

## Yoga Poses

### **Standing Poses:**

Tadasana – Mountain Pose

Urdhva Hastasana – Upward Facing Hands Pose

Uttitha Parsvakonasana – Extended Side Angle Stretch

Uttitha Trikonasana – Extended Triangle Pose

Parshvottanasana – Sideways Extension Pose

Virabhadrasana I & II – Warrior Poses

Utkatasana – Chair Pose

Banarasana – Lunge Pose

### **Seated Poses:**

Virasana – Hero's Pose

Baddha Konasana – Cobbler's or Butterfly Pose

Kapotasana – Pigeon Pose

Dandasana – Staff Pose or Plank Pose

Sukhasana – Simple Crossed Legs Pose

### **Forward Folds:**

Balasana – Child's Pose

Adho Mukha Shvanasana Downward Facing Dog Pose

Uttanasana – Standing Forward Fold

Prasarita Padottanasana – Standing Wide Leg Forward Fold

Paschimottanasana – Seated Forward Fold

Janushirshasana – One-Leg Seated Forward Fold

Parsvatonasana – Standing Head to Knee

Upavishta Konasana – Seated Wide Leg Forward Fold

### **Back Bends:**

Bhujangasana – Cobra Pose

Urdva Mukha Shvanasana – Upward Facing Dog Pose

Ustrasana – Camel Pose

Dhanurasana – Bow Pose

Urdva Dhanurasana – Full Back Bend

Setu Bhandha Sarvangasana – Bridge Pose

**Balances:**

Ardha Chandrasana – Half-Moon Pose

Vrikshasana – Tree Pose

Garudasana – Eagle Pose

Vasisthasana – Side Arm Balance

**Other:**

Ujjaii. – Victory Breath

Chaturanga Dandasana – Low Plank Pose

Supta Padangushthasana – Reclined Leg in the Air Pose

Padangustasana – Leg in the Air Pose

Vinyasa – Flowing through poses.

Surya Namaskar – Sun Salute

Shavasana – Corpse or Relaxation Pose