









































HATHA YOGA POSES IN ENGLISH & SANSKRIT





















YOGA POSE 1-20

	ACCOMPLISHED siddhāsana
	AIRPLANE / DIRECTION digāsana
	ARCHER / SHOOTING BOW ākārṇa dhanurāsana
	BABY COBRA ardha bhujaṅgāsana
	BABY CRADLE hindolāsana
	BALL piṇḍāsana
	BHARADVAJA'S TWIST 1 bharadvajāśana I
	BIG TOE pādāṅguṣṭhāsana
	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
	BOUND WHEEL cakrabandhāsana
	BOW dhanurāsana
	BRIDGE setu bandha sarvāṅgāsana
	BRIDGE BUILDING setu bandhāsana

YOGA POSE 21- 40

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

YOGA POSE 31-60

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