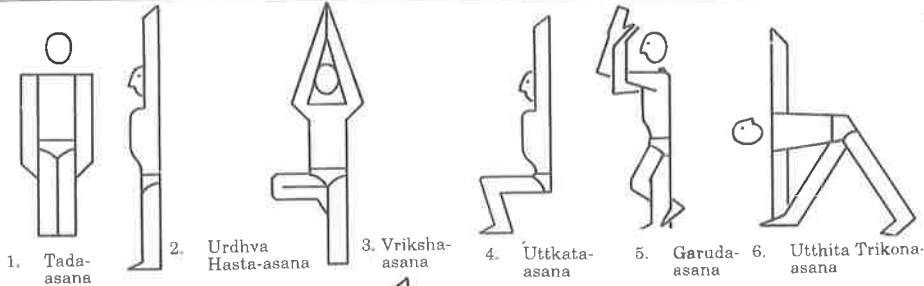
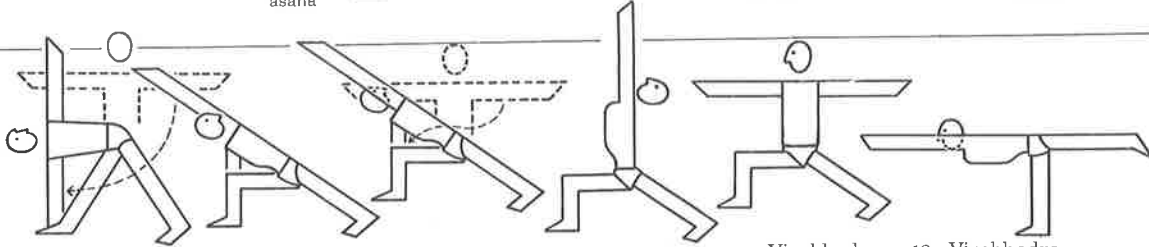


# THE YOGA ASANA CHART

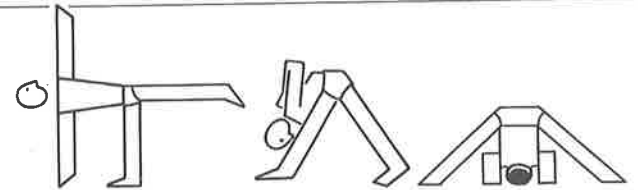
## The Standing Poses



1. Tada-asana 2. Urdhva Hasta-asana 3. Vriksha-asana 4. Uttkata-asana 5. Garuda-asana 6. Utthita Trikona-asana

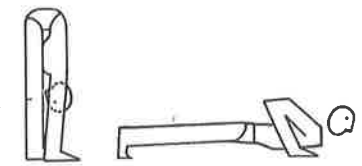


7. Parivritta Trikona-asana 8. Utthita Parshva-kona-asana 9. Parivritta Parshva-kona-asana 10. Virabhadra-asana 11. Virabhadra-asana II 12. Virabhadra-asana III

