

IYT®-International Yoga Teacher 300 hours (Advance Level)



Asana
List





Asana Name:
Aardha
Chakrasana



Asana Name:

Aardhamasthyedrasan



Asana Name:
Ardha
Shirshasana



Asana Name:

Bhadrasana

Asana Name: Bhujangasana



Asana Name: Bhujangasana





Asana Name:
Dandadasana



Asana Name: Garudhasana





Asana Name: Gomukhasana



Asana Name: Hamsasan





Asana Name: Hamsasan



Asana Name: Kakasana



Asana Name: Katichakrasana



Asana Name: Katichakrasana



Asana Name: Makarasana



Asana Name: Mandukasan



Asana Name: Mayurasana





Asana Name:

Padahasthasana



Asana Name:

Padmasana



Asana Name: Parivrtta



Asana Name:

Parshva Konasana



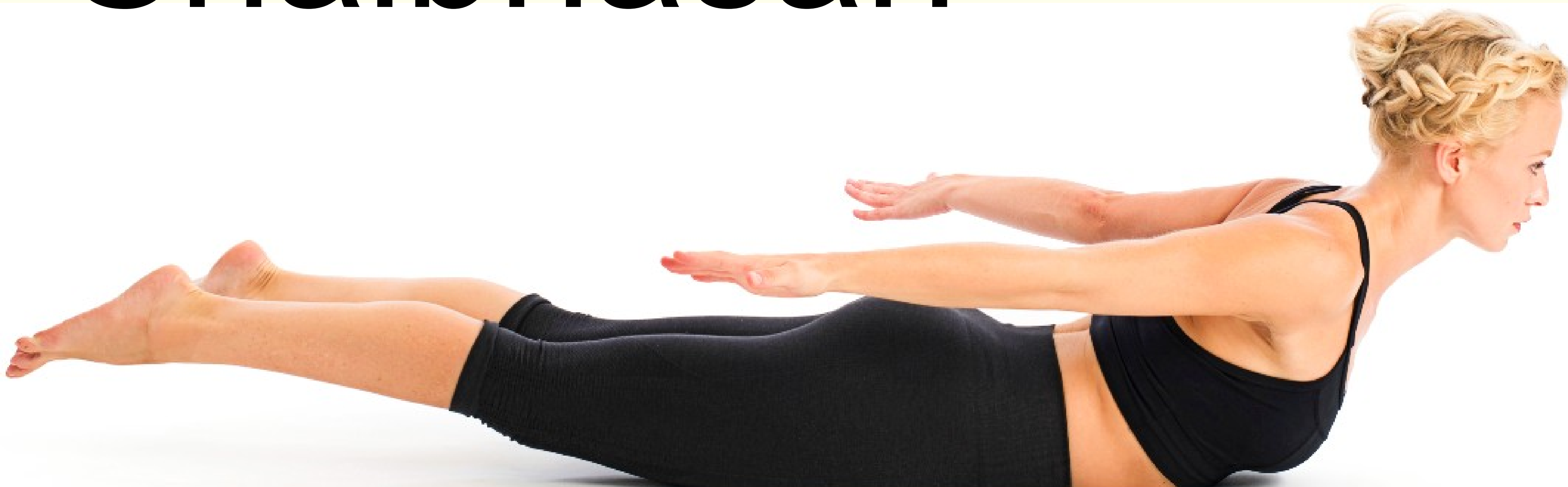
Asana Name: Pashchimottasana



Asana Name: Purvottasana



Asana Name: Shalabhasan



Asana Name: Shashankasana





Asana Name:
Shirshasana



Asana Name:
Siddhasana



Asana Name:
Sukhasana

Asana Name:

Supta Vajrasana



Asana Name:

Supta Virasana





Asana Name: Surya Namaskar





Asana Name:

Tadasana

Asana Name:

Trikonasana





Asana Name:

Trikonasana



Asana Name:

Ustrasana



Asana Name:

Vajrasana

Asana Name: Vakrasana





Asana Name:

Virasana



Asana Name: Virasana





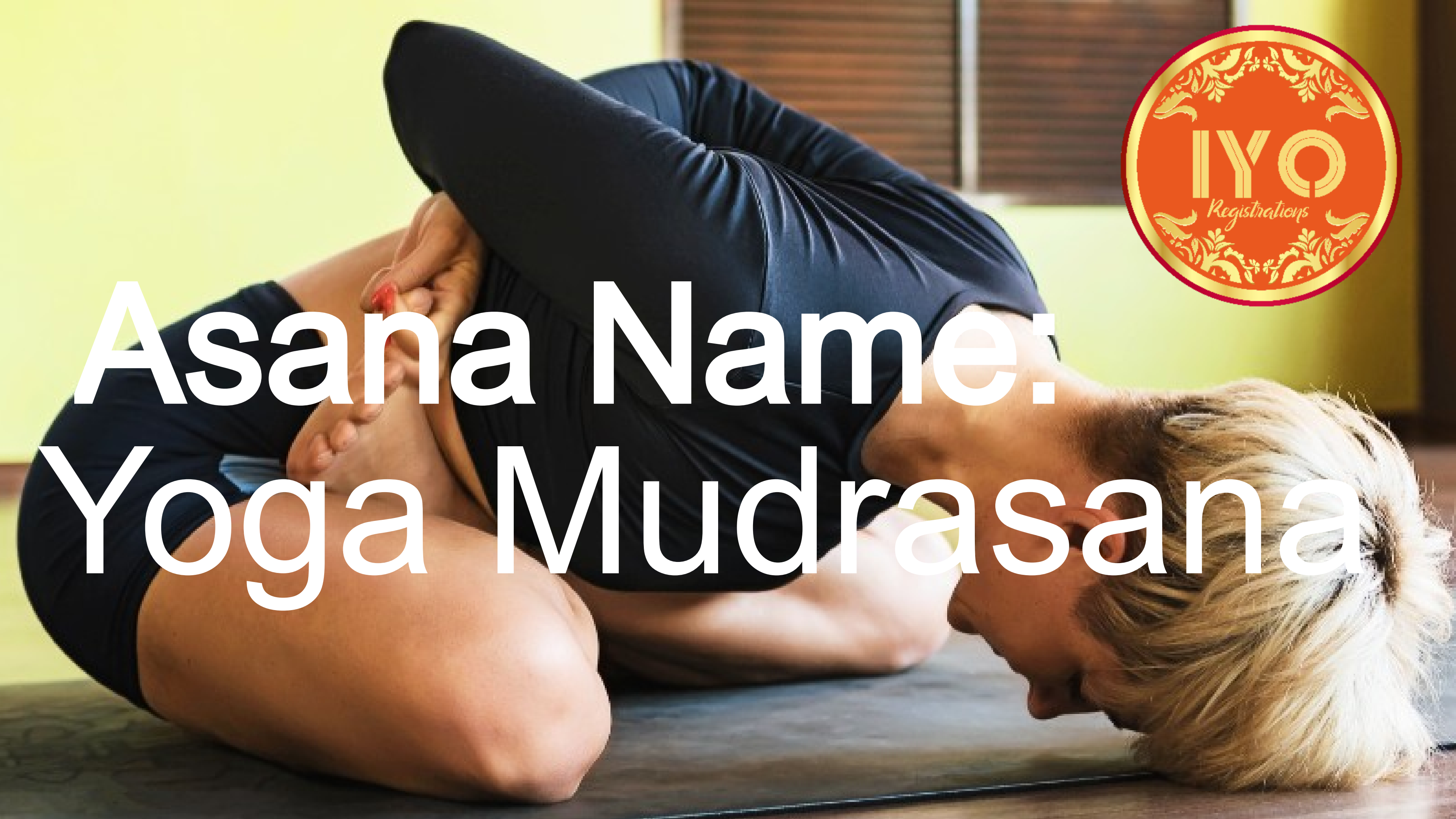
Asana Name:

Vrikshasana





Asana Name: Yoga Mudrasana





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