

SEATED YOGA POSES, FROM EASY P

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



EASY POSE
Sukhasana



STAFF POSE
Dandasana



SEATED FORWARD BEND
Paschimottanasana



BUTTERFLY POSE
Baddha Konasana



SEATED TWIST
Ardha Matsyendrasana



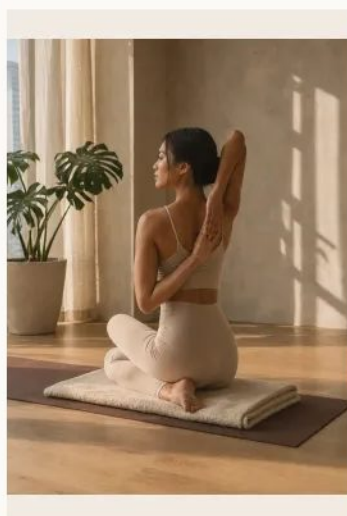
THUNDERBOLT POSE
Vajrasana



HERO POSE
Virasana



LION POSE
Simhasana



COW FACE POSE
Gomukhasana



FIRE LOG POSE
Agnistambhasana



BOAT POSE
Navasana



LOTUS POSE
Padmasana