

YOGA EAST POSTURES CHART [2014]

G = Gentle; 1 = Beginning; 2 = Continuing; 3 = Intermediate; 4 = Advanced

| | Sanskrit Name | English Translation and notes | G | 1 | 2 | 3 | 4 |
|--------------------------|--------------------------|---|---|---|---|---|---|
| ESSENTIAL STANDING POSES | | | | | | | |
| | Tadasana | Palm tree or Mountain | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Utthita Trikonasana | Extended Triangle | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Ardha Chandrasana | Half Moon | * | ✓ | ✓ | ✓ | ✓ |
| | Utthita Parsvakonasana | Extended Lateral Angle (classic) | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Utthita Parsvakonasana | Extended Lateral Angle (clasping hands) | | | ✓ | ✓ | ✓ |
| | Prasarita Paddottanasana | Wide Leg Stance | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Virabhadrasana A (I) | Warrior A (1) | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Virabhadrasana B (II) | Warrior B (2) | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Virabhadrasana C (III) | Warrior C (3) | * | ✓ | ✓ | ✓ | ✓ |
| | Parsvottanasana | Side Angle | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Adho mukha svanasana | Downward Facing Dog | | ✓ | ✓ | ✓ | ✓ |
| | Urdhva mukha svanasana | Upward Facing Dog | | ✓ | ✓ | ✓ | ✓ |
| | Caturanga dandasana | Four Limbed Staff Pose | | * | ✓ | ✓ | ✓ |
| | Uttanasana | Forward Bend | * | * | ✓ | ✓ | ✓ |
| | Surya Namaskar A | Sun Salutation A | | ✓ | ✓ | ✓ | ✓ |
| | Surya Namaskar B | Sun Salutation B | | ✓ | ✓ | ✓ | ✓ |

| | Sanskrit Name | English Translation and notes | G | 1 | 2 | 3 | 4 |
|---|---|---|---|---|---|---|---|
| ESSENTIAL SEATED POSTURES - FORWARD BENDS OR NEUTRAL POSTURES | | | | | | | |
| | Paschimottanasana | forward bend | * | ✓ | ✓ | ✓ | ✓ |
| | Janu shirshana A | head beyond the knee | * | ✓ | ✓ | ✓ | ✓ |
| | Ardha baddha padma paschimottanasana | half bound lotus forward bend | * | ✓ | ✓ | ✓ | ✓ |
| | Tiriyang mukhaikapada paschimottanasana | Transverse facing one foot forward bend | * | ✓ | ✓ | ✓ | ✓ |
| | Sukhasana | easy pose | * | ✓ | ✓ | ✓ | ✓ |
| | Virasana | hero's pose | * | ✓ | ✓ | ✓ | ✓ |
| | Baddha konasana | bound angle | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Upavishta konasana | seated angle | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Maricyasana A (I) | Maricy's pose | * | ✓ | ✓ | ✓ | ✓ |
| | Krouncasana | crane pose | | | ✓ | ✓ | ✓ |
| | Siddhasana | accomplished pose | | ✓ | ✓ | ✓ | ✓ |
| PADMASANA OR ARDHA PADMASANA POSTURES | | | | | | | |
| | Padmasana | lotus | | | ✓ | ✓ | ✓ |
| | Maricyasana B | Maricy's pose | | | ✓ | ✓ | ✓ |
| | Maricyasana D | Maricy's pose | | | ✓ | ✓ | ✓ |
| | Bharadvajasana II | Bharadvaja's pose | | | ✓ | ✓ | ✓ |
| | Baddha padmasana | bound lotus | | | ✓ | ✓ | ✓ |

