

YOGA EAST POSTURES CHART [2014]

G = Gentle; 1 = Beginning; 2 = Continuing; 3 = Intermediate; 4 = Advanced

	Sanskrit Name	English Translation and notes	G	1	2	3	4
ESSENTIAL STANDING POSES							
	Tadasana	Palm tree or Mountain	✓	✓	✓	✓	✓
	Utthita Trikonasana	Extended Triangle	✓	✓	✓	✓	✓
	Ardha Chandrasana	Half Moon	*	✓	✓	✓	✓
	Utthita Parsvakonasana	Extended Lateral Angle (classic)	✓	✓	✓	✓	✓
	Utthita Parsvakonasana	Extended Lateral Angle (clasping hands)			✓	✓	✓
	Prasarita Paddottanasana	Wide Leg Stance	✓	✓	✓	✓	✓
	Virabhadrasana A (I)	Warrior A (1)	✓	✓	✓	✓	✓
	Virabhadrasana B (II)	Warrior B (2)	✓	✓	✓	✓	✓
	Virabhadrasana C (III)	Warrior C (3)	*	✓	✓	✓	✓
	Parsvottanasana	Side Angle	✓	✓	✓	✓	✓
	Adho mukha svanasana	Downward Facing Dog		✓	✓	✓	✓
	Urdhva mukha svanasana	Upward Facing Dog		✓	✓	✓	✓
	Caturanga dandasana	Four Limbed Staff Pose		*	✓	✓	✓
	Uttanasana	Forward Bend	*	*	✓	✓	✓
	Surya Namaskar A	Sun Salutation A		✓	✓	✓	✓
	Surya Namaskar B	Sun Salutation B		✓	✓	✓	✓



	Sanskrit Name	English Translation and notes	G	1	2	3	4
ESSENTIAL SEATED POSTURES - FORWARD BENDS OR NEUTRAL POSTURES							
	Paschimottanasana	forward bend	*	✓	✓	✓	✓
	Janu shirshana A	head beyond the knee	*	✓	✓	✓	✓
	Ardha baddha padma paschimottanasana	half bound lotus forward bend	*	✓	✓	✓	✓
	Tiriyang mukhaikapada paschimottanasana	Transverse facing one foot forward bend	*	✓	✓	✓	✓
	Sukhasana	easy pose	*	✓	✓	✓	✓
	Virasana	hero's pose	*	✓	✓	✓	✓
	Baddha konasana	bound angle	✓	✓	✓	✓	✓
	Upavishta konasana	seated angle	✓	✓	✓	✓	✓
	Maricyasana A (I)	Maricy's pose	*	✓	✓	✓	✓
	Krouncasana	crane pose			✓	✓	✓
	Siddhasana	accomplished pose		✓	✓	✓	✓
PADMASANA OR ARDHA PADMASANA POSTURES							
	Padmasana	lotus			✓	✓	✓
	Maricyasana B	Maricy's pose			✓	✓	✓
	Maricyasana D	Maricy's pose			✓	✓	✓
	Bharadvajasana II	Bharadvaja's pose			✓	✓	✓
	Baddha padmasana	bound lotus			✓	✓	✓

	Sanskrit Name	English Translation and notes	G	1	2	3	4
	Yoga Mudrasana	yoga seal			✓	✓	✓
	Garbha pindasana	embryo pose			✓	✓	✓
	Kukkuttasana	cock pose			✓	✓	✓
	Gorakshasana	Goraksha's pose			✓	✓	✓
	Simhasana	lion			✓	✓	✓
TWISTS - SEATED AND FLOOR TWISTS							
	Maricyasana C (III)	Maricy's pose	*	✓	✓	✓	✓
	Bharadvaja I	Bharadvaja's pose	*	✓	✓	✓	✓
	Ardha Matsyendrasana	half Matsyendra's pose	*	✓	✓	✓	✓
	Jathara parivartasana	stomach twist	*	✓	✓	✓	✓
FLOOR POSES - FORWARD BENDS OR NEUTRAL							
	Kurmasana	tortoise			✓	✓	✓
	Supta kurmasana	sleeping tortoise			✓	✓	✓
	Urdhva mukha paschimottanasana I & II	upward facing forward bend			✓	✓	✓
	Ubhaya padangushtasana	upward holding big toe			✓	✓	✓
	Paripurna navasana	full boat		*	✓	✓	✓
	Ardha navasana	half boat			✓	✓	✓
	Supta padangushtasana	supine holding big toe	*	*	✓	✓	✓
	Supta parsvahita	supine leg extended to side	*	*	✓	✓	✓

