

BALANCE POSES CHART

10 poses · English and Sanskrit names · a cue for each · full steps at yogaphilippines.com/poses/



TREE POSE

Vrksasana

Foot above or below the knee, gaze still.

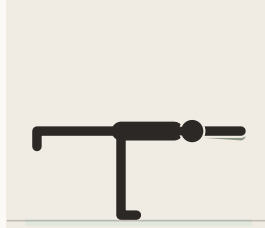
Press the foot and leg into each other and keep the standing hip in line with the soft standing knee.



FLAMINGO POSE

Soft standing knee, hips level, gaze still.

Keep both hip points facing forward and, if steady, extend the leg forward holding the toe or a strap.



WARRIOR III

Virabhadrasana III

One long line, hips square to the floor.

Lift the back leg until it lines up with the body, both hip points facing down, hands on blocks or a wall if needed.



EAGLE POSE

Garudasana

Sit low, wrap gently, elbows lift.

Rest the right toes on the floor or hook them behind the calf without twisting the knee, and lift the crossed elbows to shoulder height.

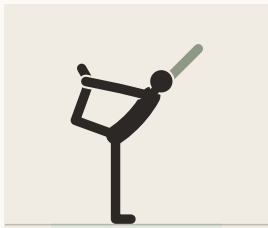


HALF MOON POSE

Ardha Chandrasana

Hips stacked, lifted foot flexed, block under the hand.

Lift the back leg level with the hip, stack the top hip over the bottom one and keep the standing knee unlocked.

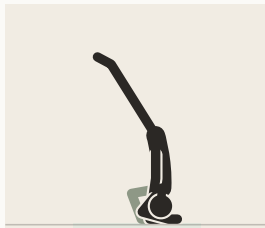


DANCER POSE

Natarajasana

Foot presses back, chest tips forward, hips level.

Keep the knees close and the hips level as the foot presses back into the hand and the chest tips forward.

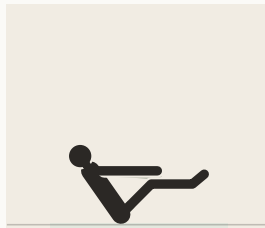


STANDING SPLIT POSE

Urdhva Prasrita Eka Padasana

Standing knee soft, lifted leg points down.

Lift the right leg behind you with the knee and toes pointing down and the standing knee slightly bent.

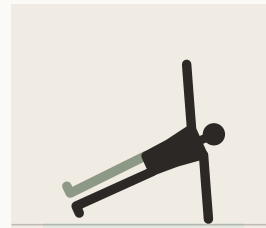


BOAT POSE

Navasana

Long spine, shins level, keep breathing.

Lift the shins level with the floor and keep the spine long instead of rolling onto the tailbone.

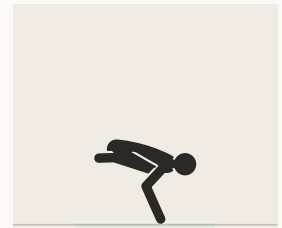


SIDE PLANK

Vasisthasana

Press the floor away, hips lifted in one line.

Press the floor away so the shoulder lifts out of the wrist, and lift the hips into one line.



CROW POSE

Bakasana

Elbows back, gaze forward, shift slowly.

Bend the elbows straight back, round the upper back and look a little ahead of the hands.