

Neutrals

Utthita Hasta in Tadasana

Uttanasana

Parsvottanasana

Prasarita Padottanasana

Utthita Hasta Padangustasana

Utkatasana

Vrksasana

Parivrtta Trikonasana

Parivrtta Parsvakonasana

Virabhadrasana III

Virabhadrasana I

Parivrtta Ardha Chandrasana

Externals

Utthita Trikonasana

Utthita Parsvakonasana

Virabhadrasana II

Vrksasana

Ardha Chandrasana

Twists

Parivrtta Parsvakonasana

Parivrtta Trikonasana

Parivrtta Ardha Chandrasana

Jathara Parivartanasana

Maricyasana C

Arm Balances

Vasisthasana Side Plank Pose

Bakasana Crow Pose

Bhujapidasana Shoulder-Pressing Pose

Backbends

Viparita Inverted Staff Pose

Dandasana

Ustrasana Camel Pose

Urdhva Upward-Facing Bow or

Dhanurasana Wheel Pose

Purvattanasana Upward Plank Pose

Urdhva Mukha Upward-Facing Dog

Svanasana

Salabhasana Locust Pose

Bhujangasana Cobra Pose

Forward bends

Dandasana Staff Pose

Janu Sirsasana Hand-to-Knee Forward Bend Pose

Baddha Bound Angle Pose

Konasana

Upavistha Wide Angle Seated Pose

Konasana

Pashimattanasana Seated Forward Bend

a

Inversions

Matsyasana Fish Pose

Adho Mukha Downward-Facing Dog

Svanasana

Halasana Plow Pose

Sirsasana Headstand

Adho Mukha Handstand

Vrksasana

Pinca Feathered Peacock Pose or

Mayurasana Forearm stand

Salamba Supported Sholderstand

Sarvangasana

Others

Supta Padangustasana

Padmasana

Viparita Karani

Virasana

Navasana

Savasana

Surya Namaskara

Tadasana

Uttanasana

Ardha Uttanasana

Chaturanga Dandasana

Urdhva Mukha Svanasana

Adho Mukha Svanasana *hold*

Ardha Uttanasana

Uttanasana

Tadasana



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Published 18th January, 2012.

Last updated 5th June, 2014.

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