



HIMALAYAN INSTITUTE
TEACHERS ASSOCIATION

Asanas in Classes

Standing Poses

ardha bandha vṛkṣāsana
ardha candrāsana
garuḍāsana
hasta pādāṅguṣṭhāsana, two variations
nāṭarājāsana
parivṛtta ardha candrāsana
parivṛtta pārśvakoṇāsana
parivṛtta trikoṇāsana
pārśvakoṇāsana
pārśvottānāsana or koṇāsana
prasārita pādottānāsana
tāḍāsana
trikoṇāsana
utkaṭāsana
uttānāsana or pādahastāsana
vīrabhadrāsana, three variations
vṛkṣāsana

Half-bound tree pose
Half moon pose
Eagle pose
Standing hand to foot pose
King dancer pose
Revolved half moon
Revolved side angle
Revolved triangle
Side angle pose (triangle II)
Side extension pose or angle pose
Spread leg forward bend
Mountain pose
Triangle pose
Standing squat or chair pose
Standing forward bend
Warrior pose
Tree pose

Backward Bending Poses

vānarāsana (sometimes bānarāsana)
bhekāsana
bhujāṅgāsana
cakrāsana or ūrdhva dhanurāsana
dhanurāsana
kapotāsana
matsyāsana
naukāśana or nāvāsana
pūrvottānāsana
śalabhāsana
setu bandhāsana
supta vīrāsana
ūrdhva mukha śvanāsana
uṣṭrāsana

Monkey pose or lunge
Frog pose
Cobra pose
Wheel or upward facing bow pose
Bow pose
Pigeon pose
Fish pose
Downward facing boat pose
Upward facing inclined plank; lit., east stretch
Locust pose
Bridge pose
Reclining hero pose
Upward-facing dog pose
Camel pose

Forward Bends

ardha baddha padma paścimottānāsana
baddha koṇāsana
bālāsana
jānu śirṣāsana
krauñcāsana
kūrmāsana
marīcyāsana
paścimottānāsana
parivṛta jānu śirṣāsana
pārśva upaviṣṭa koṇāsana
triṅgamukhaikapāda paścimottānāsana
upaviṣṭa koṇāsana
yoganīdrāsana

Half bound lotus posterior stretch
Bound angle or butterfly pose
Childs pose
Head to knee pose
Heron pose
Tortoise pose
Name of a sage, forward bend
Posterior stretch; west stretch
Revolved head to knee pose
Seated side angle pose
Three limbed face to foot posterior stretch
Seated angle pose
Yogic sleep pose

Seated Poses

ardha padmāsana
akarṇa dhanurāsana
baddha padmāsana
daṇḍāsana
gomukhāsana
maṇḍūkāsana
padmāsana
siddhāsana
simhāsana
sukhāsana
svastikāsana
vajrāsana
vīrāsana

Half lotus pose
Archer pose
Bound lotus pose
Seated staff pose
Cow face pose
Frog pose
Lotus pose
Accomplished pose
Lion pose
Easy pose
Auspicious pose
Kneeling pose, thunderbolt pose
Hero pose

Twists

ardha matsyendrāsana, and variations
bhāradvājāsana
jaṭhara parivartanāsana
marīcyāsana

Half spinal twist, name of sage
Seated twist, name of a sage,
Reclining abdominal twist
Seated twist, name of sage

Abdominal Work

akuncana prasaraṇa
agni sāra
nauli kriya
uddīyāna bandha
utthita ekapādāsana
utthita dvipādāsana

A&P, abdominal squeeze
Abdominal wave of fire
Abdominal roll
Abdominal lift, upward flying lock
Single leg lift
Double leg lift

Seated and Reclining Balancing Poses

bakāsana
bhujapīdāsana
caturaṅga daṇḍāsana
eka hasta bhujāsana
lolāsana
mayurāsana and padma mayurāsana
tittibhāsana
utthita hasta pādāsana or nāvāsana
vasiṣṭhāsana

Reclining Poses

anantāsana
aśvinī mudrā
makarāsana
pavanamuktāsana
śavāsana
supta pādāṅguṣṭhāsana

Inverted Poses

adho mukha śvanāsana
adho mukha vṛkṣāsana
halāsana and variations
piñcamayūrāsana
setu bandhāsana
sarvāṅgāsana and variations
śīrṣāsana
viparīta karaṇī

Miscellaneous

parīghāsana
sūrya namaskāra
jālandhāra bandha
mūlabandha
uddiyāna bandha

Crow pose
Arm balance pose
Four-limbed stick; down-facing plank pose
Arm balance pose (one leg over arm)
Scale pose
Peacock and lotus peacock poses
Firefly pose
Hip balance, upward facing boat pose
Side plank pose, name of sage

Couch pose
Horse mudra
Crocodile pose
Wind relieving pose
Corpse pose
Reclining big toe pose

Downward facing dog pose
Downward facing tree pose; handstand
Plow pose
Forearm balance
Bridge pose
Shoulderstand, all limbs pose
Headstand
Inverted action pose

Gate pose
Sun Salutation
Chin lock
Root lock
Abdominal lock