

हठ योग

POPULAR YOGA POSES

HATHA YOGA POSES



MOUNTAIN POSE

tāḍāsana
taa-daas-uh-nuh



TREE POSE

vṛkṣāsana
vrik-shaas-uh-nuh



STANDING FORWARD BEND

uttānāsana
oo-taa-naas-uh-nuh



HALF STANDING FORWARD BEND

ardha uttānāsana
ard-huh oo-taa-naas-uh-nuh



PLANK POSE

kumbhakāsana
koom-bhuh-kaa-suh-nuh



FOUR-LIMBED STAFF

caturaṅga daṇḍāsana
chuh-too-rung-uh
dun-daa-suh-nuh



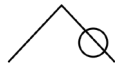
UPWARD-F. DOG

ūrdhva mukha
śvānāsana
oordh-vuh moo-kuh
shvaa-naa-suh-nuh



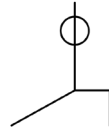
COBRA POSE

bhujangāsana
boo-jung-gaa-suh-nuh



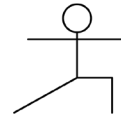
DOWNWARD-FACING DOG POSE

adho mukha śvānāsana
uhd-ho moo-kuh
shvaa-naa-suh-nuh



WARRIOR 1

vīrabhadrāsana I
vee-ruh-bhuh-draas-uh-nuh One



WARRIOR 2

vīrabhadrāsana 2
vee-ruh-bhuh-draas-uh-nuh Two



EXTENDED TRIANGLE

utthita trikoṇāsana
oot-t(h)ee-tuh tree-
koh-naas-uh-nuh



GARLAND POSE

mālāsana
maa-laa-suh-nuh



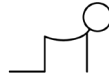
BOAT POSE

nāvāsana
naa-vaa-suh-nuh



COW POSE

bitilāsana
bee-tee-laa-suh-nuh



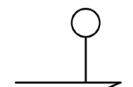
CAT POSE

mārjārāsana
maar-jaa-raa-suh-nuh



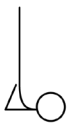
CAMEL POSE

uṣṭrāsana
oosh-traas-uh-nuh



HALF PIGEON POSE

ardha kapotāsana
urd-huh kuh-poh-taa-
suh-nuh



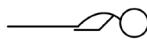
SHOULDER STAND

sālamba sarvāṅgāsana
saa-lum-buh sar-vaa-
ngaa-suh-nuh



BRIDGE POSE

setu bandha
sarvāṅgāsana
say-too bund-huh sar-
vaa-ngaa-suh-nuh



FISH POSE

matsyāsana
muhts-yaa-suh-nuh



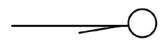
SEATED FORWARD BEND

pāścimottānāsana
pahsh-chee-mot-taa-
naa-suh-nuh



CHILDS POSE

bālāsana
baa-laa-suh-nuh



CORPSE POSE

śavāsana
shuh-vaas-uh-nuh