

IYT® 500 Hours Asanas

The Master Level Asanas by IYO® International
Yoga Organisation



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IYT® 500 Hours-The Asanas

The Master Level



Bharadvaja's Twist

Bharadvajasana

Difficulty Level 4

Start Position Hero (p. 74)

- 1** Keep right leg in hero and extend left leg forward.
- 2** Bend left knee, turning left foot into right hip.
- 3** Twist to left, holding left foot with left hand behind back, and place right hand on outer left thigh.
- 4** Gaze over left shoulder. Repeat on other side.



Big-Toe Hold, Both

Ubhaya Padangusthasana

Difficulty Level 5

Start Position Staff (p. 139)

- 1** Bend knees and curl first two fingers around big toes.
- 2** Extend legs straight.
- 3** Look toward feet and balance on sit bones.



Big-Toe Hold, Reclining

Supta Padangusthasana

Difficulty Level 5

Start Position Reclining on back

- 1** Bend right knee and curl first two fingers around big toe.
- 2** Straighten leg upward and toward head. Repeat on other side.



Big-Toe Hold, Reclining Side

Supta Parsva Padangusthasana

Difficulty Level 4

Start Position Reclining on back

- 1** Bend right knee and curl first two fingers around big toe.
- 2** Straighten leg upward and toward head.
- 3** Rotate right arm and leg to right side. Repeat on other side.



Boat, Full

Paripurna Navasana

Difficulty Level 5

Start Position Boat, half (p. 7)

- 1** Extend legs straight, maintaining extended spine.
- 2** Lengthen fingers beyond knees.



Boat, Half

Ardha Navasana

Difficulty Level 4

Start Position Staff (p. 139)

- 1** Bend knees, lean back, and balance on sit bones.
- 2** Lift feet so that shins are parallel to floor.
- 3** Reach fingers beyond knees.



Bound Angle

Baddha Konasana

Difficulty Level 2

Start Position Staff (p. 139)

- 1** Bend knees toward chest, and draw feet close to body.
- 2** Hold feet with hands and open knees out to each side.
- 3** Sit tall and relax belly and hips.



Bound Angle, Extended

Utthita Baddha Konasana

Difficulty Level 2

Start Position Bound Angle (p. 8)

- 1 Hold feet and fold forward with extended spine.



Bound Angle, Reclining

Supta Baddha Konasana

Difficulty Level 3

Start Position Bound angle (p. 8)

- 1 Walk elbows behind body until reclining.



Bow

Dhanurasana

Difficulty Level 5

Start Position Lying on belly

- 1** Bend knees and clasp hands onto feet or ankles.
- 2** Kick feet back, lifting thighs and chest away from floor.



Bow, Big Toe

Padangustha Dhanurasana

Difficulty Level 9

Start Position Lying on belly

- 1** Place hands on floor under shoulders and straighten arms into a backbend.
- 2** Bend both knees and stretch one arm overhead to catch both feet.
- 3** Lift other hand back to clasp foot and hold one foot in each hand.
- 4** Bend elbows and arch head back, touching head to feet.



Bow, Side

Parsva Dhanurasana

Difficulty Level 6

Start Position Bow (p. 11)

- 1** Maintaining hold of ankles, roll onto left side of body.
- 2** Roll back into bow and repeat on right side.



Bridge

Setu Bandha Sarvangasana

Difficulty Level 4

Start Position Reclining on back

- 1** Bend knees, stepping feet on floor, with arms alongside body.
- 2** Press into feet, lifting hips; walk arms and shoulders toward each other.
- 3** Place hands on lower back, or keep arms on floor and interlace fingers.
- 4** Walk feet directly below knees and lift chest toward chin.



Camel

Ustrasana

Difficulty Level 6

Start Position Kneeling (p. 81)

- 1** Raise hips to stand on knees and shins.
- 2** Lean back to reach for heels with hands, keeping hips above knees.
- 3** Relax head back or keep chin tucked into chest.



Cat

Marjaryasana

Difficulty Level 2

Start Position Child's (p. 18)

- 1** Come forward to align hips over knees and shoulders over wrists in neutral spine.
- 2** Round spine on exhale, pulling belly in and chin to chest.



Chair

Utkatasana

Difficulty Level 3

Start Position Mountain, standing (p. 96)

- 1** Bend knees, sitting back in hips.
- 2** Lift arms alongside head.



Child's

Balāsana

Difficulty Level 1

Start Position Kneeling (p. 81)

- 1** Rest buttocks toward heels and lean over thighs.
- 2** Touch forehead to floor.
- 3** Extend arms alongside body.



Child's, Extended

Utthita Balasana

Difficulty Level 1

Start Position Child's (p. 18)

1 Extend arms forward.



Cobra

Bhujangasana

Difficulty Level 4

Start Position Lying on belly

- 1** Place hands under shoulders.
- 2** Straighten arms slowly, lifting chest; gaze forward.
- 3** Keep tops of thighs and feet on floor.



Cobra, Half

Ardha Bhujangasana

Difficulty Level 3

Start Position Lying on belly

- 1** Place hands alongside ribs.
- 2** Slide chest forward and slightly up, keeping belly on floor.
- 3** Extend through crown of head and keep shoulders drawn back.



Cock

Kukkutasana

Difficulty Level 8

Start Position Lotus, seated (p. 90)

- 1** Thread arms under knees with legs remaining in lotus.
- 2** Lean forward and place hands on floor.
- 3** Straighten arms to balance buttocks and legs off floor.



Cock, Side

Parsva Kukkutasana

Difficulty Level 9

Start Position Lotus, seated (p. 90)

- 1** Twist to right side and place hands on floor.
- 2** Press strongly into hands to lift body, and hook left thigh onto right triceps.
- 3** Lean forward and straighten arms and balance. Repeat on other side.



Cock, Upward

Urdhva Kukkutasana

Difficulty Level 9

Start Position Lotus, seated (p. 90)

- 1** Bend knees up into chest, remaining in lotus, and walk hands in front of body.
- 2** Bend arms and shift shins onto triceps.
- 3** Lean forward and straighten arms.



Cord

Pasasana

Difficulty Level 5

Start Position Garland I (p. 60)

- 1** Draw knees and feet together and twist to left.
- 2** Hook right shoulder outside of left thigh and extend left arm behind back.
- 3** Clasp right hand around left wrist. Repeat on other side.



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Corpse

Savasana

Difficulty Level 1

Start Position Reclining on back

- 1** Close eyes.
- 2** Let feet fall apart and palms face sky.
- 3** Relax and let go of breath.



