The former actress/model is also a celebrated ballroom dancer, with a recent appearance on America's Got Talent that wowed the judges and led to a standing ovation.

4. Yoga improves orgasms and sex

And is even believed to help stop premature ejaculation. Think of all of the bandha work we do and pelvic floor awareness! If you would like to learn more ways your yoga practice makes you better in bed.

"Yoga is not about touching your toes, it is what you learn on your way down"

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Exercise yoga block

On the next 3 pages we show you a whole yoga routine so you can try your new yoga blocks directly!
We made these exercises so you can get used to the yoga blocks and learn to use them.
All the exercises are beginner friendly. But as well very good for experts.
If you have a yoga set with a strap. You can find those exercises after the page: 8 elements of yoga.

Enjoy your first training with a new A-FTNNS yoga set.
Let us know if you like them!

1

Warming up

This exercise is a great way to start off your day and stretch your back in a pleasant way

Put 1 yoga block in the middle of your back and one yoga block below your head
Hold this posture for 2 minutes



2

Supportbrige

After you stretched your back this exercise will be great to stretch your lower back

Put one yoga block vertically below your back and put your hips up

Hold this posture for 2 minutes



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Exercise yoga block

3

Down Dog

Don't try to force yourself with this exercise and try to (step by step) get your posture perfect

Put your forehead on the yoga block, walk up and stretch your knees.

Hold this posture for 2 minutes



4

Spine Stretch

The Spine stretch is one of the most important stretches to prevent injuries

Try to make the turn as far as possible. Hold it for 30 sec.

Repeat this 3 time



5

Side Angle Pose

Breath in deeply and take your time, get relaxed and clear your mind.

Put down the yoga block and sprite your arms as far as possible

Both sides 2 minutes



6

Hip Stretch

Relax your hips on the yoga block. This exercise is slightly different then exercise 2.

Put down the yoga block below your buttocks.

Hold this posture for 2 minutes



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Exercise yoga block

7

Standing Forward Bend

Stretch your hamstring and make yourself more flexible. It can also be nice to stretch dynamically
Put the yoga block on the ground, bend over and keep your legs straight
2 minutes



8

Half Split

Work yourself to be more flexible and try to put your feeds every time a little bit further
Lay the yoga blocks on the ground, and put your hands on the blocks (90°).

2 minutes



9

Site Angle Pro

Challenge your balance
Hold on to your yoga block and stretch your arms as far as possible.

Then keep your balance on one leg
Both legs 2 minutes



10

High Lunge Twist

Stretch out your whole body
Stretch your body every time a little bit further.

Both sides 2 minutes



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The 8 elements of yoga

Most people know from 'yoga' merely 2 or 3 of those 8 elements.
But there are elements. All the eight elements are to be practiced in the correct sequence in order to achieve ultimate wisdom. As a real yogi or yogini you need to know about those 8 elements, so we have listed them down for you.

YAMA

Restraints, moral disciplines or moral vows

NIYAMA

Positive duties or observances

ASANA

Pore

PRANAYAMA

Breathing techniques

PRATYAHARA

Sense withdrawal

DHARANA

Focused concentration

DHYANA

Meditative absorption

SAMADHI

Bliss or enlightenment

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Beginner exercise yoga strap

Beginner exercises requited one yoga strap.
Make always sure that you keep breathing while you stretching your body. Keep in mind everybody has his own pace so maybe what you are doing wont look like what the picture is showing. It's about the process! And then you will feel the effects directly after the \first exercise.

1

Supta padangustahsne

Relax and keep breathing. Do not overstretch your hamstring.

With every exhale relax more and starch further.

Do this for 30 seconds



2

Pashimottasana

Make sure that your back and legs are straight with this exercise. Don't push yourself to hard and keep breathing.

Do this exercise for 30-60 seconds.



3

Gomukhasana

Use the strap for this exercise to get more flex in you back and reduce back pain.

Do this exercise for 30-60 seconds



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Expert exercise yoga strap

When you feel fully convertible with the beginner exercises and you have a good balance you can start with the expert exercise. But still do the beginner exercises as well. Those practices are really good to do even though you need less experience to do them. Keep in mind that the exercises are hard to and you need to do them correctly. So be sure you feel experienced and comfortable enough to to them. Good luck!

