



Asanas by Level of Difficulty in Alphabetical Order with Sanskrit Names

Primary Asanas

Abdominal Lift

Uddiyana Bandha

Abdominal Squeeze and Release

Akunchara Prasara

Up Boat/Balance on Hips

Urdhva Mukha Navasana

Bird in Flight Pose

Chakravakasana

Bridge Pose

Setu Bandhasana

Bound Angle Pose

Baddha Konasana

Bow Pose

Dhanurasana

Camel Pose

Ushtrasana

Cat Pose

Marjariasana

Chair Pose

Utkatasana

Child's Pose

Balasana

Cobra

Bhujangasana

Corpse

Shavasana

Cow's Face

Gomukhasana

Crocodile

Makarasana

Crow

Bhujapidasana

Down Boat

Adho Mukha Navasana

Down Dog

Adho Mukha Shvanasana

Down Plank

Chaturanga Dandasana / Adho Mukha Dandasana

Double Leg Lift

Dvipasana

Eagle

Garudasana

Fish

Matsyasana

Flapping Fish

Matsya Kridasana

Four-Limbed Staff

Chaturanga Dandasana

Half Moon Balance

Ardha Chandrasana

Half Moon Reclined

Supta Ardha Chandrasana

Half Moon Lifted (and extended)

Utpluti Ardha Chandrasana

Half Moon Sitting Side

Ardha Chandrasana

Half Moon Standing Side

Ardha Chandrasana

Half Forward Pigeon

Ardha Kapotanasana

Half Lotus Pose

Ardha Padmasana

Head-to-Knee – Forward

Janu Shirshasana

Head-to-Knee – Side (twisted)

Parivritta Janu Shirshasana

Hero

Virasana

Inverted Action

Viparita Karani

King Dancer

Natarajasana

Locust

Shalambhasana

Lunge/Monkey/Horse

Banarasana / Anjaneyasana / Ashwa Sanchalasana

Mountain

Tadasana

Plow

Halasana

Posterior Stretch

Paschimottanasana

Revolved Triangle

Parivritta Trikonasana

Root Lock

Mula Bandha

Standing Scale Pose

Tolasana

Seated Spread Leg Pose

Upavistha Konasana

Serpent Couch Pose

Anantasana

Shoulder Stand

Sarvangasana

Side Angle Pose

Parshvakonasana / Konasana

Side Angle Stretched Pose

Parshvottanasana

Single Leg Lift

Ekapadasana

Squat

Malasana

Solar Energizer

Agni Sara

Staff Pose – sitting

Dandasana

Staff Pose standing (samasthiti)	Samasthiti Dandasana
Standing Backward Bend	Urdhvasana
Standing Forward Fold	Uttanasana
Standing Spread Leg Forward Fold	Prasarita Padottanasana
Symbol of Yoga Pose	Yoga Mudrasana
Table Top Pose –upward	Catuspadapitham
Thunderbolt	Vajrasana
Tree	Vrikshasana
Twist Pose –sitting	Matsyendrasana
Two-footed Desk Pose	Dvipadapitham
Universal Twist Pose	Shava Udarakarshanasana

Up Boat

Urdhva Mukha Navasana

Up Dog

Urdhva Mukha Shvanasana

Up Plank

Purvottanasana

Warrior

Virabhadrasana

Wind Eliminating

Apanasana / Pavanmuktanasana

Secondary Asanas

Abdominal Side Stretch Pose –reclined Jathara Parivrittanasana

Abdominal Twist Pose

Jathara Parivartanasana

Archer Pose

Akarna Dhanurasana

Back Lying Poses

Suptasana

Eight Point Pose

Ashtanamaskarasana

Frog

Mandukasana / Bhikasana

Headstand

Shirshasana

Lion

Simhasana

Powerful Pose

Ugrasana

Reclined Hero

Supta Virasana

Sage Bharadvaja Twist Pose

Bharadvajasana

Sage Marichi Pose

Marichyasana

Seated Spread Leg Side Bend Pose

Parivritta Upavistha Konasana

Side Plank Pose

Vasisthasana (Sage Vasistha Pose)

Wheel Pose

Chakrasana

Advanced Asanas

Big Toe Forward Fold Pose	Padangusthasana
Crane Pose	Bakasana
Downward Facing Tree	Adho Mukha Vrikshasana
Extended Big Toe Pose –forward	Utthita Hasta Padangusthasana
Extended Big Toe Pose – side	Parivritta Utthita Padangusthasana
Firefly Pose	Tittibhasana
Half Bound Lotus Forward Fold	Ardha Baddhapada Paschimottanasana
Head Stand	Shirshasana
Highest Seal Pose	Maha Mudrasana
Lotus	Padmasana
Monkey God Pose /Split Pose	Hanumanasana
Noose	Pashasana
Peacock’s Feather	Pincha Mayurasana
Peacock	Mayurasana
Pigeon	Kapotanasana
Rooster	Kukkutasana
Sage Ashtavakrasana	Ashtavakrasana
Sage Vishvamisrasana	Vishvamisrasana
Side Angle Twist Stretch Pose	Parivritta Parshvottanasana
Scorpion	Vrishchikasana
Three Limbed Facing Leg Posterior Stretch Pose	Triang Mukaipadapaschimottanasana
Tortoise	Kurmasana
Upward Facing Spread Leg Pose	Urdhva Mukha Upavistha Konasana
Yogic Sleep Pose	Yoga Nidrasana

Meditation

Accomplished Pose	Siddhasana
Auspicious Pose	Swastikasana
Easy Pose	Sukhasana
Friendship Pose	Maitriyasana

Mudras

Closing Seven Gates/Yoni Seal	Shanmukti Mudra
Great Seal	Maha Mudra
Horse Seal	Ashvini Mudra
Knowledge Seal	Jnana Mudra
Prayer Seal	Anjali Mudra