

# Yoga Asanas

In yoga classes we tend to use a combination of English and Sanskrit for the names of the asanas (poses) we practice. Below is a list of commonly practiced asanas. This list is far from comprehensive, as there are many more asanas not on the list. You will also find instances where the same pose might have different names from one school to another. A few of these variations are captured in brackets in the list below. Please do not consider the names used below as being any more or less correct than an alternative name used elsewhere.

Asana	Pose
Adho Mukha Svanasana	Downward Facing Dog
Adho Mukha Vrksasana	Handstand
Agnitambhasana	Fire Log
Ananda Balasana	Happy Baby
Anjaneyasana	Crescent Lunge
Apanasana (Supta Balasana)	Knees to Chest (Reclining child's pose)
Ardha Chandrasana	Half Moon
Ardha Matsyendrasana	Half Lord of the Fish (Seated spinal twist)
Ardha Padmasana	Half Lotus
Ardha Pincha Mayurasana	Dolphin
Ardha Uttanasana	Standing Half Forward Bend
Astavakrasana	8 Angle Pose (arm balance - legs around arm)
Baddha (Bhakti) Virabhadrasana	Humble (Devotional) Warrior
Baddha Konasana	Butterfly
Bakasana	Crow (Crane)
Balasana	Child's Pose
Bhujangasana	Cobra
Bitilasana	Cow
Caturanga Dandasana	Low Plank
Dandasana	Staff
Dhanurasana	Bow
Eka Pada Rajakapotasana	One Legged King Pigeon
Garudasana	Eagle
Gomukhasana	Cow-Faced Pose
Halasana	Plough
Hanumanasana	Monkey
Janu Sirsasana	Head-to-Knee Pose (seated bend over one leg)
Jathara Parivartanasana	Belly Twist (supine twist, legs bent or straight)
Malasana	Garland
Marjaiasana	Cat
Matsyasana	Fish



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Natarajasana	Dancer
Navasana	Boat
Padahasthasana	Gorilla
Padangusthasana	Forward Bend Holding Big Toe
Padmasana	Lotus
Parivrtta Baddha Parsvakonasana	Side Angle Pose with Bind
Parivrtta Janu Sirsasana	Revolved Head to Knee Pose
Parivrtta Parsvakonasana	Revolved Side Angle
Parivrtta Trikonasana	Revolved Triangle
Parsva Upavistha Konasana	Side Seated Wide Angle Pose
Parsvakonasana	Side Angle
Parsvottanasana	Pyramid
Paschimottanasana	Seated Forward Fold
Pincha Mayurasana	Forearm Stand
Prasarita Padottanasana	Wide Legged Forward Fold (standing)
Purvottanasana	Upward Facing Plank
Salabhasana	Locust
Salamba Bhujangasana	Sphinx
Salamba Sarvangasana (Sarvangasana 1)	Shoulder Stand
Salamba Sirsasana (Sirsasana 1)	Supported Headstand
Savasana	Corpse Pose
Setu Bandha Sarvangasana (Setu Bandhasana)	Bridge
Shanti Virabhadrasana	Peaceful Warrior (aka Reverse Warrior)
Siddhasana	Accomplished Pose
Sirsasana 2	Tripod Headstand
Sucirandhrasana	Thread the Needle (on back or stomach)
Sukhasana	Easy Pose
Supta Baddha Konasana	Eclining Bound Angle Pose
Supta Padangusthasana	Reclining Big Toe Pose
Supta Virasana	Reclining Hero
Surya Namaskara (Surya Namaskar)	Salute to the Sun
Svarga Dvijasana	Bird of Paradise
Tadasana	Mountain Pose
Trikonasana	Triangle
Upavistha Konasana	Wide Legged Seated Forward Fold
Urdhva Dhanurasana (Chakrasana)	Wheel
Urdhva Mukha Svanasana	Upward Facing Dog
Urdhva Prasarita Eka Padasana	Standing Splits
Ustrasana	Camel
Utkata Konasana (Durgasana)	Goddess
Utkatasana	Chair



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Uttanasana	Standing Forward Bend
Utthan Pristhasana	Lizard
Utthita Hasta Padangusthasana	Extended Hand to Big Toe
Vajrasana	Thunderbolt
Vasisthasana	Side Plank
Virabhadrasana 1 / 2 / 3	Warrior 1 / 2 / 3
Virasana	Hero
Vrksasana	Tree



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