

NAMES OF POSES

Standing Poses- Utthistha Sthiti

SANSKRIT	ENGLISH
Tadasana	Mountain Pose
Vrksasana	Tree Pose
Utthita Trikonasana	Extended Triangle Pose
Parivrtta Trikonasana	Revolved Triangle Pose
Utthita Parsvakonasana	Extended Side Angle Pose
Parivrtta Parsvakonasana	Revolved Side Angle Pose
Virabhadrasana I	Warrior I
Virabhadrasana II	Warrior II
Virabhadrasana III	Warrior III
Ardha Chandrasana	Half Moon Pose
Utthita Hasta Padangusthasana I	Extended Hand to Big Toe Pose I
Utthita Hasta Padangusthasana II	Extended Hand to Big Toe Pose II
Parsvottanasana	Intense Side Stretch Pose
Prasarita Padottanasana	Extended Feet Pose
Utkatasana	Fierce Pose (chair pose)
Padangusthasana	Big Toe Pose
Padahasthasana	Hand-Foot Pose
Uttanasana	Intense Pose (standing forward bend)
Garudasana	Eagle Pose

Sitting Poses-Upavistha Sthiti

SANSKRIT	ENGLISH
Dandasana	Staff Pose
Swastikasana	Auspicious Pose (cross-legs pose)
Parvatasana in Swastikasana	Upward interlocked fingers in Swastikasana
Gomukhasana	Cow Face Pose
Siddhasana	Semidivine Pose
Virasana	Hero Pose
Parvatasana in Virasana	Upward interlocked fingers in Virasana
Baddha Konasana	Bound Angle Pose
Upavistha Konasana	Wide Angle Seated Pose

Forward Extension Poses-Paschima Pratana Sthiti

SANSKRIT	ENGLISH
Adho Mukha Virasana	Downward Facing Hero Pose (child's pose)
Janu Sirsasana	Head of the Knee Pose
Trianga Mukhaikapada Paschimottanasana	Three Part, Face Toward One Leg, Intense Stretch of the West (three-limb facing one leg forward bend)
Marichyasana I	Sage Marichi Pose I
Parsva Upavistha Konasana	Side Wide Angle Seated Pose
Paschimottanasana	Intense Stretch of the West
Malasana II	Garland Pose II

Lateral Extension Poses-Parivrtta Sthiti

SANSKRIT	ENGLISH
Parighasana	Gate Pose
Bharadvajasana I	Sage Bharadvaja Twist I
Bharadvajasana II	Sage Bharadvaja Twist II
Marichyasana III	Sage Marichi Pose III
Ardha Matsyendrasana I	Half Lord of the Fishes Pose I

Inversion Poses-Viparita Sthiti

SANSKRIT	ENGLISH
Salamba Sirsasana	Supported Headstand
Salamba Sarvangasana I	Supported Whole Body Pose (shoulder stand)
Halasana	Plow Pose
Parsva Halasana	Plow Pose to the Side
Karnapidasana	Ear Pressure Pose
Parsva Karnapidasana	Ear Pressure Pose to the side
Supta Konasana	Supine Angle Pose
Eka Pada Sarvangasana	One Leg Whole body Pose- (Shoulder Stand)
Parsvaika Pada Sarvangasana	One Leg Whole Body to the Side
Chatuspadasana	Four-Limb Pose
Setubandha Sarvangasana-with support	Bridge Pose-supported
Setubandha Sarvangasana-dropping from Salamba Sarvangasana	Bridge Pose

Abdominal Poses-Udara Akunchana Sthiti

SANSKRIT	ENGLISH
Paripurna Navasana	Boat Pose
Ardha Navasana	Half Boat Pose
Urdhva Prasarita Padasana	Upward Extended Feet Pose
Supta Padangusthasana I	Reclining Big Toe Pose I
Supta Padangusthasana II	Reclining Big Toe Pose II

Backward Extension Poses-Purva Pratana Sthiti

SANSKRIT	ENGLISH
Salabhasana	Locust Pose
Makarasana	Crocodile Pose
Dhanurasana	Bow Pose
Bhujangasana I	Cobra Pose
Urdhva Mukha Svanasana	Upward Facing Dog Pose
Ustrasana	Camel Pose
Urdhva Dhanurasana I	Upward Bow Pose
Dwi Pada Viparita Dandasana	Two-Legged Inverted Staff Pose

Restorative Poses-Visranta Karaka Sthiti

SANSKRIT	ENGLISH
Supta Swastikasana	Reclining Auspicious Pose (cross-leg)
Supta Virasana (supported and unsupported)	Reclining Hero Pose
Savasana	Corpse Pose
Supta Baddha Konasana	Reclining Bound Angle Pose
Viparita Karani	Inverted Lake Pose

Arm Balancing Poses-Hasta Tolana Sthiti

SANSKRIT	ENGLISH
Chaturanga Dandasana	Four-Limb Staff Pose
Adho Mukha Svanasana	Downward Facing Dog
Pincha Mayurasana	Peacock Feather Pose
Adho Mukha Vrksasana	Downward Facing Tree Pose (full arm balance)
Tittibhasana	Firefly Pose