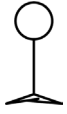


HATHA YOGA POSES IN ENGLISH & SANSKRIT

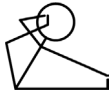
YOGA POSE 1-8



ACCOMPLISHED
siddhāsana



AIRPLANE / DIRECTION
digāsana



ARCHER / SHOOTING BOW
ākarṇa dhanurāsana



BABY COBRA
ardha bhujaṅgāsana



BABY CRADLE
hindolāsana



BALL
piṇḍāsana



BHARADVAJA'S TWIST 1
bharadvājāsana I

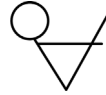


BIG TOE
pādāṅguṣṭhāsana

YOGA POSE 9-16



BIRD OF PARADISE
svarga dvijāsana



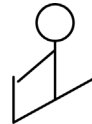
BOAT
nāvāsana



BOUND ANGLE
baddha koṇāsana



BOUND ANGLE HEADSTAND
baddha koṇā śīrṣāsana



BOUND CRESCENT MOON
baddha āñjaneyāsana



**BOUND INFINITY /
SLEEPING VIṢṆU**
baddha anantāsana



BOUND LOTUS
baddha padmāsana



BOUND SIDE ANGLE
baddha pārśvakoṇāsana