

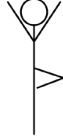
हठ योग

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



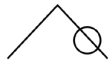
FOUR-LIMBED STAFF
caturāṅga daṇḍāsana
chuh-too-rung-uh dun-daa-suh-nuh



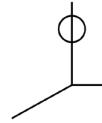
UPWARD-F. DOG
ūrdhva mukha śvānāsana
oordh-vuh moo-kuh shvaa-naa-suh-nuh



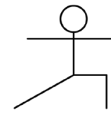
COBRA POSE
bhujangāsana
boo-jung-gaa-suh-nuh



DOWNWARD-FACING DOG POSE
adho mukha śvānāsana
uhd-ho moo-kuh shvaa-naa-suh-nuh



WARRIOR 1
virabhadraṣana I
vee-ruh-bhuh-draas-uh-nuh One



WARRIOR 2
virabhadraṣana 2
vee-ruh-bhuh-draas-uh-nuh Two



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



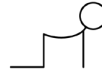
GARLAND POSE
mālāsana
maa-laa-suh-nuh



BOAT POSE
nāvāsana
naa-vaa-suh-nuh



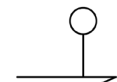
COW POSE
bitilāsana
bee-tee-laa-suh-nuh



CAT POSE
mārjārāsana
maar-jaa-raa-suh-nuh



CAMEL POSE
uṣṭrāsana
oosh-traas-uh-nuh



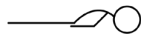
HALF PIGEON POSE
ardha kapotāsana
urd-huh kuh-poh-taa-suh-nuh



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



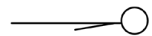
FISH POSE
matsyāsana
muhts-yaa-suh-nuh



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