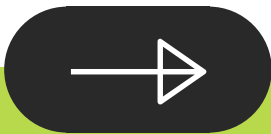


IYT® International Yoga Teacher 100 hours

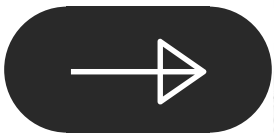
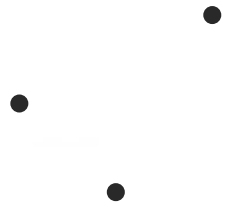
Presentation Asana List



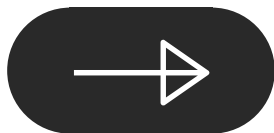


This PDF document is designed to provide a list of Yoga Asanas Names for IYT® Students who wants to complete an IYT® International Yoga Teacher 100 hours teacher training program.

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- **It is recommended to practice each Asanas with proper alignment and breath awareness.**
- **Always consult with a Lead IYT International Yoga Teacher or our Registered IYS International Yoga School before starting any new course.**
- **Regular practice of these Asanas can improve flexibility, strength, and overall well-being.**





Asanas List for Yoga IYT® TTC 100 hours

Asana Names	आसन नाम
Tadasana (Mountain Pose)	ताडासन (पर्वत पोज)
Vrikshasana (Tree Pose)	वृक्षासन (वृक्ष पोज)
Adho Mukha Svanasana (Downward-Facing Dog Pose)	अधो मुख संवासन (डाउनवर्ड-फेसिंग डॉग पोज)
Uttanasana (Standing Forward Bend)	उत्तानासन (स्टैंडिंग फॉरवर्ड बेंड)
Trikonasana (Triangle Pose)	त्रिकोणासन (त्रिकोण पोज)
Virabhadrasana I (Warrior Pose I)	वीरभद्रासन I (योद्धा पोज I)
Virabhadrasana II (Warrior Pose II)	वीरभद्रासन II (योद्धा पोज II)
Ardha Chandrasana (Half Moon Pose)	अर्ध चंद्रासन (हाफ मून पोज)
Bakasana (Crane Pose)	बकासन (क्रेन पोज)
Bhujangasana (Cobra Pose)	भुजंगासन (कोबरा पोज)
Chaturanga Dandasana (Four-Limbed Staff Pose)	चतुरंगा दंडासन (चार अंगों वाला कर्मचारी पोज)
Dhanurasana (Bow Pose)	धनुरासन (धनुष पोज)
Garudasana (Eagle Pose)	गरुडासन (ईगल पोज)
Halasana (Plow Pose)	हलासन (हल पोज)



Asanas List for Yoga IYT® TTC 100 hours

Matsyasana (Fish Pose)	मत्स्यासन (मछली पोज)
Natarajasana (Lord of the Dance Pose)	नटराजासन (नृत्य मुद्रा के भगवान)
Navasana (Boat Pose)	नवासन (नाव पोज)
Padmasana (Lotus Pose)	पद्मासन (कमल पोज)
Parivrtta Trikonasana (Revolved Triangle Pose)	परिव्रत त्रिकोणासन (परिवर्तित त्रिभुज पोज)
Paschimottanasana (Seated Forward Bend)	पश्चिमोत्तानासन (बैठे हुए आगे की ओर झुकना)
Setu Bandhasana (Bridge Pose)	सेतु बंधासन (ब्रिज पोज)
Shalabhasana (Locust Pose)	शलभासन (टिड्डी पोज)
Sirsasana (Headstand)	शीर्षासन (शीर्षासन)
Sukhasana (Easy Pose)	सुखासन (आसान पोज)
Urdhva Dhanurasana (Upward Bow or Wheel Pose)	उर्ध्व धनुरासन (उर्ध्व धनुष या पहिया पोज)
Utkatasana (Chair Pose)	उत्कटासन (चेयर पोज)
Vasisthasana (Side Plank Pose)	वशिष्ठासन (साइड प्लैंक पोज)
Virabhadrasana I (Warrior I)	वीरभद्रासन I (योद्धा I)
Virabhadrasana II (Warrior II)	वीरभद्रासन II (योद्धा II)



Asanas List for Yoga IYT® TTC 100 hours

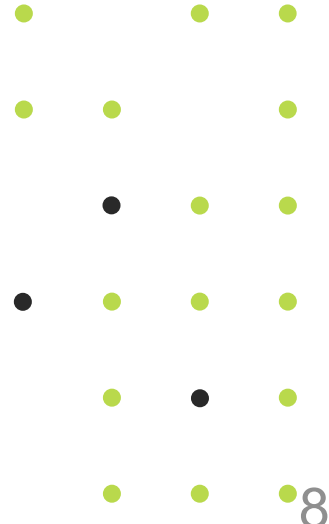
Adho Mukha Svanasana (Downward-facing Dog)	अधो मुख संवासन (नीचे की ओर मुंह वाला कुत्ता)
Salabhasana (Locust Pose)	शलभासन (टिड्डी पोज)
Ustrasana (Camel Pose)	उष्टासन (कैमल पोज)
Sarvangasana (Shoulderstand)	सर्वांगासन (शोल्डरस्टैंड)
Janu Sirsasana (Head-to-Knee Pose)	जानू सिरसाना (सिर से घुटने तक की पोज)
Ardha Matsyendrasana (Half Lord of the Fishes Pose)	अर्ध मत्स्येन्द्रासन (मछलियों का आधा भगवान पोज)
Balāsana (Child's Pose)	बालासन (बाल पोज)
Savasana (Corpse Pose)	सवासना (शव पोज)





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Enroll in our IYT® TTC 100 hours program Certification program! Our program will provide you with the knowledge and skills necessary to become a successful IYT® International Yoga Teacher.



• • •
Our comprehensive program covers all aspects of Yoga, including Asanas, Pranayama, Meditation, Philosophy, Anatomy, and teaching methodology. You will have the opportunity to learn from experienced and certified International Yoga Teachers & instructors who are passionate about sharing their knowledge with others.



Upon completion of the program, you will receive the certification of IYT International Yoga Teacher from IYO International Yoga Organisation, which is recognized internationally in 195 countries and highly respected within the Yoga community. With this certification, you will be able to teach Yoga classes, workshops, and retreats anywhere in the world.





THANK YOU!