Couch

Paryankasana

Difficulty Level 4

Start Position Hero (p. 74)

- 1** Walk elbows back and lie on upper back.
- 2** Hold opposite elbows.
- 3** Arch back and place crown of head on floor with chest lifted.



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Cow

Bitilasana

Difficulty Level 2

Start Position Child's (p. 18)

- 1** Come forward and align hips over knees and shoulders over wrists in neutral spine.
- 2** Drop belly toward floor with heart lifted and pelvis tilted back.



Cow Face

Gomukhasana

Difficulty Level 4

Start Position Kneeling (p. 81)

- 1** Cross right knee over left knee and sit in between heels.
- 2** Extend left arm up, bending elbow.
- 3** Extend right arm back, clasping hands behind back. Repeat on other side.



Cradle

Eka Padasana

Difficulty Level 2

Start Position Easy sitting (p. 41)

- 1** Lift right shin parallel to chest.
- 2** Wrap crooks of elbows around foot and knee.
- 3** Maintain long spine to hug shin to chest. Repeat on other side.



Crescent Lunge

Anjaneyasana

Difficulty Level 3

Start Position Downward-facing dog (p. 39)

- 1** Step left foot between hands and relax right knee to floor.
- 2** Lift arms above head, backbending and lifting chest. Repeat on other side.



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Crescent Moon

Ashta Chandrasana

Difficulty Level 3

Start Position Mountain, standing (p. 96)

- 1** Lift arms alongside head.
- 2** Lean to left, keeping even weight on both feet. Repeat on other side.



Crow

Bakasana

Difficulty Level 5

Start Position Garland I (p. 60)

- 1** Walk hands in front of feet and lift onto tiptoes.
- 2** Hug knees into upper arms and lean forward to balance on hands.
- 3** Straighten arms.



Crow, One Leg

Eka Pada Bakasana

Difficulty Level 7

Start Position Crow (p. 33)

1 Extend left leg back in the air. Repeat on other side.



Crow, Side

Parsva Bakasana

Difficulty Level 6

Start Position Chair (p. 17)

- 1** Hook left triceps to outer right thigh, squatting down until hands reach floor.
- 2** Shift weight forward, lifting feet off floor. Repeat on other side.



Dancer I

Natarajasana I

Difficulty Level 5

Start Position Mountain, standing (p. 96)

- 1** Bend right leg and catch right foot or ankle in right hand.
- 2** Kick leg back, extending chest forward and backbending.
- 3** Reach left arm forward. Repeat on other side.



Dancer II

Natarajasana II

Difficulty Level 8

Start Position Mountain, standing (p. 96)

- 1** Bend left leg; with internally rotated arm, catch left inner foot with left hand.
- 2** Lift left leg with left hand overhead, rotating left shoulder to turn left elbow upward.
- 3** Reach right arm overhead to also catch left foot.
- 4** Continue backbending, extending chest forward. Repeat on other side.



Dancer III

Natarajasana III

Difficulty Level 7

Start Position Dancer II (p. 37)

- 1 Extend left arm forward while keeping hold of left foot with right hand. Repeat on other side.



Downward-Facing Dog

Adho Mukha Svanasana

Difficulty Level 3

Start Position Plank (p. 106)

- 1** Press hips upward and back.
- 2** Relax chest toward feet with ears alongside upper arms.
- 3** Extend heels toward floor, stretching backs of legs.



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Ear Pressure

Karnapidasana

Difficulty Level 5

Start Position Plow (p. 109)

- 1** Bend knees alongside ears.
- 2** Extend arms on floor and interlace fingers.



Easy Sitting

Sukhasana

Difficulty Level 1

Start Position Staff (p. 139)

- 1** Bend right foot toward body, rotating right hip so right knee rests on floor.
- 2** Bend left knee, aligning left foot in front of right or crossing over right ankle.
- 3** Repeat on other side.



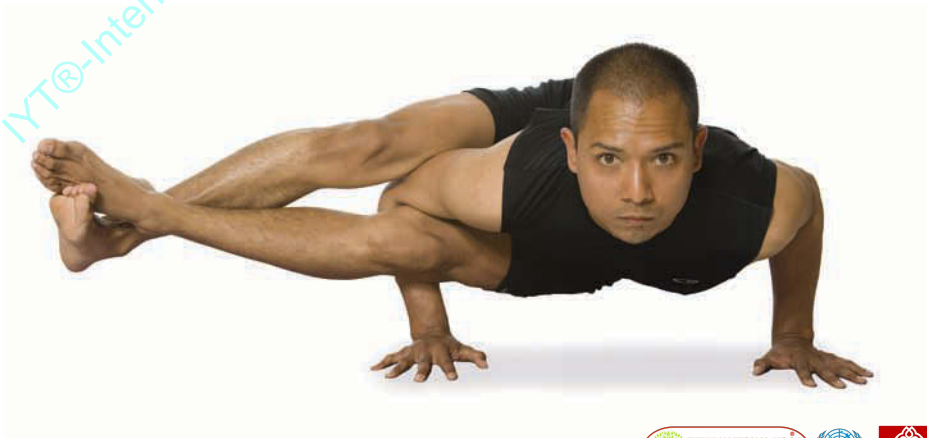
Eight Angle

Astavakrasana

Difficulty Level 7

Start Position Easy sitting (p. 41)

- 1** Hook right shoulder under right knee and extend left leg forward on floor.
- 2** Place hands on floor on either side of left thigh.
- 3** Press into hands, lifting buttocks off floor and hooking left ankle over right ankle.
- 4** Bend elbows, moving chest forward, and extend legs to right side. Repeat on other side.



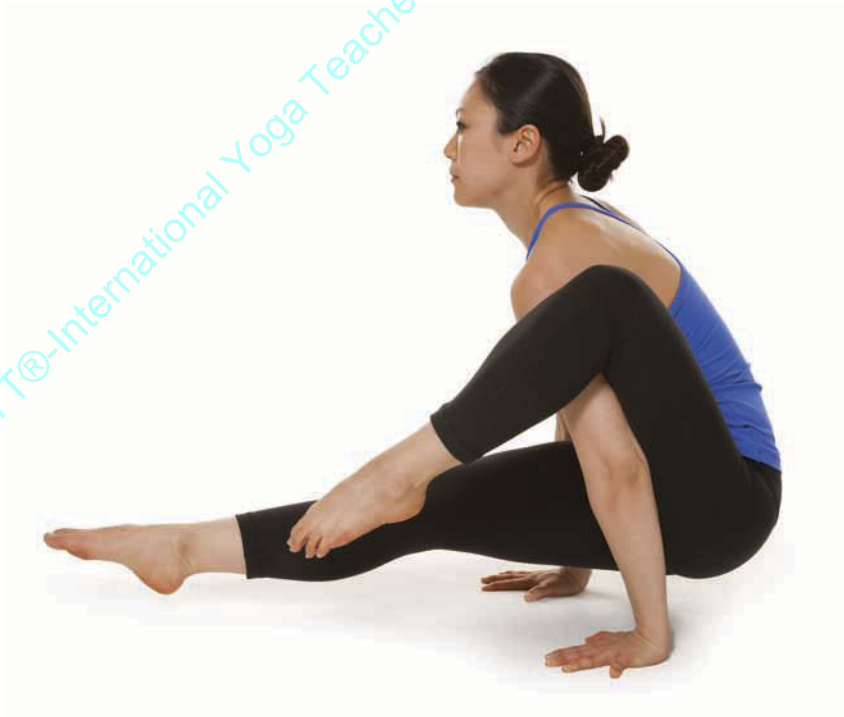
Elephant's Trunk

Eka Hasta Bhujasana

Difficulty Level 6

Start Position Easy sitting (p. 41)

