

BEGINNER YOGA POSE CHART

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

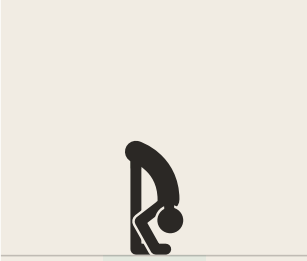
STANDING



MOUNTAIN POSE
Tadasana

Feet grounded, spine stacked, chin level.

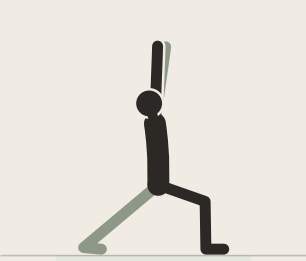
Stack the pelvis over the ankles and the shoulders over the ribs, knees straight but not pushed back.



STANDING FORWARD BEND
Uttanasana

Knees bent, head heavy, rise slowly.

Bend the knees generously, rest the hands on the shins or blocks, and let the head hang.



WARRIOR I
Virabhadrasana I

Hips face forward, front knee over ankle, arms up.



WARRIOR II
Virabhadrasana II

Heel to arch, knee over ankle, arms light.

Bend the front knee over the ankle, open the hips to the long edge and keep the arms light at shoulder height.



TRIANGLE POSE
Trikonasana

Long side waist, hand on a block, legs firm.



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.

HANDS AND KNEES

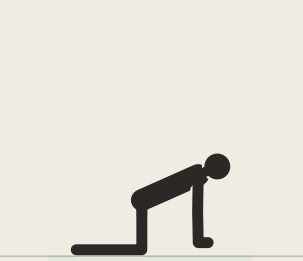
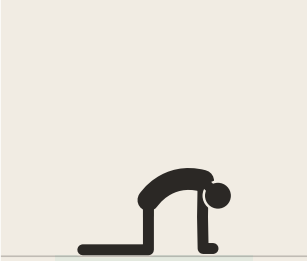


TABLE TOP POSE
Bharmanasana

Wrists under shoulders, flat back.

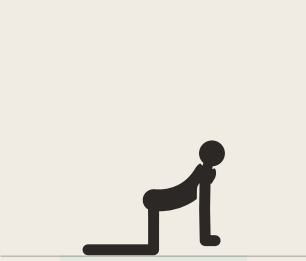
Lengthen the spine so the back is flat, the neck long and the gaze just ahead of the hands.



CAT
Marjaryasana

Inhale to arch, exhale to round.

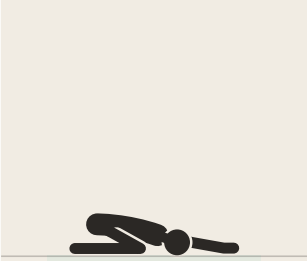
Move the whole spine from the tailbone to the head, and press the floor away so the shoulders do not sag.



COW
Bitilasana

Inhale to arch, exhale to round.

Move the whole spine from the tailbone to the head, and press the floor away so the shoulders do not sag.



CHILD'S POSE
Balasana

Hips back, forehead down, breathe into the back.

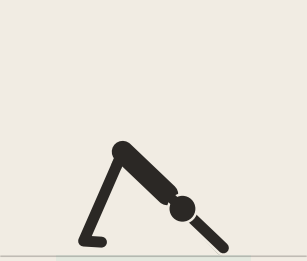
Walk the hands forward and rest the forehead on the mat or a block, knees as wide as feels comfortable.



LOW LUNGE
Anjaneyasana

Knee padded, front knee over ankle, hips forward.

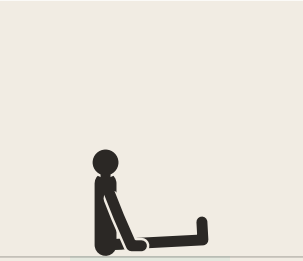
Keep the front knee over the ankle and lift the chest so the shoulders sit over the hips.



DOWNWARD-FACING DOG
Adho Mukha Svanasana

Hips up and back, knees soft, hands pressing.

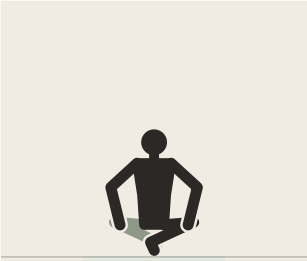
SEATED



STAFF POSE
Dandasana

Sit tall, feet flexed, shoulders over hips.

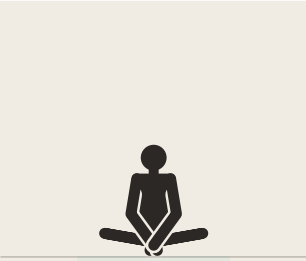
Press the hands down beside the hips, flex the feet and stack the shoulders over the hips.



