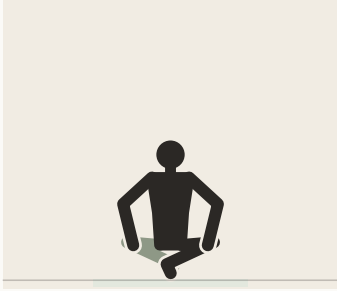


SEATED POSES CHART

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

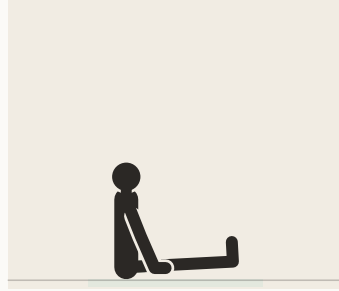


EASY POSE

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.

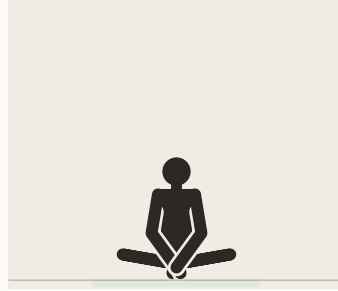


STAFF POSE

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.

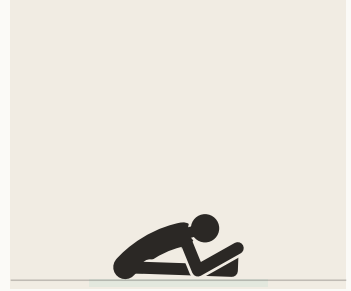


BUTTERFLY POSE

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.

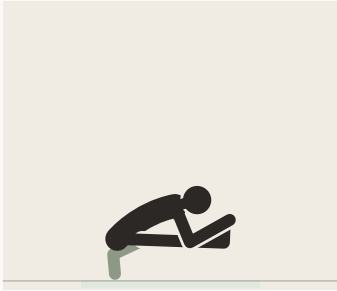


SEATED FORWARD BEND

Paschimottasana

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.

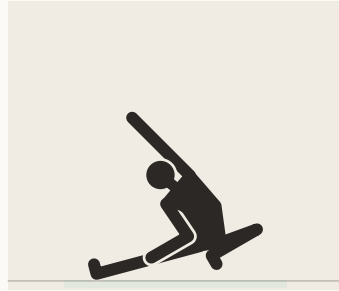


HEAD TO KNEE POSE

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.

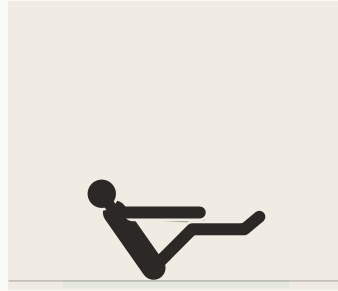


REVOLVED HEAD TO KNEE POSE

Parivrtta Janu Sirsasana

Side bend over the leg, chest turns up.

Lean to the left over the straight leg with the forearm on a block, and turn the chest up toward the ceiling.

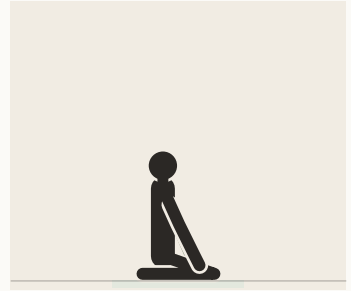


BOAT POSE

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.

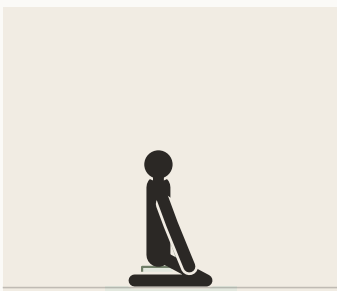


THUNDERBOLT POSE

Vajrasana

Sit back, spine tall, add height if needed.

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



HERO POSE

Virasana

Sit on a block, feet point straight back.

Point each foot straight back and add height under the hips the moment the knees ache.

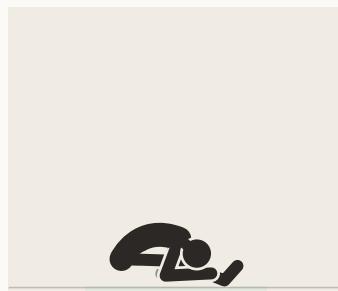


GATE POSE

Parighasana

Chest open, long side body, light hand.

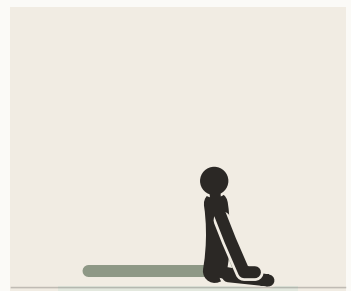
Bend to the right with the chest open to the front, sliding the right hand down the leg without leaning on it.



CATERPILLAR POSE

Let the back round, rest the hands, stay soft.

Fold from the hips and let the spine round softly, resting the hands instead of reaching for the feet.



PIGEON POSE

Eka Pada Rajakapotasana

Hips level with support, front knee comfortable.

Level the hips with a block or blanket under the front hip so the front knee feels nothing.