



# Yoga Scotland

*(incorporating the Scottish Yoga Teachers' Association)*

## FOUNDATION COURSE ASANAS



Yoga Scotland has an Exchange Diploma agreement with the B.W.Y.

© Yoga Scotland

[www.yogascotland.org.uk](http://www.yogascotland.org.uk)  
Scottish Charity Number SC020590

**sport**scotland

*Governing Body for Yoga in Scotland*

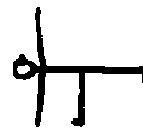
**STANDING:**



**Tadasana/Samasthiti**  
(mountain)



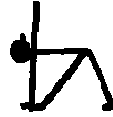
**Chandrasana**  
(new moon, simple moon)



**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:**



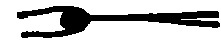
**Savasana**  
(corpse)



**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)

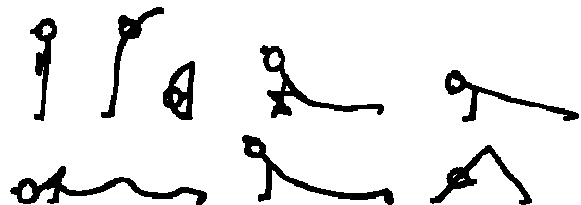
**OTHER POSES INCLUDING:**



**Kummerasana/  
Chakravakasana**  
(cat)



**Murdha  
Januāsana/Balāsana**  
(child)



**Surya Namaskar**  
(sun salute)



**Apanāsana**  
(wind relieving pose)



**Dharmikasana**  
(ancestral worship)