

- 1) Utthistha (Standing)
 - a) Tadasana (aka Samasthiti): *Mountain Pose*
 - b) Vrksasana: *Tree Pose*
 - c) Utthita Trikonasana: *Extended Triangle Pose*
 - d) Virabhadrasana II: *Warrior II*
 - e) Utthita Parsvakonasana: *Extended Lateral (or Side) Angle Pose*
 - f) Virabhadrasana I: *Warrior I*
 - g) Ardha Chandrasana: *Half-Moon Pose*
 - h) Parsvottanasana: *Intense Side Stretch Pose*
 - i) Prasrita Padottanasana I & II: *Spread-Out Foot Intense Stretch Pose*
 - j) Parighasana: *Gate Pose*
 - k) Padangusthasana: *Big Toe Pose*
 - l) Pada Hastasana: *Hand-Foot Pose*
 - m) Uttanasana: *Intense Stretch Pose*
 - n) Adho Mukha Svanasana: *Downward-Facing Dog Pose*
 - o) Utkatasana: *Fierce Pose*
 - p) Garudasana: *Eagle Pose*
 - q) Parivritta Trikonasana: *Revolved Triangle Pose*
 - r) Parivritta Parsvakonasana: *Revolved Side-Angle Pose*
 - s) Parivritta Ardha Chandrasana: *Revolved Half-Moon Pose*
 - t) Virabhadrasana III: *Warrior III*
 - u) Utthita Hasta Padangusthasana: *Extended Hand-to-Big Toe Pose*
- 2) Upavistha (Sitting)
 - a) Dandasana: *Stick (or Staff) Pose*
 - b) Gomukhasana: *Cow Face Pose*
 - c) Siddhasana: *Sage Pose*
 - d) Virasana: *Hero Pose*
 - e) Parvatasana (in Swastikasana): *Mountain Pose in Auspicious Pose*
 - f) Baddha Konasana: *Bound Angle Pose*
 - g) Upavistha Konasana: *Seated Angle Pose*
- 3) Paschima Pratana (Forward)
 - a) Trianga Mukhaikapada Paschimottanasana: *Three-limbed Foot-facing Intense Stretch of the Western Side of the Body*
 - b) Marichyasana I: *Pose dedicated to the Sage Marichi*
 - c) Malasana: *Garland Pose*
 - d) Janu Sirsasana: *Head of the Knee Pose*
 - e) Parivrtta Janu Sirsana: *Revolved Head of the Knee Pose*
 - f) Paschimottanasana: *Intense Stretch of the Western Side of the Body*
- 4) Parivrtta (Lateral)
 - a) Bharadvajasana I: *Pose dedicated to the warrior Bharadvaja*
 - b) Bharadvajasana II: *Pose dedicated to the warrior Bharadvaja*
 - c) Marichyasana III: *Pose dedicated to the sage Marichi*
 - d) Ardha Matsyendrasana I: *Half Lord of the Fishes (Matsyendra) Pose*
 - e) Adho Mukha Virasana (Downward-facing Hero Pose)
- 5) Viparita (Inversions)
 - a) Salamba Sarvangasana: *Shoulder Stand or Supported All-Limb (or -Body) Pose*
 - b) Halasana: *Plow Pose*
 - c) Karnapidasana: *Ear Pressure Pose*
 - d) Supta Konasana: *Supine Angle Pose*

- e) Chatuspadasana: *Four-footed Pose (aka, Bridge Pose)*
 - f) Salamba Sirsana: *Supported Headstand*
 - g) Eka Pada Sarvangasana: *One-footed Shoulder Stand*
 - h) Parsvaika Pada Sarvangasana: *Sideways (or Lateral) One-footed Shoulder Stand*
 - i) Parsva Halasana: *Sideways (or Lateral) Plough Pose*
 - j) Adho Mukha Vrksasana: *Downward-facing Tree Pose*
 - k) Pincha Mayurasana: *Feather of the Peacock Pose*
 - l) Viparita Karani: *The action of inverting*
- 6) Udara Akunchana (Abdominal)
- a) Urdhva Prasarita Padasana: *Upward Spread-out Foot Pose*
 - b) Paripurna Navasana: *Full Boat Pose*
 - c) Ardha Navasana: *Half Boat Pose*
 - d) Supta Padangusthasana I & II: *Supine Big Toe Pose I and II*
- 7) Purva Pratana (Backward)
- a) Urdhva Mukha Svanasana: *Upward-facing Dog Pose*
 - b) Chaturanga Dandasana: *Four-limbed Staff Pose*
 - c) Bhujangasana I: *Serpent or Cobra Pose*
 - d) Dhanurasana: *Bow Pose*
 - e) Salabhasana: *Locust Pose*
 - f) Makarasana: *Crocodile Pose*
 - g) Ustrasana: *Camel Pose*
 - h) Urdhva Dhanurasana: *Upward Bow Pose*
 - i) Dwi Pada Viparitta Dandasana: *Two-footed Inverted Staff (or Stick) Pose*
- 8) Visranta Karaka (Restorative)
- a) Setubhanda Sarvangasana: *Bridge Construction Pose in Shoulder Stand*
 - b) Savasana: *Corpse Pose*
 - c) Supta Virasana: *Reclining Warrior Pose*
 - d) Supta Baddha Konasana: *Reclining Bound Angle Pose*
- 9) Pranayama (Pranayama)
- a) Ujjayi Pranayama I-IV in Savasana: *Achieving Supreme Power*
 - b) Viloma Pranayama I-II in Savasana: *Breathing Against the Grain*
 - c) Bhramari Pranayama in Savasana: *Bumblebee Breathing*