

## BASIC YOGA POSTURES – Sanskrit & English

### STANDING

<b>TADASANA</b>	Mountain Pose
<b>UTKATASANA</b>	Chair Pose
<b>UTTANASANA</b>	Standing Forward Bend
<b>PADA HASTASANA</b>	Hands Under Feet Pose
<b>VRKSHASANA</b>	Tree Pose
<b>GARUDASANA</b>	Eagle Pose
<b>NATARAJASANA</b>	Dancer/Lord of the Dance Pose
<b>VIRABHADRASANA 1, 11, 111</b>	Warrior Pose 1, 11, 111
<b>UTTHITA PARSHVAKONASANA</b>	Extended Side Angle Pose
<b>PARIVRTTA PARSHVAKONASANA</b>	Revolved Side Angle Pose
<b>TRIKONASANA</b>	Triangle Pose
<b>PARIVRTTA TRIKONASANA</b>	Revolved Triangle Pose
<b>PARSHVOTTANASNA</b>	Single Leg Forward Bend
<b>PRASARITA PADOTTANASANA</b>	Wide Stance Forward Bend
<b>UPAVESHASANA</b>	Wide Stance Squat
<b>ARDHA CHANDRASANA</b>	Half Moon Pose
<b>PARIVRTTA ARDHA CHANDRASANA</b>	Revolved Half Moon Pose
<b>UTTHITA HASTA PADANGUSHTHASANA</b>	Standing Big Toe Hold
<b>URDHVA PRASARITA EKAPADASANA</b>	Standing Splits

### SITTING

<b>DANDASANA</b>	Staff Pose
<b>NAVASANA</b>	Boat Pose
<b>JANU SIRSHASANA</b>	Head Beyond Knee Pose
<b>PARIVRTTA JANU SIRSHASANA</b>	Revolved Head to Knee Pose
<b>PASHCIMOTTANASANA</b>	Seated Forward Bend
<b>UPAVISHTHA KONASANA</b>	Seated Wide Angle Pose
<b>SAMAKONANASANA</b>	Side Splits
<b>BADDHA KONASANA</b>	Bound Angle Pose
<b>ARDHA MATSYENDRASANA</b>	Seated Half Spinal Twist
<b>AKARNA DHANURASANA</b>	Drawing a Bow Pose
<b>HANUMANASANA</b>	Monkey Pose
<b>KURMASANA</b>	Turtle Pose
<b>GOMUKHASANA</b>	Cow Face Pose
<b>SUKHASANA</b>	Easy Cross Legged Pose
<b>SIDDHASANA</b>	Perfect/Adept Pose
<b>PADMASANA</b>	Lotus Pose

### KNEELING

<b>BALASANA</b>	Child's Pose
<b>UTTHITA BALASANA</b>	Extended Child's Pose
<b>VAJRASANA/ VIRASANA</b>	Kneeling/ Thunderbolt/ Hero Pose
<b>SUPTA VIRASANA</b>	Reclining Hero Pose
<b>MARJARIASANA</b>	Cat Pose

USHTRASANA  
SIMHASANA  
PARIGHASANA  
KAPOTASANA  
SASANKASANA

Camel Pose  
Lion Pose  
Gate Pose  
Pigeon Pose  
Hare Pose

### **SUPINE**

SHAVASANA  
APANASANA  
PAVANMUKTASANA  
**SETU BANDHASANA**  
**JATHARA PARIVRTTI**  
ANANDASANA/ANANTASANA  
SUPTA PADANGUSHTHASANA  
**SALAMBA SARVANGASANA**  
HALASANA  
KARNAPIDASANA  
MATSYASANA

Corpse Pose  
Hug Knees/Apana Pose  
Supine Knee Squeeze Pose  
Bridge Pose  
Supine Twist  
Pose of Bliss/Vishnu's Couch Pose  
Supine Big Toe Hold  
Supported Shoulder Stand  
Plough Pose  
Ear-to-Knee Pose  
Fish Pose + Modified/Lying Fish Pose

### **PRONE**

MAKARASANA  
BHUJANGASANA 1  
BHUJANGASANA 11  
DHANURASANA  
**PARSHVA DHANURASANA**  
SHALABHASANA  
BHEKASANA

Crocodile Pose  
Cobra Pose  
Sphinx Pose  
Bow Pose  
Side Bow Pose  
Locust Pose  
Frog Pose

### **ARM SUPPORT**

**CHATUS PADA PITHAM**  
**ADHO MUKHA SAVANASANA**  
**URDHVA MUKHA SVANASANA**  
CHATURANGA DANDASANA  
KAKASANA/ BAKASANA  
KUMBHAKASANA  
VASISHTHASANA  
**PURVOTTANASANA**  
MAYURASANA  
CHAKRASANA/ **URDHVA DHANURASANA**  
BHUJAPIDASANA  
TITTIBHASANA  
TOLASANA  
**SALAMBA SHIRSHASANA**  
**PINCHA MAYURASANA**

Four Leg Tabletop Pose  
Downward-Facing Dog Pose  
Upward-Facing Dog Pose  
Four-Limbed Staff Pose  
Crow/ Crane Pose  
Downward Plank Pose  
Side Plank Pose  
Upward Plank Pose  
Peacock Pose  
Wheel Pose/ Upward Facing Bow Pose  
Arm Pressure Balance Pose  
Firefly Balance Pose  
Scales Posture  
Supported Headstand  
Scorpion Pose

### **SEQUENCE**

**SURYA NAMASKAR**

Sun Salutation