	Sanskrit Name	English Translation and notes	G	1	2	3	4
	Gomukhasana	cow face pose			✓	✓	✓
FLOOR POSES - BACK BENDS							
	Lying over bolsters		*	✓	✓	✓	✓
	Supta baddha konasana with props	supine bound lotus	✓	✓	✓	✓	✓
	Mountain Brook (see Relax and Renew)		✓	✓	✓	✓	✓
	Setu bandhasana on bolsters	bridge	✓	✓	✓	✓	✓
	Anajaneyasana	Hanuman's pose (lunge)	*	✓	✓	✓	✓
	Hanumanasana	Hanuman's pose (splits)			✓	✓	✓
	Bhujangasana	cobra	✓	✓	✓	✓	✓
	Dhanurasana	bow	*	✓	✓	✓	✓
	Bhekasana	frog			✓	✓	✓
	Shalabhasana	locust	*	✓	✓	✓	✓
	Ustrasana	camel	*	✓	✓	✓	✓
	Urdhva dhanurasana	upward bow			✓	✓	✓
	Ekapada rajakapotasana	one leg king pigeon		*	✓	✓	✓
	Supta virasana	supine hero			*	✓	✓
	Paryankasana	couch			✓	✓	✓
	Laghu vajrasana	beautiful thunderbolt			*	✓	✓
	Kapotasana	Pigeon Pose				✓	✓

	Sanskrit Name	English Translation and notes	G	1	2	3	4
ARM BALANCES							
	Lolasana	earring			✓	✓	✓
	Uttpluthi	uprooting			✓	✓	✓
	Bakasana	crow			✓	✓	✓
	Adho mukha vrkshasana	downward facing dog			*	✓	✓
	Pinca Mayurasana	peacock's tail			*	✓	✓
	Vrkshikasana on elbows	scorpion			*	✓	✓
	Ekapada Bakasana	one-leg crow			✓	✓	✓
	Parsva bakasana	sideways crow			✓	✓	✓
	Vasisthasana I	Vasishtha's pose (side plank)			✓	✓	✓
	Vasisthasana II	Vasishtha's pose (side plank with toe)				✓	✓
	Visvamisrasana	Vishvamitra's pose				✓	✓
	Mayurasana	peacock				✓	✓
	Titthibhasana	firefly				✓	✓
	Ekapada bhujasana	one leg elephant truck			✓	✓	✓
	Bhujapidasana	pressure on the arms pose			✓	✓	✓
	Astavakrasana	crooked in eight places pose			✓	✓	✓
	Koundinyasana I	Koundinya's pose			✓	✓	✓
	Koundinyasana II	Koundinya's pose			✓	✓	✓



	Sanskrit Name	English Translation and notes	G	1	2	3	4
INVERSIONS - HEADSTANDS							
	Shirshasana	headstand, prep, not going up		✓	✓	✓	✓
	Shirshasana	at wall			✓	✓	✓
	Shirshasana	away from wall, 1-2 minutes			✓	✓	✓
	Shirshasana	away from wall, 3-5 minutes				✓	✓
	Shirshasana	away from wall, 5-10 minutes					✓
	Mukha hasta shirshasana I	tripod				✓	✓
	Mukha hasta shirshasana II	arms extended palms up				✓	✓
	Mukha hasta shirshasana III	arms extended to sides, palms down				✓	✓
	Baddha hasta shirshasana I	fingers touch shoulders				✓	✓
	Baddha hasta shirshasana I	palms on floor by head				✓	✓
	Baddha hasta shirshasana I	arms crossed in front of face				✓	✓
	Dandasana in Shirshasana	half bend				✓	✓
	Parsva shirshasana	sideways				✓	✓
	Ekapada shirshasana	one leg up				✓	✓
	Parivrittaikapada shirshasana	legs apart, turning to side				✓	✓
	Parsvaikapada shirshasana	one leg to side				✓	✓
	Urdhva padmasana in shirshasana	upward lotus in shirshasana				✓	✓
	Pindasana in shirshasana	embryo in shirshasana				✓	✓



	Sanskrit Name	English Translation and notes	G	1	2	3	4
	Rope Shirshasana	** teacher must be trained to teach this			*	✓	✓
	Dwipada viparita dandasana	dropping from Shirshasana				✓	✓
	Chakrasana	backwards somersault			✓	✓	✓
PRANAYAMA							
	Ujjayi	Free breathing with sound	✓	✓	✓	✓	✓
	Anuloma	controlled exhalation			✓	✓	✓
	Viloma	“ladder” breath		✓	✓	✓	✓
	Pratiloma	controlled inhalation			✓	✓	✓
	Nadi shodhana without retention	Nadi cleansing		✓	✓	✓	✓
	Nadi shodhana with retention	Nadi cleansing				✓	✓
	Bhastrika	Bellows			✓	✓	✓
	Kapalabhati (with retention)	Skull shining				✓	✓
	Brahmari	Bee or Humming breath	✓	✓	✓	✓	✓
	Sitkari	Hissing breath through tongue	✓	✓	✓	✓	✓
	Sithali	Hissing breath through teeth	✓	✓	✓	✓	✓
	Sharath Breathing	Ashtanga classes only	--	--	--	--	--
RELAXATION							
	Savasana with or without props (Sukhasana in Ashtanga Yoga)	corpse	*	✓	✓	✓	✓

\* = use appropriate modifications and/or props, the wall or floor.