

YOGA ILLUMINATIONS

Asana List

 <i>tadasana</i> mountain	 <i>urdhva hastasana</i> upward salute	 <i>uttanasana</i> standing forward bend	 <i>ashva sanchalanasana</i> lunge	 <i>uthita parsavakonasana</i> extended side angle	 <i>parivrtta parsavakonasana</i> rotated side angle	 <i>virabhadrasana I</i> warrior I	 <i>virabhadrasana II</i> warrior II	 <i>virabhadrasana III</i> warrior III	 <i>parsvottasana</i> pyramid
 <i>uthita trikonasana</i> triangle	 <i>parivrtta trikonasana</i> revolved triangle	 <i>ardha chandrasana</i> half moon	 <i>parivrtta ardha chandrasana</i> revolved half moon	 <i>uthita hasta padagusthasana I</i> extended hand big toe I	 <i>uthita hasta padagusthasana II</i> extended hand big toe II	 <i>prasarita padottanasana I</i> wide feet spread forward bend	 <i>utkatasana</i> chair	 <i>garudasana</i> eagle	 <i>vrksasana</i> tree
 <i>dandasana</i> staff	 <i>sukhasana</i> easy	 <i>sukasana</i> sitting forward bend	 <i>janu sirsasana</i> head to knee	 <i>parivrtta janu sirsasana</i> rotated head to knee	 <i>paschimottasana</i> back extension	 <i>triang mukhaikapada paschimottasana</i> three limb forward bend	 <i>virasana</i> hero	 <i>virasana</i> hero	 <i>supta virasana</i> reclined hero
 <i>parvatasana</i> extended arms	 <i>kurmhasana</i> tortoise	 <i>parighasana</i> cross gate	 <i>anatasana</i> serpent couch	 <i>bhekasana</i> frog	 <i>chaturanga dandasana</i> four limb staff	 <i>adho mukha svanasana</i> downward facing dog	 <i>bakasana</i> crane	 <i>vasisthasana</i> sage pose	 <i>viparita karani</i> legs up the wall
 <i>bharadvajasana I</i> rishi twist I	 <i>marichyasana III</i> sage twist III	 <i>bharadvajasana</i> rishi twist on chair	 <i>marichyasana I</i> sage twist I	 <i>ardha matsyendrasana I</i> half lord of the fishes	 <i>supta padangusthasana</i> reclined big toe	 <i>jathara parivartanasana</i> reclined rotated leg	 <i>urdhva mukha svanasana</i> upward facing dog	 <i>bhujangasana</i> cobra	 <i>ustrasana</i> camel
 <i>salabhasana I</i> locust	 <i>dhanurasana</i> bow	 <i>urdhva dhanurasana</i> upward facing bow	 <i>halasana</i> plow	 <i>ardha halasana</i> half plow	 <i>karnapidasana</i> knee to ear	 <i>salamba sarvangasana</i> shoulderstand	 <i>setu bandhasana</i> bridge	 <i>eka pada setu bandha sarvangasana</i> I foot extended bridge	 <i>savasana</i> corpse