



Yoga Scotland

(incorporating the Scottish Yoga Teachers' Association)

FOUNDATION COURSE ASANAS



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www.yogascotland.org.uk
Scottish Charity Number SC020590

sportscotland

Governing Body for Yoga in Scotland

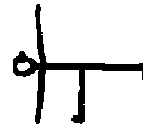
STANDING:



Tadasana/Samasthiti
(mountain)



Chandrasana
(new moon, simple moon)



Ardha Chandrasana
(half moon)



Trikonasana
(triangle)



Parivrtti Trikonasana
(reversed triangle)



Virabhadrasana I
(first warrior)



Virabhadrasana II
(second warrior)



Virabhadrasana III
(third warrior)



Parsvakonasana
(flank stretch)



Parivrtti Parsvakonasana
(reversed flank stretch)



Parsvottanasana
(forward bend over leg)



Prasarita Padottanasana
(wide leg forward bend)



Uttanasana
(standing forward bend)



Parighasana
(gate)



Utkatasana
(chair/squat)

BALANCE:



Vrksasana
(tree)



Januasana
(parrot)



Garudasana
(eagle)



Bakasana
(crane)



Vasisthasana
(side plank)



Natarajasana
(lord of the dance)

BACKBENDS:



Setu Bandhasana
(bridge)



Bhujangasana
(cobra)



Salabhasana
(locust)



Ustrasana
(camel)



Dhanurasana
(bow)



Matsyasana
(fish)



Chakrasana
(wheel)

SITTING:



Dandasana
(staff)



Siddhasana
(perfect)



Sukhasana
(easy/cross legs)



Vajrasana
(thunderbolt)



Virasana & Supta Virasana
(hero and reclining hero,
between heels)



Padmasana
(half and full lotus)



Baddha Konasana
(cobbler)



Gomukhasana
(head of a cow)



Navasana
(boat)



Janu Sirsasana
(seated head to knee pose)



Paschimottasana
(seated forward bend)



Upavista Konasana
(wide legged forward bend)

TWISTS:



Maricyasana



Matsyendrasana



Bharadvajasana



Jathara Parivrtti
(Maltese Cross)

Twists from Dandasana, Sukhasana and Vajrasana

SUPINE AND PRONE:



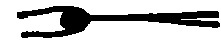
Savasana
(corpse)



Semi Supine



Recovery Pose



Advasana
(reverse corpse pose)



Chaturanga Dandasana
(crocodile)



Adho Mukha Svanasana
(head down dog)



Urdhva Mukha Svanasana
(head up dog)

INVERTED:



Viparita Karani
(legs up wall)



Sarvangasana
(shoulder stand)



Halasana
(plough)



Sirsasana
(head stand)



Anandasana
(pose of tranquility)



Shashasana
(hare)

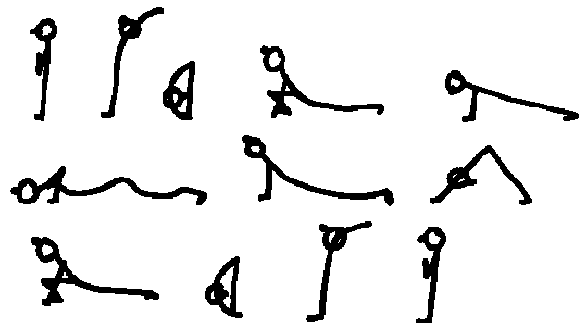
OTHER POSES INCLUDING:



**Kummerasana/
Chakravakasana**
(cat)



**Murdha
Januasana/Balāsana**
(child)



Surya Namaskar
(sun salute)



Apanasana
(wind relieving pose)



Dharmikasana
(ancestral worship)