- 1** Hook left shoulder under left knee and extend right leg.
- 2** Place hands on floor on either side of right thigh.
- 3** Press into hands and lift entire body off floor, keeping right leg parallel to floor. Repeat on other side.



Embryo in Womb

Garbha Pindasana

Difficulty Level 7

Start Position Lotus, seated (p. 90)

- 1** Thread arms under calves, remaining in lotus.
- 2** Balance on upper buttocks, lifting legs into chest, and hold ears with hands.



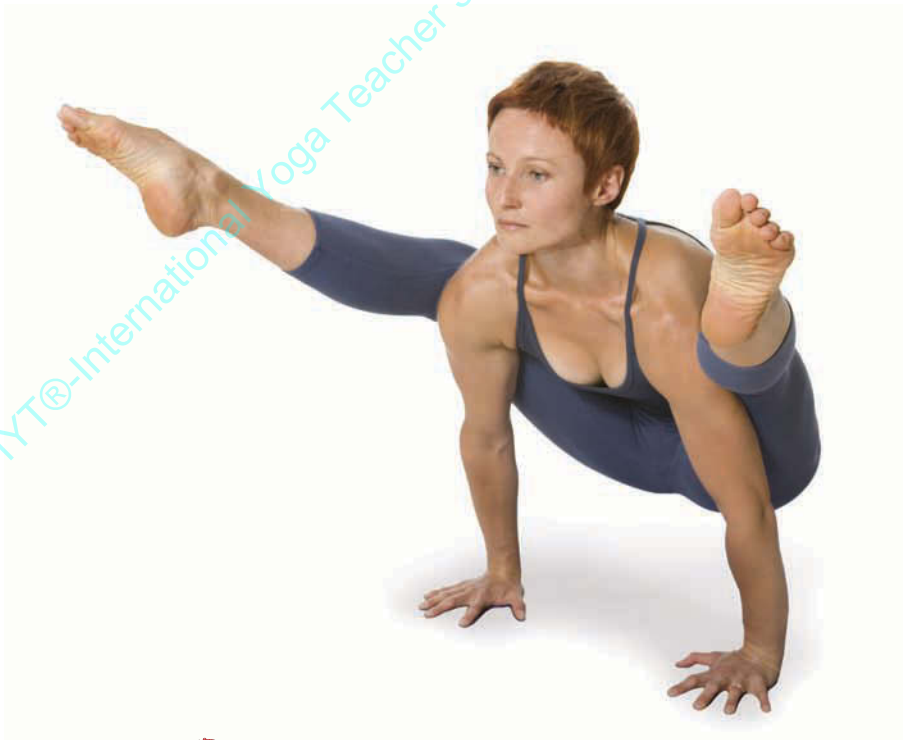
Firefly

Tittibhasana

Difficulty Level 7

Start Position Garland I (p. 60)

- 1** Lift hips and walk hands behind feet, creating a shelf with triceps.
- 2** Sit on triceps and extend legs out to sides.
- 3** Straighten arms.



Fish

Matsyasana

Difficulty Level 3

Start Position Reclining on back

- 1** Bend elbows to floor and slide hands under buttocks.
- 2** Lift chest by pressing elbows into floor, and relax crown of head to floor.



Fish, Lotus

Padma Matsyasana

Difficulty Level 5

Start Position Reclining on back

- 1** Cross legs into lotus.
- 2** Bend elbows on floor and slide hands under buttocks.
- 3** Lift chest by pressing elbows into floor, and relax crown of head to floor.

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Foot Behind Head

Eka Pada Sirsasana

Difficulty Level 8

Start Position Staff (p. 139)

- 1** Hold outer left foot with right hand and duck head under left shin.
- 2** Extend right leg forward and lean back into left leg.
- 3** Place hands to prayer at heart. Repeat on other side.



Forward Bend, Seated

Paschimottanasana

Difficulty Level 4

Start Position Staff (p. 139)

- 1** Fold forward, hinging at hips.
- 2** Hold on to feet or opposite wrist and relax head to legs.



Forward Bend, Seated Half Bound Lotus

Ardha Baddha Padma Padmottanasana

Difficulty Level 4

Start Position Staff (p. 139)

- 1** Bend right leg into lotus.
- 2** Reach right hand behind back to hold right foot.
- 3** Fold over extended left leg, holding left foot with left hand. Repeat on other side.



Forward Bend, Seated Head to Knee

Janu Sirsasana

Difficulty Level 4

Start Position Staff (p. 139)

- 1** Bend left knee and place left foot into inner right thigh.
- 2** Fold forward over right leg, holding foot or opposite wrist. Repeat on other side.



Forward Bend, Seated Wide Angle

Upavistha Konasana

Difficulty Level 4

Start Position Staff (p. 139)

- 1** Extend legs to sides, externally rotating thighs.
- 2** Catch hold of feet or big toes and fold chest forward with extended spine.
- 3** Maintain external rotation in the hips and grounding in thighs.



Forward Bend, Standing Big Toe

Padangusthasana

Difficulty Level 4

Start Position Mountain, standing (p. 96)

- 1** Fold forward from hips, tilting sit bones up.
- 2** Curl first two fingers of hands around big toes, relaxing crown of head to floor.



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Forward Bend, Standing Hands to Feet

Padahastasana

Difficulty Level 5

Start Position Mountain, standing (p. 96)

- 1** Fold forward from hips, tilting sit bones up.
- 2** Walk hands under feet, palms facing up.
- 3** Relax crown of head to floor.



Forward Bend I, Standing

Uttanasana I

Difficulty Level 4

Start Position Mountain, standing (p. 96)

- 1** Fold forward, hinging at hips and tilting sit bones up.
- 2** Place hands on floor next to feet.
- 3** Relax head to floor.



