

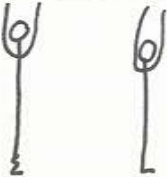




























STANDING POSES

Samasthiti Standing attention pose		Uttitha pārvṛtti trikoṅāsana Standing twist triangle pose	
Tāḍāsana Raised heels pose / Mountain pose		Virabhadrāsana I Warrior pose	
Uttānāsana Standing forward bend pose		Uttitha pārśva koṅāsana Standing side angle pose	
Ardha uttānāsana Standing half forward bend pose		Prasārita pāda uttānāsana Spread leg forward bend pose	
Pārśva uttānāsana Flank forward bend pose		(Pūrṇa) utkaṭāsana Full squat pose	
Uttitha pārśva trikoṅāsana Standing side triangle pose		Ardha utkaṭāsana Half squat pose	







KNEELING POSES

Vajrāsana Seated kneeling pose		Adho mukha śvānāsana Downward facing dog pose	
Prasārita vajrāsana Raised kneeling pose		Ūrdhva mukha śvānāsana Upward facing dog pose	
Adho mukha cakravākāsana Downward facing cat pose		Caturaṅga Daṇḍāsana Four limbed staff pose	
Ūrdhva mukha cakravākāsana Upward facing cat pose			










LYING POSES

Ūrdhva mukha samasthiti Upward facing lying attention		Jaṭhara parivartti āsana Lying abdomen twist pose	
Ūrdhva prasṛta padāsana Upward raised legs pose		Supta baddha koṅāsana Lying bound angle pose	
Ūrdhva prasṛta eka padāsana One leg upward raised legs pose		Dvipāda pīṭham Two foot support	
Supta pādānguṣṭhāsana Lying leg stretch pose		Apānāsana Abdomen pose	
Supta eka pādānguṣṭhāsana Lying one leg stretch pose		Śavāsana Lying stillness pose / corpse pose	





BACK BEND POSES

<p>Adho mukha samasthiti Downward facing lying attention</p>		<p>Ardha śalabhāsana Half locust pose</p>	
<p>Nirālamba bhujāṅgāsana Unsupported cobra pose</p>		<p>Śalabhāsana Locust pose</p>	
<p>Sālamba bhujāṅgāsana Supported cobra pose</p>		<p>Dhanurāsana Bow pose</p>	

SEATED POSES

Daṇḍāsana Staff pose		Upaviṣṭa koṇāsana Spread angle pose	
Ardha matsyendrāsana Half seated twist / Half lord of the fishes pose		Adho mukha vajrāsana Downward facing kneeling pose	
Paścimatānāsana Seated forward bend pose		Mahā mudrā Great seal	
Tiryāṅg mukha eka pāda paścimatānāsana One leg facing back seated forward bend pose		Baddha koṇāsana Bound angle pose	
Jānuśīrṣāsana Head-to-knee forward bend pose			

SITTING POSES

<p>Vajrāsana Seated kneeling pose</p>		<p>Siddhāsana Accomplished pose</p>	
<p>Sukhāsana Easy cross legged pose</p>		<p>Padmāsana Lotus pose</p>	
<p>Brahmāsana Seated one leg up pose</p>	