



## YOGA VOCABULARY

### HATHA SUN SALUTATION

- SURYA NAMASKAR A
- SURYA NAMASKAR B

### REGULAR VINYASA POSTURES

- SAMASTHITI (PRAYER POSE)
- UTTANASANA (STANDING FORWARD FOLD)
- ARDHA UTTANASANA (HALFWAY LIFT POSE)
- KUMBHAKASANA (PLANK POSE)
- CHATURANGA DANDASANA (FOUR LIMBED STAFF POSE)
- ADHO MUKHA SVANASANA (DOWNWARD FACING DOG)

### STANDING POSTURES

- VIRABHADRASANA I (WARRIOR I)
- UTTHITA PARSVAKONASANA (EXTENDED SIDE ANGLE)
- TRIKONASANA (TRIANGLE POSE)
- PRASARITA PADOTTANASANA (WIDE LEGGED FORWARD)
- SIRSASANA (HEAD STAND)
- UTKATASANA (CHAIR POSE)
- ASHTA CHANDRASANA (HIGH LUNGE)
- ANJANEYASANA (LOW LUNGE)
- VIRABHADRASANA (WARRIOR II)
- PARIVRTTA ANJANEYASANA (REVOLVED LUNGE)
- PARIVRTTA TRIKONASANA (REVOLVED TRIANGLE)

### BALANCING POSTURES

- VRIKSASANA (TREE POSE)
- VIRABHADRASANA III (WARRIOR III)
- NATARAJASANA (DANCER'S POSE)
- UTTHITA HASTA PADANGUSTHASANA (STANDING HAND TO BIG TOE)



- ARDHA CHANDRASANA (HALF MOON POSE)

### **BACKBENDING POSTURES**

- BITILASANA (COW POSE)
- MARJARYASANA (CAT POSE)
- BHUJANGASANA (COBRA POSE)
- SALABHASANA (LOCUST POSE)
- DHANURASANA (BOW POSE)
- USHTRASANA (CAMEL POSE)

### **SEATING POSTURES**

- SUKHASANA (EASY POSE)
- NAVASANA (BOAT POSE)
- ARDHA PINCHA MAYURASANA (DOLPHIN POSE)
- GOMUKHASANA (COW'S FACE POSE)
- PASCHIMOTTANASANA (SEATED FORWARD BEND POSE)
- JANU SIRSASANA (SEATED HEAD TO KNEE POSE)
- ARDHA MATSYENDRASANA (HALF LORD OF THE FISHES)
- MARICHYASANA (MARICHI'S POSE)
- BADDHA KONASANA (COBBLER'S POSE)
- HANUMANASANA (SPLITS POSE)
- BALASANA (CHILD'S POSE)
- VIRASANA (HERO POSE)
- AGNISTAMBHASANA (FIRE LOG POSE)
- EKA PADA RAJAKAPOTANASANA (PIGEON POSE)

### **SUPINE POSTURES**

- SARVANGASANA (SHOULDER STAND)
- HALASANA (PLOUGH POSE)
- MATSYASANA (FISH POSE)
- SETU BANDASANA (BRIDGE POSE)
- URDHVA DHANURASANA (WHEEL POSE)
- UTTANA PADASANA (RAISED LEGS POSE)
- SUPTA BADDHA KONASANA (RECLINING COBBLER'S POSE)



- ANANDA BALASANA (HAPPY BABY POSE)
- PAWANMUKTASANA (WIND RELEASE POSE)
- JATHARA PARIVARTANASANA (SUPINE TWIST)
- SHAVASANA (CORPSE POSE)