Forward Bend I, Standing Wide Leg

Prasarita Padottanasana I

Difficulty Level 4

Start Position Mountain, standing (p. 96)

- 1** Step feet into a wide-leg stance with parallel feet.
- 2** Fold forward from hips, tilting sit bones up.
- 3** Keep fingers parallel with toes and relax crown of head to floor.



Forward Bend II, Standing

Uttanasana II

Difficulty Level 4

Start Position Mountain, standing (p. 96)

- 1** Fold forward, hinging at hips and tilting sit bones up.
- 2** Hold on to backs of legs to draw head closer to legs.
- 3** Relax head to floor.



Forward Bend II, Standing Wide Leg

Prasarita Padottanasana II

Difficulty Level 4

Start Position Mountain, standing (p. 96)

- 1** Step feet into a wide-leg stance with parallel feet.
- 2** Fold forward from hips, tilting sit bones up.
- 3** Curl first two fingers around big toes, relaxing crown of head to floor.



Frog

Bhekasana

Difficulty Level 6

Start Position Lying on belly

- 1** Bend one leg at a time next to hips and catch toes with hands.
- 2** Press chest forward and upward.



Garland I

Malasana I

Difficulty Level 4

Start Position Mountain, standing (p. 96)

- 1** Squat down in between thighs.
- 2** Brings hands to prayer position at heart.



Garland II

Malasana II

Difficulty Level 4

Start Position Garland I (p. 60)

- 1** Hold backs of heels with hands.
- 2** Extend forward, relaxing head to floor.
- 3** Hold on to heels or extend arms forward.



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Gate

Parighasana

Difficulty Level 3

Start Position Kneeling (p. 81)

- 1** Kneel in an upright position, extending left leg to side.
- 2** Slide left hand to shin or foot and extend right arm overhead to left. Repeat on other side.



God of War

Skandasana

Difficulty Level 7

Start Position Staff (p. 139)

- 1** Bend left leg behind head.
- 2** Fold forward over extended right leg, catching hold of left wrist with right hand. Repeat on other side.

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Half Moon

Ardha Chandrasana

Difficulty Level 5

Start Position Warrior II (p. 152)

- 1** Place right fingers on floor forward of right foot.
- 2** Extend left leg back and left arm up.
- 3** Straighten both legs and gaze upward. Repeat on other side.



Hand to Big Toe, Extended

Urdhva Padangusthasana

Difficulty Level 6

Start Position Mountain, standing (p. 96)

- 1** Bend right knee up to chest, and hold onto foot with hands or curl first two fingers around big toe.
- 2** Straighten right leg forward and up. Repeat on other side.



Hand to Big Toe, Extended Side

Utthita Parsva Hasta Padangusthasana

Difficulty Level 6

Start Position Mountain, standing (p. 96)

- 1** Bend left knee into chest, curling first two fingers around big toe.
- 2** Straighten left leg forward and rotate to left side. Repeat on other side.



Handstand

Adho Mukha Vrksasana

Difficulty Level 7

Start Position Downward-facing dog (p. 39)

- 1** Walk feet forward a few steps and extend one leg back and upward.
- 2** Keep hips square and bend bottom leg to hop both legs up into balance. Repeat on other side.



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Happy Baby

Ananda Balasana

Difficulty Level 2

Start Position Reclining on back

- 1** Hold outsides of feet with hands.
- 2** Bend knees into armpits.
- 3** Extend sacrum to floor.



Head to Knee, Revolved

Parivrtta Janu Sirsasana

Difficulty Level 3

Start Position Forward bend, seated head to knee (p. 51)

- 1** Extend left leg toward left side.
- 2** Turn torso toward right bent knee and stretch sideways along extended left leg.
- 3** Hold inner arch of left foot with left hand.
- 4** Reach right arm overhead for left toes. Repeat on other side.



Headstand, Eagle

Garuda Salamba Sirsasana

Difficulty Level 6

Start Position Headstand, supported (p. 72)

- 1** Separate legs and cross left leg over right.
- 2** Hook left foot behind right ankle. Repeat on other side.



Headstand, One-Leg Revolved

Parivrttaikapada Sirsasana

Difficulty Level 6

Start Position Headstand, supported (p. 72)

- 1** Separate legs and rotate legs clockwise.
- 2** Reverse and rotate legs counterclockwise.



Headstand, Supported

Salamba Sirsasana

Difficulty Level 6

Start Position Downward-facing dog (p. 39)

- 1** Bend elbows to floor and interlace fingers; relax crown of head between wrists.
- 2** Walk feet toward head until hips are over shoulders.
- 3** Lift one leg at a time or both together until feet extend straight up.



Heavenly Spirits

Valakhilyasana

Difficulty Level 7

Start Position Pigeon, one-leg king of (p. 105)

- 1** Catch hold of back leg with both hands.
- 2** Extend leg toward floor, backbending. Repeat on other side.



Hero

Virasana

Difficulty Level 4

Start Position Kneeling (p. 81)

- 1 Separate feet and sit hips to floor between feet.



Hero, Reclining

Supta Virasana

Difficulty Level 4

Start Position Hero (p. 74)

- 1** Walk elbows back until reclining.
- 2** Extend arms overhead.



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Heron

Krounchasana

Difficulty Level 5

Start Position Hero (p. 74)

- 1** Extend right leg and wrap both hands around right foot.
- 2** Lift right leg toward head. Repeat on other side.



Horse Face

Vatayanasana

Difficulty Level 7

Start Position Kneeling (p. 81)

- 1** Rotate left leg into lotus.
- 2** Push up to balance on right foot and left knee.
- 3** Thread left arm under right and connect palms. Repeat on other side.



Inclined Plane

Purvottanasana

Difficulty Level 4

Start Position Staff (p. 139)

- 1** Walk hands back, fingers pointing toward sit bones.
- 2** With hands under shoulders, press hips upward and toes to floor.
- 3** Hang head back or keep chin tucked to chest.



Intense Three-Limb Stretch

Trianga Mukhaikapada Paschimottanasana

Difficulty Level 6

Start Position Hero (p. 74)

- 1** Extend right leg forward.
- 2** Fold forward over right leg and bind hands. Repeat on other side.



Inverted Staff, One Leg

Eka Pada Viparita Dandasana

Difficulty Level 7

Start Position Wheel, full (p. 154)

- 1** Walk elbows to floor and interlace fingers.
- 2** Walk feet forward to straighten legs.
- 3** Extend one leg up. Repeat on other side.