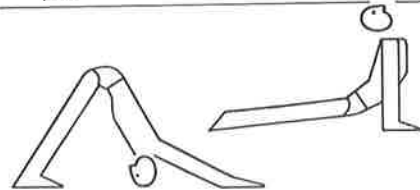


13. Ardha Chandra-asana 14. Parshva-uttana-asana 15. Prasarita Pada-uttana-asana

## The Sun-Salutation Poses

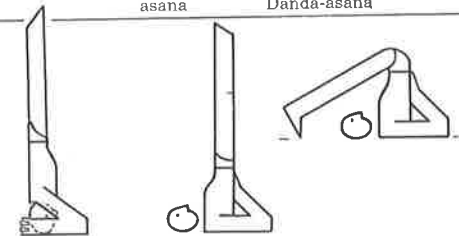


16. Uttana-asana 17. Chatur-anga Danda-asana

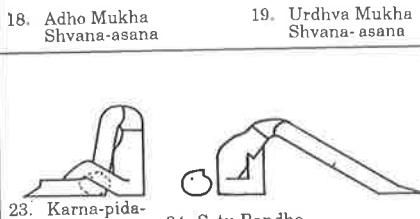


18. Adho Mukha Shvana-asana 19. Urdhva Mukha Shvana-asana

## The Inverted Poses

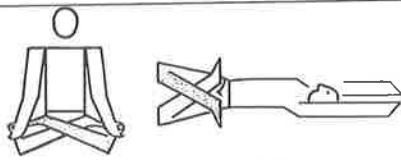


20. Shirsha-asana 21. Sarvanga-asana 22. Hala-asana

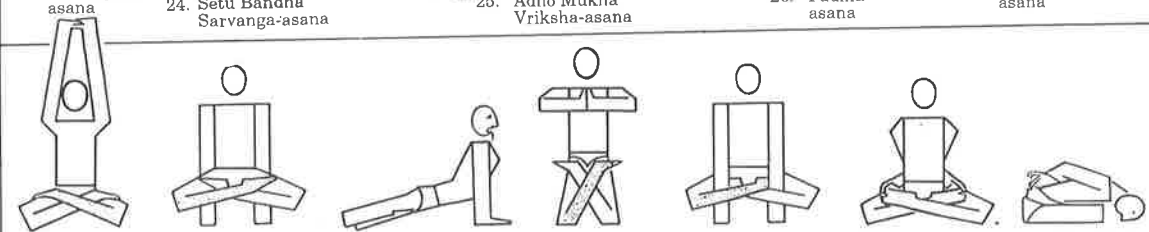


23. Karnapida-asana 24. Setu Bandha Sarvanga-asana 25. Adho Mukha Vriksha-asana

## The Cross Legged Poses

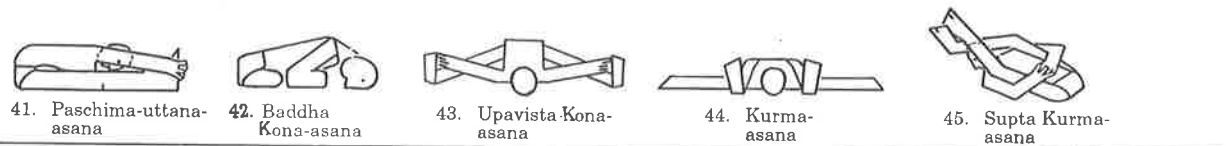
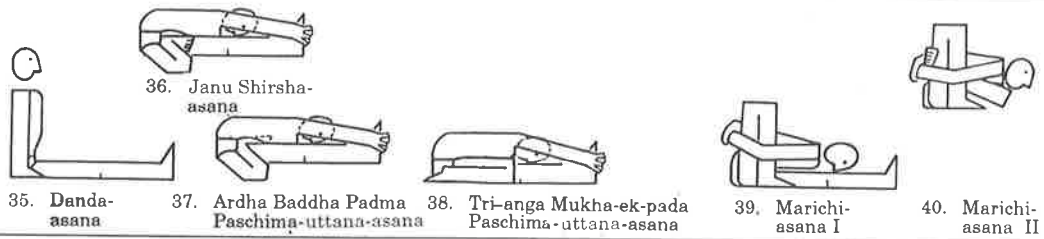


26. Padma-asana 27. Matsya-asana

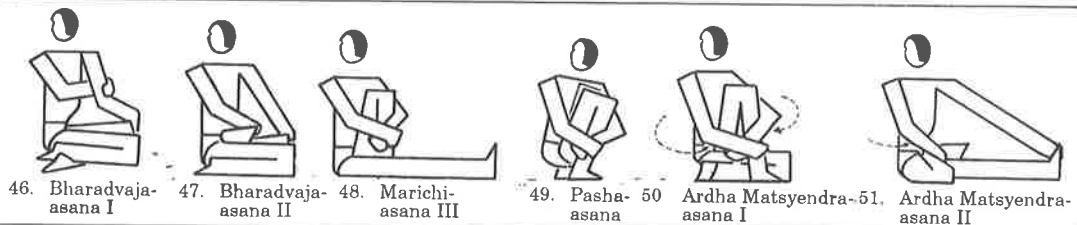


28. Parvata-asana 29. Tola-asana 30. Simha-asana 31. Goraksha-asana 32. Kukkuta-asana 33. Baddha Padma-asana 34. Yoga Mudra-asana

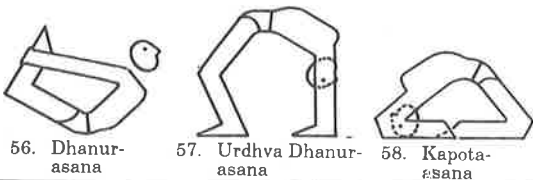
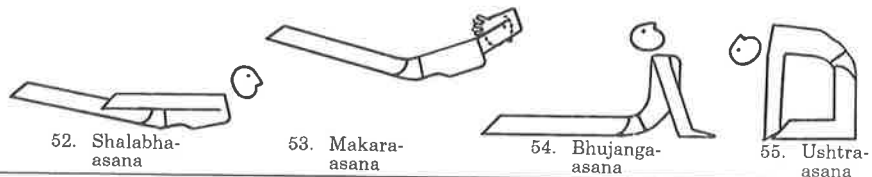
### The Forward Bending Poses



### The Twisting Poses



### The Backward Bending Poses



### The Miscellaneous Poses

