

# HATHA YOGA POSES IN ENGLISH & SANSKRIT

## YOGA POSE 1-20

	<b>ACCOMPLISHED</b> siddhāsana
	<b>AIRPLANE / DIRECTION</b> digāsana
	<b>ARCHER / SHOOTING BOW</b> ākārṇa dhanurāsana
	<b>BABY COBRA</b> ardha bhujaṅgāsana
	<b>BABY CRADLE</b> hindolāsana
	<b>BALL</b> piṇḍāsana
	<b>BHARADVAJA'S TWIST 1</b> bharadvajāśana I
	<b>BIG TOE</b> pādāṅguṣṭhāsana
	<b>BIRD OF PARADISE</b> svarga dvijāsana
	<b>BOAT</b> nāvāsana
	<b>BOUND ANGLE</b> baddha koṇāsana
	<b>BOUND ANGLE HEADSTAND</b> baddha koṇā śīrṣāsana
	<b>BOUND CRESCENT MOON</b> baddha āñjaneyāsana
	<b>BOUND INFINITY / SLEEPING VIṢṆU</b> baddha anantāsana
	<b>BOUND LOTUS</b> baddha padmāsana
	<b>BOUND SIDE ANGLE</b> baddha pārśvakoṇāsana
	<b>BOUND WHEEL</b> cakrabandhāsana
	<b>BOW</b> dhanurāsana
	<b>BRIDGE</b> setu bandha sarvāṅgāsana
	<b>BRIDGE BUILDING</b> setu bandhāsana

## YOGA POSE 21-40

	<b>CAMEL</b> uṣṭrāsana
	<b>CAT</b> biḍālāsana / mārjārāsana
	<b>CHAIR</b> utkāṭāsana
	<b>CHEST-KNEES-CHIN</b> aṣṭāṅga namaskāra
	<b>CHILD'S POSE</b> bālāsana
	<b>COBRA</b> bhujaṅgāsana
	<b>CORPSE</b> śavāsana
	<b>COW</b> bitilāsana
	<b>COW FACE</b> gomukhāsana
	<b>COWHERD</b> gorakṣāsana
	<b>CRANE</b> bakāsana
	<b>CRESCENT LUNGE</b> aṣṭa candrāsana
	<b>CRESCENT MOON</b> āñjaneyāsana
	<b>CROCODILE</b> makarāsana
	<b>CROCODILE</b> nakrāsana
	<b>CROW</b> kākāsana
	<b>DOLPHIN</b> ardha piñca mayūrāsana
	<b>DOLPHIN PLANK</b> makara adho mukha śvānāsana
	<b>DOUBLE BIG TOE</b> ubhaya pādāṅguṣṭhāsana
	<b>DOWNWARD-FACING DOG</b> adho mukha śvānāsana

## YOGA POSE 31-60

	<b>EAGLE</b> garuḍāsana
	<b>EAR PRESSURE</b> karṇapiḍāsana
	<b>EASY</b> sukhāsana
	<b>EIGHT-ANGLE</b> aṣṭāvakrāsana
	<b>ELEPHANT TRUNK</b> ekahasta bhujaṅgāsana
	<b>EMBRYO IN WOMB</b> garbha piṇḍāsana
	<b>EQUESTRIAN</b> aśva sañcalanāsana
	<b>EXTENDED CHILD'S POSE</b> utthita bālāsana
	<b>EXTENDED HAND-TO-BIG-TOE</b> utthita hasta pādāṅguṣṭhāsana
	<b>EXTENDED LEG</b> uttāna pādāsana
	<b>EXTENDED SIDE ANGLE</b> utthita pārśvakoṇāsana
	<b>EXTENDED TRIANGLE</b> utthita trikoṇāsana
	<b>FEATHERED PEACOCK</b> piñca mayūrāsana
	<b>FEET-BEHIND-THE HEAD 1</b> dvipāda śīrṣāsana I
	<b>FEET-BEHIND-THE HEAD 2</b> dvipāda śīrṣāsana II
	<b>FIGURE 4 / HALF CHAIR</b> eka pāda utkāṭāsana
	<b>FIRE LOG / DOUBLE PIGEON</b> agnistambhāsana
	<b>FIREFLY</b> ṭiṭṭibhāsana
	<b>FISH</b> matsyāsana
	<b>FIVE-POINTED STAR</b> utthita tādāsana