Kneeling

Vajrasana

Difficulty Level 1

Start Position Kneeling

1 While kneeling, sit on heels.



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Leg Lift, Extended

Urdhva Prasarita Padasana

Difficulty Level 2

Start Position Reclining on back

- 1** Extend arms overhead.
- 2** Lift legs until feet are above hips.



Leg Lift, Side Reclining

Anantasana

Difficulty Level 4

Start Position Reclining on left side

- 1** Bend left arm and place hand under head.
- 2** Curl first two right fingers around right big toe and extend right leg up. Repeat on other side.



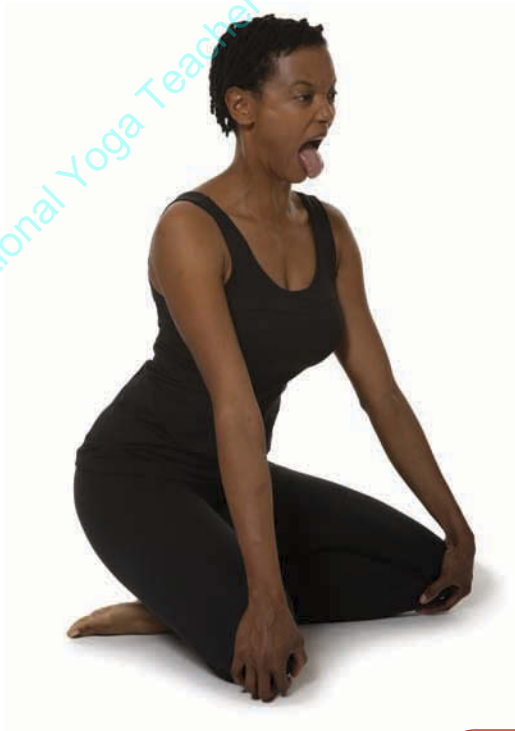
Lion

Simhasana

Difficulty Level 2

Start Position Kneeling (p. 81)

- 1** Cross ankles and sit on heels.
- 2** Hold knees with hands and exhale through mouth, sticking out tongue.



Locust

Salabhasana

Difficulty Level 3

Start Position Cobra, half (p. 21)

- 1** Extend arms alongside body.
- 2** Lift thighs and chest off floor and extend toes back.



Looking Within

Sanmukhi Mudra

Difficulty Level 3

Start Position Lotus, seated (p. 90)

- 1** Cover eyes with fingers and lift elbows so they are level with shoulders.
- 2** Place thumbs over ear holes.



Lord of the Fishes, Half

Ardha Matsyendrasana

Difficulty Level 3

Start Position Easy sitting (p. 41)

- 1** Step right foot in front of bent left knee.
- 2** Hook left elbow outside of right thigh, keeping sit bones on floor.
- 3** Twist, look over left shoulder, and clasp right wrist in left hand. Repeat on other side.



Lotus, Handstand

Padma Adho Mukha Vrksasana

Difficulty Level 8

Start Position Handstand (p. 67)

- 1** Bend legs into lotus, staying in hand balance, and lower knees to hip height.



Lotus, Headstand

Padma Sirsasana

Difficulty Level 7

Start Position Headstand, supported (p. 72)

- 1** Bend legs into lotus, staying in head balance, and lower knees to hip height.



Lotus, Seated

Padmasana

Difficulty Level 3

Start Position Staff (p. 139)

- 1** Bend right knee, rotating from hip, and place right foot into left hip crease.
- 2** Rotate left hip to bend left leg over right, placing left foot into right hip crease.



Lotus, Seated Bound

Baddha Padmasana

Difficulty Level 5

Start Position Lotus, seated (p. 90)

1 Cross arms behind back and reach for opposite big toes.



Lotus, Seated Half

Ardha Padmasana

Difficulty Level 2

Start Position Easy sitting (p. 41)

- 1** Bend left knee, rotating from hip, and place left foot into right hip crease.
- 2** Repeat on other side.



Lotus, Standing Half Bound

Ardha Baddha Padmasana

Difficulty Level 5

Start Position Mountain, standing (p. 96)

- 1** Bend left knee, rotating from hip, and place left foot into right hip crease.
- 2** Extend left arm behind waist, catching hold of left foot. Repeat on other side.



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Lotus, Standing Half Bound Forward Bend

Ardha Baddha Padmottanasana

Difficulty Level 4

Start Position Mountain, standing (p. 96)

- 1** Bend left knee, rotating from hip, and place left foot into right hip crease.
- 2** Extend left arm behind waist, catching hold of left foot.
- 3** Fold forward, resting right hand on floor. Repeat on other side.



Mountain, Seated Lotus

Padma Parvatasana

Difficulty Level 3

Start Position Lotus, seated (p. 90)

- 1 Interlace fingers and extend palms to sky.



Mountain, Standing

Tadasana

Difficulty Level 1

Start Position Standing

1 Stand with feet hip-width apart and relax arms alongside body.



Noble Sealing

Maha Mudra

Difficulty Level 2

Start Position Staff (p. 139)

- 1** Extend left leg, bending right foot into left thigh.
- 2** Clasp fingers around big toe and lift belly toward spine and perineum up and in. Repeat on other side.



Partridge

Kapinjalasana

Difficulty Level 8

Start Position Plank, side (p. 107)

- 1** Bend top leg and reach top arm overhead to clasp toes.
- 2** Kick foot back to backbend. Repeat on other side.



Peacock

Mayurasana

Difficulty Level 8

Start Position Kneeling (p. 81)

- 1** Bend elbows into belly.
- 2** Lean forward onto hands, pointing fingers back.
- 3** Extend legs back, parallel to floor.



Peacock, Lotus

Padma Mayurasana

Difficulty Level 8

Start Position Lotus, seated (p. 90)

- 1** Bend elbows into belly, coming to stand on top of knees.
- 2** Lean forward onto hands, fingers pointing back.
- 3** Extend knees back, parallel to floor.



Peacock Feathers (Forearm Stand)

Pincha Mayurasana

Difficulty Level 7

Start Position Downward-facing dog (p. 39)

- 1** Bend elbows to floor, keeping forearms parallel.
- 2** Extend right leg up with hips square, and bend left knee to hop into balance. Repeat on other side.



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Pendant

Lolasana

Difficulty Level 8

Start Position Kneeling (p. 81)

- 1** Lift hips and cross ankles.
- 2** Place hands on floor on both sides of body.
- 3** Lift legs off floor and balance knees up toward chest.



Pigeon

Kapotasana

Difficulty Level 6

Start Position Camel (p. 15)

- 1** Stand on knees and lean back.
- 2** Extend arms overhead until hands reach floor.
- 3** Shift hips to sky and walk hands to feet until forearms and head rest on floor.