EASY POSE
Sukhasana

Knees below hips, spine tall, shoulders soft.

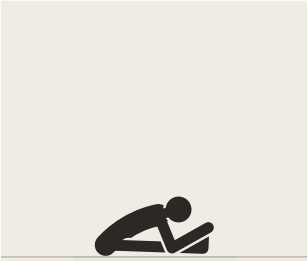
Let the knees sit level with or lower than the hips, and grow tall from the base of the spine with the chin level.



BUTTERFLY POSE
Baddha Konasana

Soles together, knees heavy, spine long.

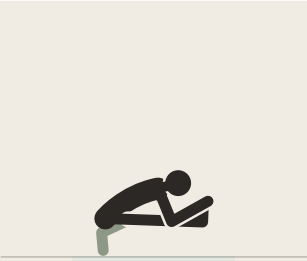
Hold the ankles rather than the toes, lengthen the spine and let the knees fall with their own weight.



SEATED FORWARD BEND
Paschimottanasana

Fold from the hips, knees soft, chest leads.

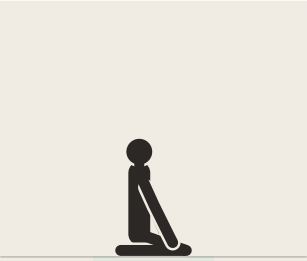
Fold from the hips leading with the chest, knees softly bent, holding the shins or a strap.



HEAD TO KNEE POSE
Janu Sirsasana

Fold from the hips, straight-leg knee soft.

Turn the chest over the straight leg and fold from the hips with the knee soft, never pulling the head down.

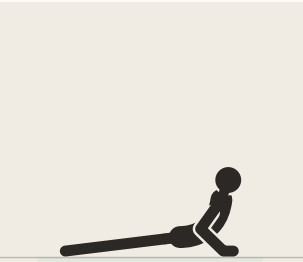


THUNDERBOLT POSE
Vajrasana

Sit back, spine tall, add height if needed.

Stack the shoulders over the hips and keep the feet pointing straight back.

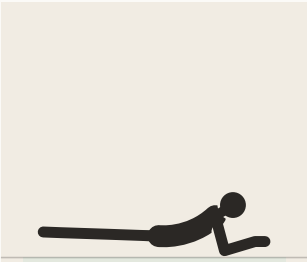
ON THE BELLY AND BACK



COBRA POSE
Bhujangasana

Elbows in, chest forward, neck long.

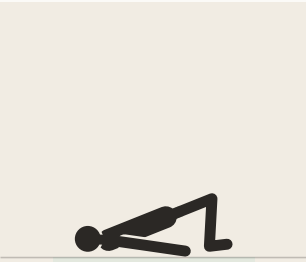
Lift the chest with the back muscles first, elbows bent and shoulders drawing down and back.



SPHINX POSE
Salamba Bhujangasana

Elbows under shoulders, belly soft, neck long.

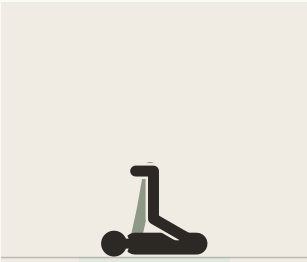
Press the forearms lightly to lift the chest and let the shoulders slide away from the ears.



BRIDGE POSE
Setu Bandha Sarvangasana

Press the feet, lift the hips, knees forward.

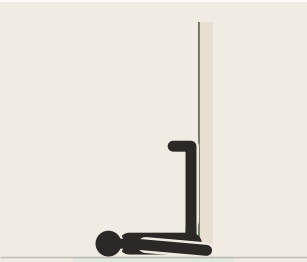
Press through the feet to lift the hips, knees pointing straight ahead and the head still.



HAPPY BABY POSE
Ananda Balasana

Ankles over knees, pelvis heavy.

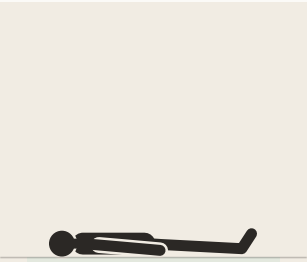
Hold the outer feet, ankles or shins and stack each ankle over its knee so the soles face up.



LEGS UP THE WALL
Viparita Karani

Legs resting, hips back from the wall, breathe slowly.

Move the hips away from the wall until the backs of the legs soften.



CORPSE POSE
Savasana

Let everything rest.

Rest the arms away from the sides with the palms up, with a blanket under the head if the chin lifts.