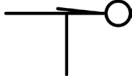


# HATHA YOGA POSES IN ENGLISH & SANSKRIT

## YOGA POSE 1-12



**ACCOMPLISHED**  
siddhāsana



**AIRPLANE /  
DIRECTION**  
digāsana



**ARCHER /  
SHOOTING BOW**  
ākarṇa dhanurāsana



**BABY COBRA**  
ardha bhujangāsana



**BABY CRADLE**  
hindolāsana



**BALL**  
piṇḍāsana



**BHARADVAJA'S  
TWIST 1**  
bharadvājāsana I



**BIG TOE**  
pādānguṣṭhāsana



**BIRD OF PARADISE**  
svarga dvijāsana



**BOAT**  
nāvāsana



**BOUND ANGLE**  
baddha koṇāsana



**BOUND ANGLE  
HEADSTAND**  
baddha koṇā śīrṣāsana

## YOGA POSE 13-24



**BOUND CRESCENT  
MOON**  
baddha āñjaneyāsana



**BOUND INFINITY /  
SLEEPING VIṢṆU**  
baddha anantāsana



**BOUND LOTUS**  
baddha padmāsana



**BOUND SIDE ANGLE**  
baddha  
pārśvakoṇāsana



**BOUND WHEEL**  
cakra bandhāsana



**BOW**  
dhanurāsana



**BRIDGE**  
setu bandha  
sarvāṅgāsana



**BRIDGE BUILDING**  
setu bandhāsana



**CAMEL**  
uṣṭrāsana



**CAT**  
bīḍālāsana /  
mārjārāsana



**CHAIR**  
utkāṭāsana

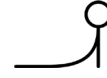


**CHEST-KNEES-CHIN**  
aṣṭāṅga namaskāra

## YOGA POSE 25-36



**CHILD'S POSE**  
bālāsana



**COBRA**  
bhujangāsana



**CORPSE**  
śavāsana



**COW**  
bitilāsana



**COW FACE**  
gomukhāsana



**COWHERD**  
gorakṣāsana



**CRANE**  
bakāsana



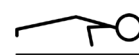
**CRESCENT LUNGE**  
aṣṭa candrāsana



**CRESCENT MOON**  
āñjaneyāsana



**CROCODILE**  
makarāsana



**CROCODILE**  
nakrāsana



**CROW**  
kākāsana