



ASANA OVERVIEW

REGULAR VINYASA POSTURES

SURYA NAMASKAR A

SURYA NAMASKAR B

ADHO MUKHA SVANASANA aka DOWNWARD FACING DOG

KUMBHAKASANA aka PLANK POSE

CHATURANGA DANDASANA aka FOUR LIMBED STAFF POSE

ARDHA UTTANASANA aka HALFWAY LIFT POSE

SAMASTHITI aka PRAYER POSE

SEATING POSTURES

SUKHASANA aka EASY POSE

GOMUKHASANA aka COW'S FACE POSE

ARDHA MATSYENDRASANA aka HALF LORD OF THE FISHES

MARICHYASANA aka MARICHI'S POSE

BADDHA KONASANA aka COBBLER'S POSE

BALASANA aka CHILD'S POSE

VIRASANA aka HERO POSE

NAVASANA aka BOAT POSE

PASCHIMOTTANASANA aka SEATED FORWARD BEND POSE

JANU SIRSASANA aka SEATED HEAD TO KNEE POSE

AGNISTAMBHASANA aka FIRE LOG POSE

EKA PADA RAJAKAPOTANASANA aka PIGEON POSE

SUPINE POSTURES

SUPTA BADDHA KONASANA aka RECLINING GODDESS POSE
JATHARA PARIVARTANASANA aka REVOLVED BELLY POSE
ANANDA BALASANA aka HAPPY BABY POSE
PAWANMUKTASANA aka AIR RELEASE POSE

BACKBENDING POSTURES

HALASANA aka PLOW POSE
BITILASANA aka COW POSE
MARHARYASANA aka CAT POSE
BHUJANGASANA aka COBRA POSE
SALABHASANA aka LOCUST POSE
SETU BANDASANA aka BRIDGE POSE
URDHVA DHANURASANA aka WHEEL POSE
USHTRASANA aka CAMEL POSE

STANDING POSTURES

VRKSASANA aka TREE POSE
UTTANASANA aka STANDING FORWARD FOLD
TRIKONASANA aka TRIANGLE POSE
PARIVRTTA TRIKONASANA aka REVOLVED TRIANGLE POSE
UTTHITA PARSVAKONASANA aka EXTENDED SIDE ANGLE POSE
PRASARITA PADOTTANASANA aka WIDE LEGGED FORWARD
UTKATASANA aka CHAIR POSE
ANJANEYASANA aka LOW LUNGE POSE
ASHTA CHANDRASANA aka HIGH LUNGE POSE
VIRABHADRASANA I aka WARRIOR I
VIRABHADRASANA II aka WARRIOR II
VIRABHADRASANA III aka WARRIOR III
PARIVRTTA PARSVAKONASANA aka REVOLVED LUNGE POSE
UTTHITA HASTA PADANGUSTHASANA aka EXTENDED KANGAROO POSE
ARDHA CHANDRASANA aka HALF MOON POSE