Pigeon, King of

Rajakapotasana

Difficulty Level 10

Start Position Lying on belly

- 1** Place hands on floor under shoulders to backbend and bend knees to head.
- 2** Clasp one knee at a time to hold both knees, and arch head back toward feet.
- 3** With hands, pull feet and head together.



Pigeon, One-Leg King of

Eka Pada Rajakapotasana

Difficulty Level 7

Start Position Downward-facing dog (p. 39)

- 1** Bend right knee and place it behind right wrist with left leg extended back.
- 2** Bend left knee and reach overhead with one hand, then both, for left foot.
- 3** Arch back, reaching crown of head toward left foot. Repeat on other side.



Plank

Phalankasana

Difficulty Level 2

Start Position Lying on belly

- 1** Position hands under shoulders and forehead against floor.
- 2** Press into hands and straighten arms, lengthening heels backward and crown of head forward.
- 3** Keep belly lifted and hips in line with body.



Plank, Side

Vasisthasana

Difficulty Level 6

Start Position Plank (p. 106)

- 1** Rotate onto left hand and stack right foot over left.
- 2** Extend right hand upward. Repeat on other side.



Plank, Side Extended

Utthita Vasisthasana

Difficulty Level 7

Start Position Plank, side (p. 107)

- 1** Curl first two fingers around left (top) big toe.
- 2** Extend left leg upward. Repeat on other side.



Plow

Halasana

Difficulty Level 4

Start Position Reclining on back

- 1** Lift feet up and overhead until toes touch floor behind head.
- 2** Straighten arms and interlace fingers behind back.



Plow, Side

Parsva Halasana

Difficulty Level 4

Start Position Plow (p. 109)

- 1** Place hands on lower back.
- 2** Walk feet to left over left shoulder. Repeat on other side.



Pyramid

Parsvottanasana

Difficulty Level 4

Start Position Mountain, standing (p. 96)

- 1** Step right foot forward so hips are square and outer left foot is grounded on floor.
- 2** Bend at hips and fold over right leg. Repeat on other side.



Reclining Angle

Supta Konasana

Difficulty Level 4

Start Position Plow (p. 109)

- 1** Separate feet wide on floor overhead.
- 2** Curl first two fingers around big toes.



Sage

Siddhasana

Difficulty Level 1

Start Position Staff (p. 139)

- 1** Bend right knee.
- 2** Cross left ankle over right ankle.



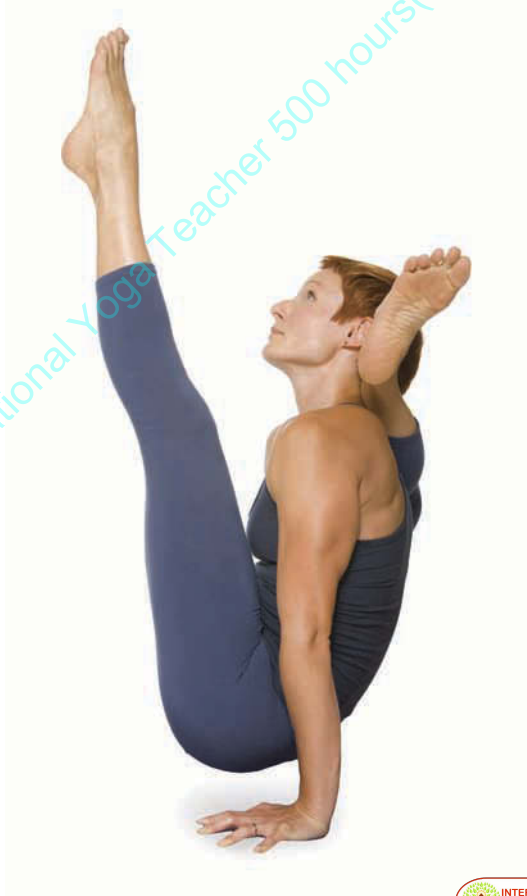
Sage Durva

Durvasana

Difficulty Level 9

Start Position Easy sitting (p. 41)

- 1** Hold outer right foot with left hand and duck head in front of right knee.
- 2** Place hands next to hips and press hips off floor.
- 3** Extend left leg straight up. Repeat on other side.



Sage Galava

Galavasana

Difficulty Level 5

Start Position Mountain, standing (p. 96)

- 1** Bend left foot above right knee.
- 2** Sit down on right heel and balance with hands in prayer position.
Repeat on other side.



Sage Galava, One Leg

Eka Pada Galavasana

Difficulty Level 8

Start Position Sage Galava (p. 115)

- 1** Lean forward and place hands on floor.
- 2** Hook left shin on triceps with left foot flexed and lean forward, extending right leg back.
- 3** Balance on arms with chest and right leg parallel to floor. Repeat on other side.



Sage Galava, Side One Leg

Parsva Eka Pada Galavasana

Difficulty Level 8

Start Position Sage Galava (p. 115)

- 1** Rotate to left and hook left triceps under left foot.
- 2** Lean forward and place hands on floor, extending right leg straight out to side.
- 3** Balance on arms with chest and right leg parallel to floor. Repeat on other side.



Sage Gheranda

Gherandasana

Difficulty Level 9

Start Position Locust (p. 85)

- 1** Bend right knee under left hip.
- 2** Reach right arm behind back and hold right foot.
- 3** Reach left arm overhead to catch left toes.
- 4** Kick left foot back for backbend. Repeat on other side.



Sage Kasyapa

Kasyapasana

Difficulty Level 8

Start Position Plank, side (p. 107)

- 1** Bend right (top) foot into left hip.
- 2** Reach right arm behind back to hold right foot.
- 3** Ground left inner foot. Repeat on other side.



Sage Koundinya, One Leg

Eka Pada Koundinyasana I

Difficulty Level 7

Start Position Crescent lunge (p. 31)

- 1** Place hands on floor to inside of left foot.
- 2** Hook left shoulder under left knee.
- 3** Balance on hands, extending left leg out and right leg straight back. Repeat on other side.



Sage Koundinya, Revolved One Leg

Eka Pada Koundinyasana II

Difficulty Level 8

Start Position Crow, side (p. 35)

- 1 Separate legs by extending top leg back in the air and bottom leg straight out to side. Repeat on other side.



Sage Koundinya, Two Leg

Dwi Pada Koundinyasana

Difficulty Level 7

Start Position Crow, side (p. 35)

1 Extend both legs straight out to side. Repeat on other side.



Sage Vamadeva

Vamadevasana

Difficulty Level 9

Start Position Pigeon, one-leg king of (p. 105)

- 1** Bend right (back) leg and hold right foot with right hand.
- 2** Twist torso to right and hold left foot toward right foot.
- 3** Gaze over right shoulder. Repeat on other side.



