

# HATHA YOGA POSES IN ENGLISH & SANSKRIT

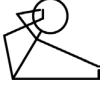
## YOGA POSE 1-8



**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

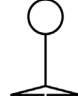
## YOGA POSE 9-16



**BIRD OF PARADISE**  
svarga dvijāsana



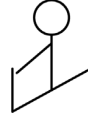
**BOAT**  
nāvāsana



**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 pārsvakoṇāsana