1

Prasarita padottanasana

Focus on your breathing and relax in every exhale.
Listen to your body while doing this exercise don't push yourself too far.

Do this for 30 seconds



2

Salamba sarvangasana

Doing this exercise for the first time? Make sure you have a soft service.
Use the strap to keep your arms in the right position

Do exercise for 30-60 seconds.



3

Natarajasana

With this exercise it there is good balance required.
If you don't have the balance use a wall or chair as support.

Do this exercise for 30 seconds



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Breath and posture

Breathing

Breathing is obviously an important part of every day, whether you're doing yoga or not.

Though we don't typically focus on our breath during t he day, in a yoga class, breathing is just as important as the poses and serves a greater purpose.

Each inhale and exhale can energize, calm, and help y ou form a deeper mind-body connection.

Vinyasa, one of the most common forms of yoga practiced in the United States today, means, in Sanskrit, "breath linked to movement." In these classes, movement from one posture to the next is usually done along with an inhale or an exhale, says Annelise Hagen, a yoga instructor.

Posture

Importance of Practicing Yoga Poses

The practice of the yoga is of very high importance and can have a huge beneficial effect on the whole entire body.

Poses not only strengthen and tone the muscles, tissues, ligaments, joints and nerves but also maintains the smooth functioning and health of all the body's sys tems.

You will find that your sleep will improve and that you may even need less time to sleep as your rejuvenation levels and abilities will improve.

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Yoga and productivity

Focus on your muscles

When you are stretching a particular muscle, consciously activating the agonist muscle (the opposite muscle to the one you're stretching) will cause the muscle you are stretching to release (though reciprocal inhibition).

You should contact your muscles gently rather than strongly. Strongly contracting a muscle shortens the muscle, which seems to prevent you from moving as freely in the yoga pose. On the other hand, gently firming a muscle toward the bone provides muscular support without interfering with movement. If you're not used to working this way, it may take some practice.

Keep your goal in mind

Set intentions and realize your goals through your yoga practice?

Yoga is the perfect time to reflect, strengthen and manifest what you would like to add or change in your life, and having a clear mind to assess and prioritize your desires is the first step toward reaching your goals.



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The power of yoga

Re-Energize

Harness your mind's power and you can reach all your goals

Strength Building

Yoga works to improve health, heal aches and pains, and keep sickness away



Beauty of Body

Yoga has been correlated with greater levels of happiness and better immune function

Stress Relief

Yoga has been shown to help people stress less, focus more and even sleep better

Relax and Refresh

Skills of yoga and mindfulness are just a few minutes a day but will be very effective

Mind & Soul

Brilliant things happen in calm minds and fit the body's

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About A-FTNSS

A-FTNSS is a young company with a massive drive to grow!

A-FTNSS is founded in 2017

We started the brand to create fitness and yoga products with an experience. When you go to the gym, yoga class or do home training you have everything you need.

The best quality products

Our A-FTNSS Yoga Block is the first among equals.

After a long period of testing and searching for manufacturers we found the perfect balance.

Just like in yoga ;)

For beginners and experts

Our yoga set is for beginners as well as advanced users Yoga, fitness or Pilates. Whether stretching or holding the limbs,Pushups or yoga asanas, the blocks and the strap facilitate or Intensify your positions and exercises.

Sets based on what you need

Most fitness and yoga products are sold in single products. When you starts with yoga or fitness it is hard to know what and how many products you need. There are so many options on the market so where do you start? That is why we give you everything you need in a perfect set.

About A-FTNSS

A-FTNSS is a young company with a massive drive to grow!

Connect with us!

We want YOU to be part of it!!

Become part of the A-FTNSS community where we share tips and tricks but also people share their experiences.

This way we can connect and help each other improve their training. Also you can help us create the best products. In life we always keep learning. Just like with Yoga or Fitness.

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We would love to hear your feedback!

★★★★★

As a young company it would mean so much for us to hear your feedback!

Help us expand!

Please help us expand by leaving a review on Amazon!

Have any issues?

Send a mail to Hello@a-ftnss.com and we will get right on it!

We wish you a lot of yoga fun!

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Thank you for your order. We hope you like your products. If you do, please let us know!

"The perfect path to a fit body, mind and soul"

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