Sage Visvamitra

Visvamitrasana

Difficulty Level 9

Start Position Side angle, extended (p. 131)

- 1** Place right hand inside right foot and hook right shoulder under right knee.
- 2** Extend right leg off mat and straighten it forward, pressing right triceps into thigh for balance.
- 3** Extend left arm up. Repeat on other side.



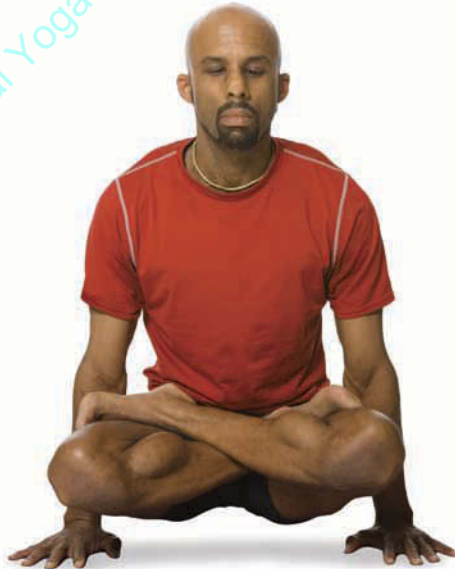
Scale

Tolasana

Difficulty Level 8

Start Position Lotus, seated (p. 90)

- 1** Place hands next to hips.
- 2** Press into hands to lift hips and balance, keeping legs in lotus.



Scorpion I

Vrschikasana I

Difficulty Level 8

Start Position Peacock feathers (forearm stand) (p. 101)

- 1** Bend knees and point toes to head.
- 2** Extend chest forward and up.



Scorpion II

Vrschikasana II

Difficulty Level 10

Start Position Handstand (p. 67)

- 1** Bend knees and point toes to head.
- 2** Extend chest forward and up.



Shoulder Press

Bhujapidasana

Difficulty Level 8

Start Position Garland I (p. 60)

- 1** Lift hips and walk hands back under buttocks.
- 2** Rest knees over shoulders.
- 3** Lift feet off floor. Cross ankles and straighten arms.



Shoulder Stand, Side Twist

Parsva Sarvangasana

Difficulty Level 6

Start Position Plow (p. 109)

- 1** Place right hand behind sacrum.
- 2** Rotate hips to right.
- 3** Extend legs toward floor. Repeat on other side.



Shoulder Stand, Supported

Salamba Sarvangasana

Difficulty Level 5

Start Position Plow (p. 109)

- 1** Place hands on lower back.
- 2** Extend legs straight upward.
- 3** Press hips over shoulders.



Side Angle, Extended

Utthita Parsvakonasana

Difficulty Level 4

Start Position Warrior II (p. 152)

- 1** Place left hand on floor outside left (front) foot.
- 2** Extend right arm up or overhead and stack hips. Repeat on other side.



Side Angle, Revolved

Parivrtta Parsvakonasana

Difficulty Level 5

Start Position Side angle, extended (p. 131)

- 1** Rotate torso and place right hand on floor outside left foot.
- 2** Extend left arm up or overhead. Repeat on other side.



Son of Brahma I

Marichyasana I

Difficulty Level 5

Start Position Staff (p. 139)

- 1** Bend right knee, placing foot on floor.
- 2** Extend right arm inside right bent leg, and wrap arm around leg.
- 3** Clasp left wrist with right hand behind back and fold over left straight leg. Repeat on other side.



Son of Brahma II

Marichyasana II

Difficulty Level 7

Start Position Staff (p. 139)

- 1** Bend right knee, rotating right foot into left hip.
- 2** Bend left knee, placing left foot on floor and keeping right foot in hip crease.
- 3** Extend left arm under left leg and bind hands behind back. Repeat on other side.



Son of Brahma III

Marichyasana III

Difficulty Level 6

Start Position Staff (p. 139)

- 1** Bend left knee, placing foot on floor.
- 2** Rotate torso to left and hook right elbow on outside of left leg.
- 3** Place left hand on floor behind back or bind hands. Repeat on other side.



Sphinx

Difficulty Level 3

Start Position Lying on belly

- 1** Press up onto forearms with elbows under shoulders.
- 2** Lift chest and relax shoulders.



Spinal Twist

Jathara Parivartanasana

Difficulty Level 4

Start Position Reclining on back

- 1** Extend legs upward and to right until bottom leg rests on floor.
- 2** Open arms out to sides. Repeat on other side.



Splits, Forward

Hanumanasana

Difficulty Level 6

Start Position Crescent lunge (p. 31)

- 1** Slide right leg forward until thighs rest on floor.
- 2** Internally rotate back leg. Repeat on other side.



Staff

Dandasana

Difficulty Level 2

Start Position Seated

- 1** Sit upright and extend legs forward.
- 2** Flex feet and engage abdomen.

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Staff, Four Limb

Chaturanga Dandasana

Difficulty Level 5

Start Position Plank (p. 106)

- 1** Gazing slightly forward, bend elbows to shoulder height alongside body.



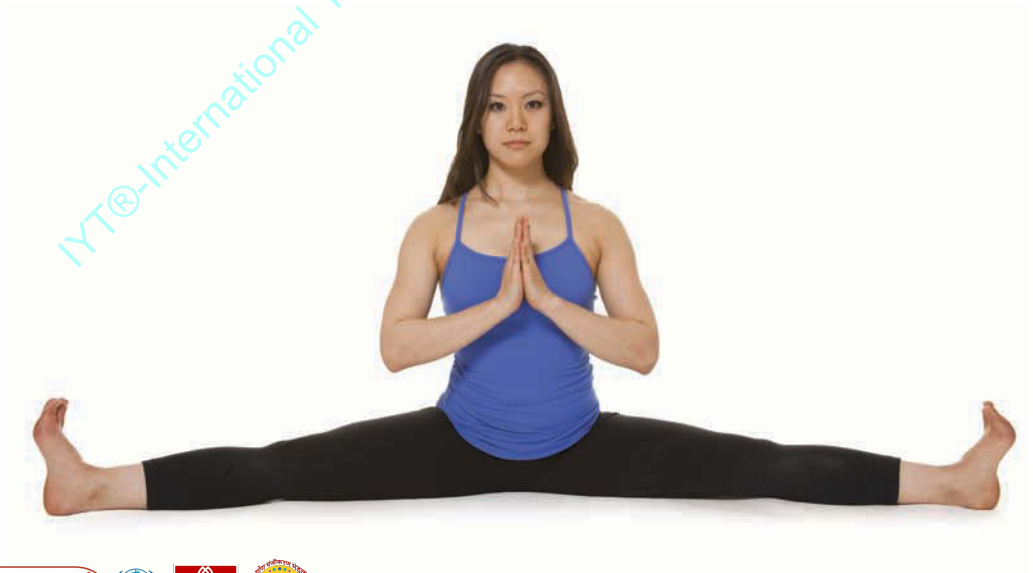
Straight Angle

Samakonasana

Difficulty Level 6

Start Position Staff (p. 139)

- 1** Extend one leg at a time to sides.
- 2** Shift buttocks forward so that feet are parallel with hips.



