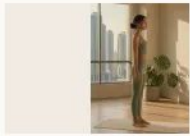


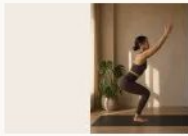
YOGA POSES CHART

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



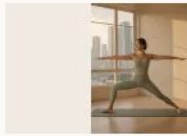
MOUNTAIN POSE

Tadasana



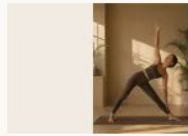
CHAIR POSE

Utkatasana



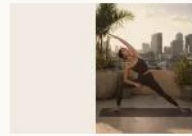
WARRIOR POSES

Virabhadrasana I, II and III



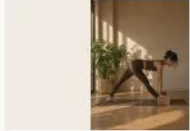
TRIANGLE POSE

Trikonasana



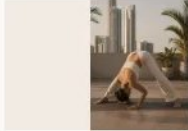
EXTENDED SIDE ANGLE

Utthita Parsvakonasana



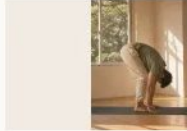
PYRAMID POSE

Parsvottanasana



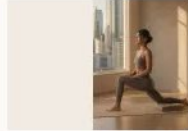
WIDE LEGGED FORWARD BEND

Prasarita Padottanasana



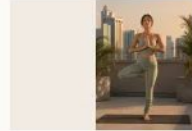
STANDING FORWARD BEND

Uttanasana



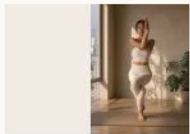
LOW LUNGE

Anjaneyasana



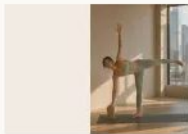
TREE POSE

Vrksasana



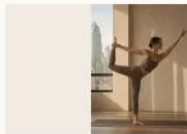
EAGLE POSE

Garudasana



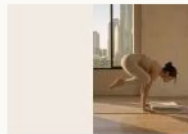
HALF MOON POSE

Ardha Chandrasana



DANCER POSE

Natarajasana



CROW POSE

Bakasana

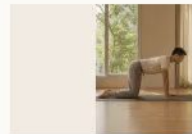
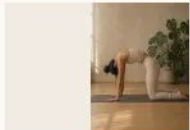


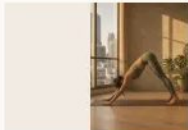
TABLE TOP POSE

Bharmanasana



CAT-COW

Marjaryasana Bitilasana



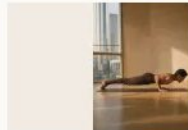
DOWNWARD-FACING DOG

Adho Mukha Svanasana



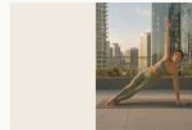
PLANK POSE

Phalakasana



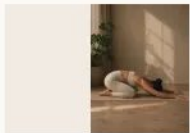
FOUR-LIMBED STAFF POSE

Chaturanga Dandasana



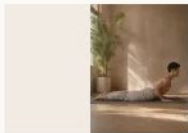
SIDE PLANK

Vasisthasana



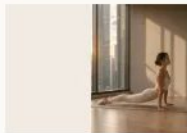
CHILD'S POSE

Balasana



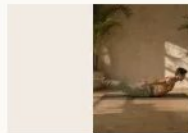
COBRA POSE

Bhujangasana



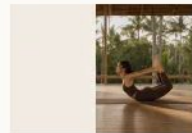
UPWARD-FACING DOG

Urdhva Mukha Svanasana



LOCUST POSE

Salabhasana



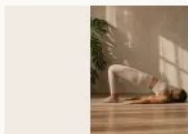
BOW POSE

Dhanurasana



CAMEL POSE

Ustrasana



BRIDGE POSE

Setu Bandha Sarvangasana



WHEEL POSE

Urdhva Dhanurasana



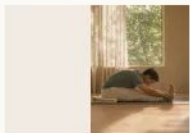
EASY POSE

Sukhasana



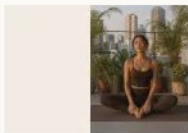
STAFF POSE

Dandasana



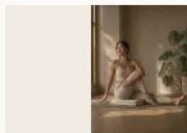
SEATED FORWARD BEND

Paschimottanasana



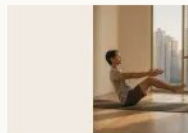
BUTTERFLY POSE

Baddha Konasana



SEATED TWIST

Ardha Matsyendrasana



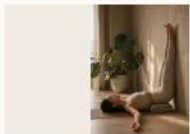
BOAT POSE

Navasana



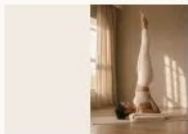
LOTUS POSE

Padmasana



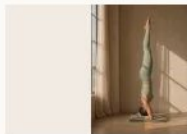
LEGS UP THE WALL

Viparita Karani



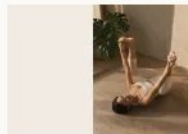
SHOULDER STAND

Salamba Sarvangasana



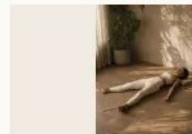
HEADSTAND

Sirsasana



HAPPY BABY POSE

Ananda Balasana



CORPSE POSE

Savasana