Inversions
Shirhasana Cycle

Shirhasana - plain, vanilla headstand
  Dandasana - Half bend
  Parsva - legs straight up but twisting to the right, then left.
  Parivrittitaikapada - legs apart as in Hanumanasana, turn so that front leg
  crosses in front, right leg first, then left.
  Ekapada - One leg up, one leg down, then change
  Parsvaikapada - one leg to the side, other leg up, then change
  Urdhva Padmasana - legs in Padmasana (Lotus)
  Pindasana - still in Padmasana, bring knees toward back of arms
  Then change legs in Padmasana and repeat
Mukha Hasta Shirhasana I - tripod headstand
Mukha Hasta Shirhasana II - same as above but fingers turned away from face
Mukha Hasta Shirhasana III - arms straight in front, palms up
Mukha Hasta Shirhasana IV - arms straight out at sides, palms down
Baddha Hasta Shirhasana I - arms crossed in front of face, holding elbows
Baddha Hasta Shirhasana II - fingers touch shoulders
Baddha Hasta Shirhasana III - arms at sides of head, palms down

Sarvangasana Cycle
Salambha Sarvangasana - plain, vanilla shoulderstand
Niralamba Sarvangasana I - arms at sides or resting on front of thighs
Niralamba Sarvangasana II - arms overhead on floor palms up
Niralamba Sarvangasana III - arms on floor behind, hands clasped
Halasana - plough
Karnapidasana - ear-closing
Suptakonsasana - legs wide
Parsva Halasana - walk right foot to left side, then left to right
Ekapada Sarvangasana - one foot up, one in Halasana
Parsvaikapada - one foot up, one in Suptakonasana
Urdhva Padmasana - upward Lotus
Pindasana - embryo
  Then change legs in Padmasana and repeat
Setubandha Sarvangasana - Bridge (final expression is legs extended)
Ekapada Setubandha Sarvangasana - one foot up then the other.