Three Steps, Reclining

Supta Trivkramasana

Difficulty Level 5

Start Position Reclining on back

- 1** Extend right leg up next to head.
- 2** Hold right foot with both hands. Repeat on other side.



Tortoise

Kurmasana

Difficulty Level 5

Start Position Garland I (p. 60)

- 1** Bring sit bones to floor, keeping knees bent.
- 2** Reach arms under knees and straighten legs until chest meets floor.
- 3** Extend arms out to sides.



Tortoise, Bound

Baddha Kurmasana

Difficulty Level 7

Start Position Garland I (p. 60)

- 1** Bring sit bones to floor, keeping knees bent.
- 2** Reach arms under knees and straighten legs until chest meets floor.
- 3** Bind hands behind back.



Tree

Vrksasana

Difficulty Level 4

Start Position Mountain, standing (p. 96)

- 1** Step right foot onto inner left leg.
- 2** Extend arms upward. Repeat on other side.



Triangle, Extended

Utthita Trikonasana

Difficulty Level 4

Start Position Warrior II (p. 152)

- 1** Straighten right (front) leg and extend torso forward.
- 2** Extend left arm up and right arm to floor. Repeat on other side.



Triangle, Revolved

Parivrtta Trikonasana

Difficulty Level 5

Start Position Warrior II (p. 152)

- 1** Straighten right (front) leg and square torso forward.
- 2** Place left hand on outside of right foot.
- 3** Extend right hand straight up. Repeat on other side.



Upward-Facing Dog

Urdhva Mukha Svanasana

Difficulty Level 4

Start Position Cobra (p. 20)

- 1** Press into hands, straighten arms, and lift knees and thighs off floor.
- 2** Open chest, relax shoulders, and press into tops of feet.



Upward-Facing Intense Stretch

Tiriang Mukhottanasana

Difficulty Level 10

Start Position Mountain, standing (p. 96)

- 1** Lean back and press hips forward, bracing hands on lower back.
- 2** Reach arms overhead and walk hands down legs until hands clasp ankles.



Upward-Facing Leg Stretch

Uttana Padasana

Difficulty Level 4

Start Position Fish (p. 46)

- 1** Extend legs up to 45-degree angle, keeping crown of head on floor.
- 2** Reach arms up parallel to legs and connect hands.



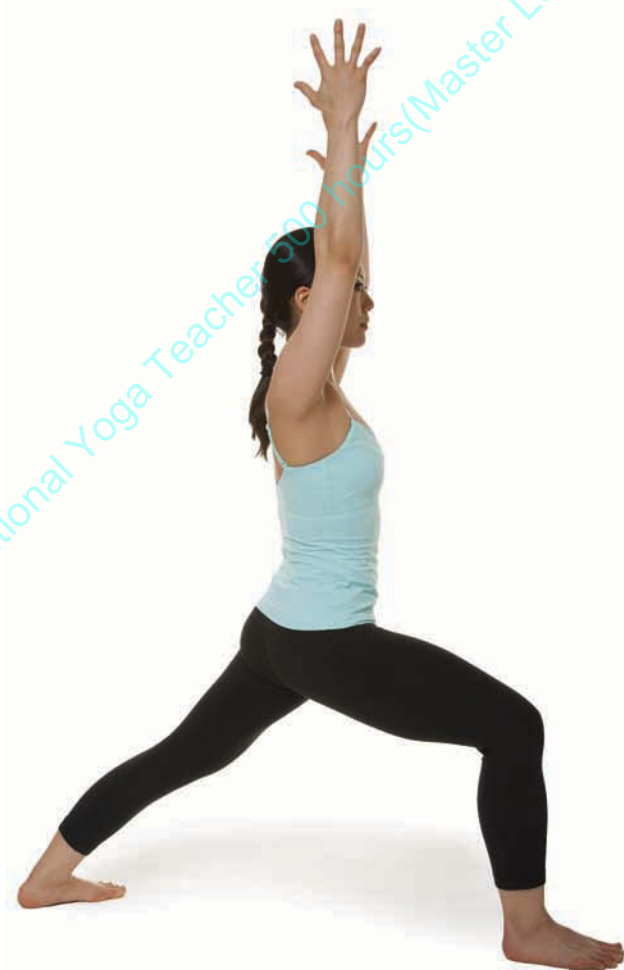
Warrior I

Virabhadrasana I

Difficulty Level 4

Start Position Mountain, standing (p. 96)

- 1** Step right leg forward and bend knee.
- 2** Pivot left foot to a 45-degree angle.
- 3** Square hips to front and reach arms overhead. Repeat on other side.



Warrior II

Virabhadrasana II

Difficulty Level 4

Start Position Mountain, standing (p. 96)

- 1** Step left leg forward and bend knee.
- 2** Pivot right foot to a 90-degree angle.
- 3** Square hips to side and reach arms to both sides. Repeat on other side.



Warrior III

Virabhadrasana III

Difficulty Level 5

Start Position Mountain, standing (p. 96)

- 1** Extend left leg back in the air with foot flexed and toes pointing down.
- 2** Extend arms overhead, keeping both legs straight.



Wheel, Full

Urdhva Dhanurasana

Difficulty Level 5

Start Position Reclining on back

- 1** Bend knees, placing feet on floor.
- 2** Place hands alongside head.
- 3** Press up, straightening arms.



Wheel, One Leg Upward

Eka Pada Urdhva Dhanurasana

Difficulty Level 6

Start Position Wheel, full (p. 154)

1 Extend left leg straight up. Repeat on other side.



Wind Relieving

Pavanamuktasana

Difficulty Level 1

Start Position Reclining on back

- 1** Bend both knees into chest and hug arms around legs.



Yoga Mudra

Yoga Mudrasana

Difficulty Level 6

Start Position Lotus, seated bound (p. 91)

1 Fold forward, keeping hands on feet.



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Yogic Sleep

Yoganidrasana

Difficulty Level 8

Start Position Reclining on back

- 1** Lift head to hook left foot behind head.
- 2** Hook right foot over left foot behind head and bind hands behind back.



Sun Salutation





End position





Start position



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* No Sanskrit equivalent exists for this English term.