| | Sanskrit Name | English Translation and notes | G | 1 | 2 | 3 | 4 |
|--|---------------------------------------|-------------------------------|---|---|---|---|---|
| | Yoga Mudrasana | yoga seal | | | ✓ | ✓ | ✓ |
| | Garbha pindasana | embryo pose | | | ✓ | ✓ | ✓ |
| | Kukkuttasana | cock pose | | | ✓ | ✓ | ✓ |
| | Gorakshasana | Goraksha's pose | | | ✓ | ✓ | ✓ |
| | Simhasana | lion | | | ✓ | ✓ | ✓ |
| TWISTS - SEATED AND FLOOR TWISTS | | | | | | | |
| | Maricyasana C (III) | Maricy's pose | * | ✓ | ✓ | ✓ | ✓ |
| | Bharadvaja I | Bharadvaja's pose | * | ✓ | ✓ | ✓ | ✓ |
| | Ardha Matsyendrasana | half Matsyendra's pose | * | ✓ | ✓ | ✓ | ✓ |
| | Jathara parivartasana | stomach twist | * | ✓ | ✓ | ✓ | ✓ |
| FLOOR POSES - FORWARD BENDS OR NEUTRAL | | | | | | | |
| | Kurmasana | tortoise | | | ✓ | ✓ | ✓ |
| | Supta kurmasana | sleeping tortoise | | | ✓ | ✓ | ✓ |
| | Urdhva mukha paschimottanasana I & II | upward facing forward bend | | | ✓ | ✓ | ✓ |
| | Ubhaya padangushtasana | upward holding big toe | | | ✓ | ✓ | ✓ |
| | Pariurna navasana | full boat | | * | ✓ | ✓ | ✓ |
| | Ardha navasana | half boat | | | ✓ | ✓ | ✓ |
| | Supta padangushtasana | supine holding big toe | * | * | ✓ | ✓ | ✓ |
| | Supta parsvahita | supine leg extended to side | * | * | ✓ | ✓ | ✓ |

| | Sanskrit Name | English Translation and notes | G | 1 | 2 | 3 | 4 |
|--------------------------|--------------------------------------|-------------------------------|---|---|---|---|---|
| | Gomukhasana | cow face pose | | | ✓ | ✓ | ✓ |
| FLOOR POSES - BACK BENDS | | | | | | | |
| | Lying over bolsters | | * | ✓ | ✓ | ✓ | ✓ |
| | Supta baddha konasana with props | supine bound lotus | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Mountain Brook (see Relax and Renew) | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Setu bandhasana on bolsters | bridge | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Anajaneyasana | Hanuman's pose (lunge) | * | ✓ | ✓ | ✓ | ✓ |
| | Hanumanasana | Hanuman's pose (splits) | | | ✓ | ✓ | ✓ |
| | Bhujangasana | cobra | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Dhanurasana | bow | * | ✓ | ✓ | ✓ | ✓ |
| | Bhekasana | frog | | | ✓ | ✓ | ✓ |
| | Shalabhasana | locust | * | ✓ | ✓ | ✓ | ✓ |
| | Ustrasana | camel | * | ✓ | ✓ | ✓ | ✓ |
| | Urdhva dhanurasana | upward bow | | | ✓ | ✓ | ✓ |
| | Ekapada rajakapotasana | one leg king pigeon | | * | ✓ | ✓ | ✓ |
| | Supta virasana | supine hero | | | * | ✓ | ✓ |
| | Paryankasana | couch | | | ✓ | ✓ | ✓ |
| | Laghu vajrasana | beautiful thunderbolt | | | * | ✓ | ✓ |
| | Kapotasana | Pigeon Pose | | | | ✓ | ✓ |

| | Sanskrit Name | English Translation and notes | G | 1 | 2 | 3 | 4 |
|--------------|------------------------|--|---|---|---|---|---|
| ARM BALANCES | | | | | | | |
| | Lolasana | earring | | | ✓ | ✓ | ✓ |
| | Uttpluthi | uprooting | | | ✓ | ✓ | ✓ |
| | Bakasana | crow | | | ✓ | ✓ | ✓ |
| | Adho mukha vrkshasana | downward facing dog | | | * | ✓ | ✓ |
| | Pinca Mayurasana | peacock's tail | | | * | ✓ | ✓ |
| | Vrkshikasana on elbows | scorpion | | | * | ✓ | ✓ |
| | Ekapada Bakasana | one-leg crow | | | ✓ | ✓ | ✓ |
| | Parsva bakasana | sideways crow | | | ✓ | ✓ | ✓ |
| | Vasisthasana I | Vasishtha's pose (side plank) | | | ✓ | ✓ | ✓ |
| | Vasisthasana II | Vasishtha's pose (side plank with toe) | | | | ✓ | ✓ |
| | Visvamisrasana | Vishvamitra's pose | | | | ✓ | ✓ |
| | Mayurasana | peacock | | | | ✓ | ✓ |
| | Titthibhasana | firefly | | | | ✓ | ✓ |
| | Ekapada bhujasana | one leg elephant truck | | | ✓ | ✓ | ✓ |
| | Bhujapidasana | pressure on the arms pose | | | ✓ | ✓ | ✓ |
| | Astavakrasana | crooked in eight places pose | | | ✓ | ✓ | ✓ |
| | Koundinyasana I | Koundinya's pose | | | ✓ | ✓ | ✓ |
| | Koundinyasana II | Koundinya's pose | | | ✓ | ✓ | ✓ |

