

# BASIC YOGA ASANAS



Mountain  
*Tadasana*



Half Moon  
*Ardha Chandrasana*



Standing Back Bend  
*Anuvrittisana*



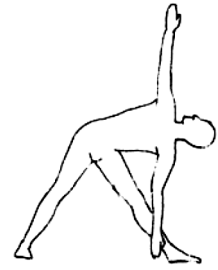
Standing Forward Bend  
*Uttanasana*



Warrior 1  
*Virabhadrasana 1*



Warrior 2  
*Virabhadrasana 2*



Triangle  
*Trikonasana*



Dancer  
*Natarajasana*



Standing Spinal Twist  
*Sama Matsyendrasana*



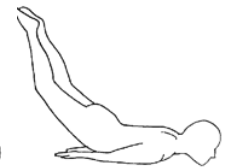
Boat  
*Navasana*



Child  
*Garbhasana*



Half Locust  
*Ardha Shalabhasana*



Locust  
*Shalabhasana*



Cobra  
*Bhujangasana*



Downward Dog  
*Adho Mukha Shvanasana*



Symbol of Yoga  
*Yoga Mudra*



Bound Angle  
*Baddha Konasana*



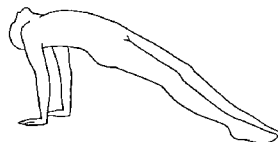
Head to Knee  
*Janu Shirshasana*



Seated Spinal Twist  
*Matsyendrasana*



Posterior Stretch  
*Pashchimottasana*



Inclined Plane  
*Purvottasana*



Bridge  
*Setu Bandhasana*



Half Knee-to-Chest Pose  
*Ardha Pavana Muktasana*



Knee to Chest Pose  
*Pavana Muktasana*



Half Shoulderstand  
*Ardha Sarvangasana*



Fish  
*Matsyasana*



Supine Spinal Twist  
*Supta Matsyendrasana*



Corpse  
*Shavasana*