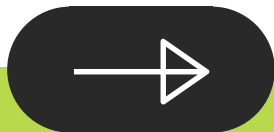
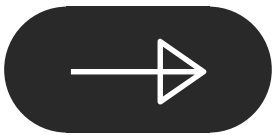


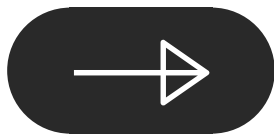
IYT® International Yoga Teacher 300 hours

Presentation Asana List





- **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 300 hours

Asana Names	आसन नाम
Surya-Namaskara	सूर्य-नमस्कार
Tadasana	ताडासन
Ardhakatichakrasana	अर्धकटीचक्रासन
Ardha-Chakrasana	अर्ध-चक्रासन
Trikonasana (Tech. 1)	त्रिकोणासन (टेक। 1)
Trikonasana (Tech. 2)	त्रिकोणासन (टेक। 2)
Parivrtta- Trikonasana	परिव्रत- त्रिकोणासन
Parshva-Konasana	पार्श्व-कोणासन
Vrikshasana	वृक्षासन
Garudasana	गरुडासन
Katichakrasana (Tech. 1)	कटिचक्रासन (तकनीक 1)
Katichakrasana (Tech. 2)	कटिचक्रासन (तकनीक 2)
Padahastasana	पादहस्तासन
Dandasana	दंडासन



Asanas List for Yoga IYT® TTC 300 hours

Sukhasana	सुखासन
Siddhasana	सिद्धासन
Padmasana	पद्मासन
Yoga-Mudrasana	योग-मुद्रासन
Shashakasana	शशकासन
Vajrasana	वज्रासन
Supta-Vajrasana	सुप्त-वज्रासन
Virasana (Tech. 1)	वीरासन (टेक। 1)
Virasana (Tech. 2)	वीरासन (टेक। 2)
Supta-Virasana	सुप्त-विरासना
Pashchimottanasana	पश्चिमोत्तानासन
Ushtrasana	उष्ट्रासन
Vakrasana	वक्रासन
Ardha-Matsyendrasana	अर्ध-मत्स्येन्द्रासन
Hamsasana (Tech. 1)	हंसासन (तकनीक 1)



Asanas List for Yoga IYT® TTC 300 hours

Hamsasana (Tech. 2)	हंसासन (तकनीक 2)
Mayurasana	मयूरासन
Kakasana	काकासन
Bhadrasana	भद्रासन
Mandukasana	मांडूकसाना
Uttana- Mandukasana	उत्ताना- मंडूकासन
Gomukhasana	गोमुखासन
Ardha-Shirshasana	अर्ध-शीर्षासन
Shirshasana	शीर्षासन
Purvottanasana	पुरुषोत्तानासन
Makarasana	मकरासन
Bhujangasana (Tech. 1)	भुजंगासन (तकनीक 1)
Bhujangasana (Tech. 2)	भुजंगासन (तकनीक 2)
Bhujangasana (Tech. 3)	भुजंगासन (तकनीक 3)
Shalabhasana (Tech. 1)	शलभासन (तकनीक 1)



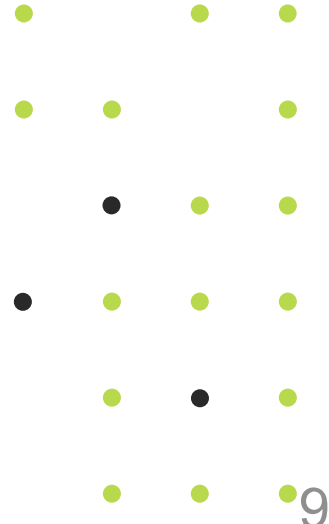
Asanas List for Yoga IYT® TTC 300 hours

Shalbhasana (Tech. 1)	शलभासन (तकनीक 1)
Shalbhasana (Tech. 2)	शलभासन (तकनीक 2)
Shalbhasana (Tech. 3)	शलभासन (तकनीक 3)
Dhanurasana	धनुरासन
Shavasana	शवासन
Sarvangasana	सर्वांगआसन
Matsyasana	मत्स्यासन
Halasana	हलासन
Vipreetkarni-Mudrasana	विपरीतकर्णी-मुद्रासन
Chakrasana	चक्रासन
Pavana-Muktasana	पवन-मुक्तासन
Setu-Bandhasana	सेतु-बंधासन
Uttana-Padasana	उत्तान-पादासन
Naukasana	नौकासन
Markatasana (Tech. 1)	मर्कटासन (टेक। 1)
Markatasana (Tech. 2)	मर्कटासन (तकनीक 2)
Markatasana (Tech. 3)	मर्कटासन (तकनीक 3)



Invest in your future and join IYT® TTC 300 hours program today!

Become certified IYT® International Yoga Teacher
today!!



• • •
Are you looking to make a career in Yoga?

• • •
Enroll in our IYT® TTC 300 hours program Certification program! Our program will provide you with the knowledge and skills necessary to become a successful IYT® International Yoga Teacher.

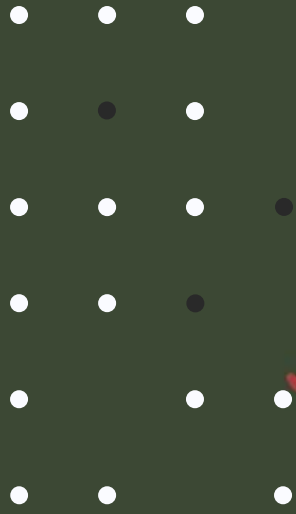


Our comprehensive program covers all aspects of Yoga, including Asanas, Pranayama, Meditation, Philosophy, Anatomy, and teaching methodology. You will have the opportunity to learn from experienced and certified International Yoga Teachers & instructors who are passionate about sharing their knowledge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