| | Sanskrit Name | English Translation and notes | G | 1 | 2 | 3 | 4 |
|-------------------------|---------------------------------|------------------------------------|---|---|---|---|---|
| INVERSIONS - HEADSTANDS | | | | | | | |
| | Shirshasana | headstand, prep, not going up | | ✓ | ✓ | ✓ | ✓ |
| | Shirshasana | at wall | | | ✓ | ✓ | ✓ |
| | Shirshasana | away from wall, 1-2 minutes | | | ✓ | ✓ | ✓ |
| | Shirshasana | away from wall, 3-5 minutes | | | | ✓ | ✓ |
| | Shirshasana | away from wall, 5-10 minutes | | | | | ✓ |
| | Mukha hasta shirshasana I | tripod | | | | ✓ | ✓ |
| | Mukha hasta shirshasana II | arms extended palms up | | | | ✓ | ✓ |
| | Mukha hasta shirshasana III | arms extended to sides, palms down | | | | ✓ | ✓ |
| | Baddha hasta shirshasana I | fingers touch shoulders | | | | ✓ | ✓ |
| | Baddha hasta shirshasana I | palms on floor by head | | | | ✓ | ✓ |
| | Baddha hasta shirshasana I | arms crossed in front of face | | | | ✓ | ✓ |
| | Dandasana in Shirshasana | half bend | | | | ✓ | ✓ |
| | Parsva shirshasana | sideways | | | | ✓ | ✓ |
| | Ekapada shirshasana | one leg up | | | | ✓ | ✓ |
| | Parivrittaikapada shirshasana | legs apart, turning to side | | | | ✓ | ✓ |
| | Parsvaikapada shirshasana | one leg to side | | | | ✓ | ✓ |
| | Urdhva padmasana in shirshasana | upward lotus in shirshasana | | | | ✓ | ✓ |
| | Pindasana in shirshasana | embryo in shirshasana | | | | ✓ | ✓ |

| | Sanskrit Name | English Translation and notes | G | 1 | 2 | 3 | 4 |
|------------|--|--|----|----|----|----|----|
| | Rope Shirshasana | ** teacher must be trained to teach this | | | * | ✓ | ✓ |
| | Dwipada viparita dandasana | dropping from Shirshasana | | | | ✓ | ✓ |
| | Chakrasana | backwards somersault | | | ✓ | ✓ | ✓ |
| PRANAYAMA | | | | | | | |
| | Ujjayi | Free breathing with sound | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Anuloma | controlled exhalation | | | ✓ | ✓ | ✓ |
| | Viloma | “ladder” breath | | ✓ | ✓ | ✓ | ✓ |
| | Pratiloma | controlled inhalation | | | ✓ | ✓ | ✓ |
| | Nadi shodhana without retention | Nadi cleansing | | ✓ | ✓ | ✓ | ✓ |
| | Nadi shodhana with retention | Nadi cleansing | | | | ✓ | ✓ |
| | Bhastrika | Bellows | | | ✓ | ✓ | ✓ |
| | Kapalabhati (with retention) | Skull shining | | | | ✓ | ✓ |
| | Brahmari | Bee or Humming breath | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Sitkari | Hissing breath through tongue | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Sithali | Hissing breath through teeth | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Sharath Breathing | Ashtanga classes only | -- | -- | -- | -- | -- |
| RELAXATION | | | | | | | |
| | Savasana with or without props (Sukhasana in Ashtanga Yoga) | corpse | * | ✓ | ✓ | ✓ | ✓ |

* = use appropriate modifications and/or props, the wall or floor.