

# Asana GUIDE

#	English Name	Sanskrit Name
1	Airplane	Dekasana
2	Bicycle Twists	n/a
3	Boat	Navasana
4	Bound Half Moon	Ardha Chandra Chapasana
5	Bound Sage	Marichyasana C
6	Bridge	Setu Bandhasana
7	Camel	Ustrasana
8	Cat Cow	Marjaiasana Bitilasana
9	Chair	Utkatasana
10	Child's Pose	Balasana
11	Cobra	Bhujangasana
12	Corpse	Savasana
13	Cow Face	Gomukhasana
14	Crescent Lunge	Anjaneyasana
15	Crescent Lunge Twist	Parivrta Anjaneyasana
16	Crow / Crane	Bakasana
17	Dancer's	Natarajasana
18	Dolphin	Ardha Pincha Mayurasana
19	Double Pigeon (fire log)	Agnistambhasana
20	Double Toe Hold (navasana variation)	Ubhaya Padangusthasana
21	Downward Facing Dog	Adho Mukha Svanasana
22	Eagle	Garudasana
23	Easy Pose	Sukhasana
24	Easy Twist	Parivrta Sukhasana
25	Eight Limb	Astavakrasana

26	Extended Cat Cow (bird dog)	Utthita Marjaryasana
27	Extended Goddess	Utthita Utkata Parsvakonasana
28	Extended Side Angle	Utthita Parsvakonasana
29	Eye of the Needle (thread the needle)	Sucirandhrasana
30	Fascia Stretch (seated)	n/a
31	Firefly	Tittibhasana
32	Fish	Matsyasana
33	Floor Bow	Dhanurasana
34	Flying Chaturanga	Aka Pada Koundiyasana II
35	Flying Pigeon	Eka Pada Galavasana
36	Forearm Plank (dolphin plank)	Makara Adho Mukha Svanasana
37	Forearm Stand	Pincha Mayurasana
38	Forward Fold	Uttanasana
39	Frog	Bhekasana / Mandukasana
40	Garland	Malasana
41	Goddess	Utkata Konasana
42	Half Frog	Sukha Gherandasana
43	Half Front Splits	Ardha Hanumanasana
44	Half Moon	Ardha Chandrasana
45	Half Pigeon	Eka Pada Raj Kapotasana
46	Half-way Lift	Ardha Uttanasana
47	Handstand	Adho Mukha Vrksasana
48	Happy Baby	Ananda Balasana
49	Head to Knee	Janu Sirsasana
50	Heart Bed	n/a
51	Hero	Virasana
52	Intense Foot Stretch	n/a
53	Inverted Staff Pose (forearm wheel)	Dwi (dvi) Pada Viparita Dandasana
54	June Bug	n/a
55	King Pigeon	Eka Pada Rajakapotasana
56	Leg Lifts	Urdhva Prasarita Padasana
57	Legs up the Wall	Viparita Karani
58	Lifted Hero	Kapotasana
59	Lion Pose	Simhasana
60	Locust	Salabhasana
61	Low Plank / aka Four Limbed Staff Pose	Chaturanga Dandasana

62	Monkey (splits)	Hanumanasana
63	Mountain	Tadasana
64	Noose (bound squat)	Pasasana
65	Peacock	Mayurasana
66	Perfect Pose	Siddhasana
67	Plank	Phalakasana
68	Pyramid (intense side stretch)	Parsvottanasana
69	Rabbit	Sasankasana
70	Reach Up	Urdhva Hastasana
71	Reclining Bound Angle (butterfly)	Supta Baddha Konasana
72	Reclining Hand to Toe (supine strap stretch)	Supta Padangusthasana
73	Reclining Hero	Supta Virasana
74	Reverse Warrior	Viparita Virabhadrasana
75	Revolved Chair	Parivrtta Utkatasana
76	Revolved Goddess	Parivrtta Utkata Konasana
77	Revolved Half Moon	Parivrtta Ardha Chandrasana
78	Revolved Hand to Big Toe	Parivrtta Hasta Padangusthasana
79	Revolved Head to Knee (seated)	Parivrtta Janu Sirsasana
90	Revolved Triangle	Parivrtta Trikonasana
81	Rock the Baby	n/a
82	Scale	Tolasana
83	Scorpion	Vrschikasana
84	Seated Baddha Konasana	Baddha Konasana
85	Seated Extended Twist	Utthita Parivrtta Paschimottanasana
86	Seated Forward Fold	Paschimottanasana
87	Seated Half Spinal Twist	Ardha Matsyendrasana
88	Shoe Lace (seated or reclined)	n/a
89	Shoulder Rinse	n/a
90	Side Crow	Eka Pada Koundinyasana
91	Side Plank	Vasisthasana
92	Sphinx	Bhujangasana
93	Staff	Dandasana
94	Standing Crescent Moon (Bikram)	Indudalasana
95	Standing Splits	Urdhva Prasarita Eka Padasana
96	Supine Leg Stretch	Anantasana
97	Supine Twist	Supta Matsyendrasana

99	Table Top (aka reversed table top)	Purvottanasana
99	Three Legged Downward Facing Dog	Eka Pada Adho Mukha Svanasana
100	Toe Yoga	Utthita Anguli Sukhasana
101	Traditional Headstand	Salamba Sirsasana
102	Tree	Vrksasana
103	Triangle	Trikonasana
104	Triangle Arm Balance	n/a
105	Turtle	Supta Kurmasana
106	Upright Big Toe (standing)	Hasta Padangusthasana
107	Upward Facing Dog	Urdhva Mukha Svanasana
108	Warrior I	Virabhadrasana I
109	Warrior II	Virabhadrasana II
110	Warrior III	Virabhadrasana III
111	Wheel	Urdhva Dhanurasana
112	Wide Legged Forward Fold (standing)	Prasarita Padottanasana
113	Wide Seated Forward Bend	Upavistha Konasana
114	Wide Wipers	n/a
115	Wind Removing Pose	Pavanamuktasana
116	Windshield Wipers	Jathara Parivartanasana

## ASANA CATEGORIES

- PR Presencing
- W Warming
- F Firing
- B Balancing
- G Grounding
- HO Heart Opening
- CA Core Activating
- REJ Rejuvenating
- REL Releasing
- CL Closing
- S Surrendering

## **PR    Presencing**

Child's Pose / Balasana

Corpse / Savasana

Downward Facing Dog / Adho Mukha Svanasana

Easy Pose / Sukhasana

Forward Fold / Uttanasana

Mountain / Tadasana

Perfect Pose / Siddhasana

Reclining Bound Angle (butterfly) / Supta Baddha Konasana

Supine Twist / Supta Matsyendrasana

Toe Yoga / Utthita Anguli Sukhasana

Windshield Wipers / Jathara Parivartanasana

## **W    Warming**

Chair / Utkatasana

Downward Facing Dog / Adho Mukha Svanasana

Extended Goddess / Utthita Utka Parsvakonasana

Extended Cat Cow (bird dog) / Utthita Marjaryasana

Half-way Lift / Ardha Uttanasana

Lion Pose / Simhasana

Low Plank / aka Four Limbed Staff Pose / Chaturanga Dandasana

Mountain / Tadasana

Plank / Phalakasana

Reach Up / Urdhva Hastasana

Reverse Warrior / Viparita Virabhadrasana

Shoulder Rinse

Upward Facing Dog / Urdhva Mukha Svanasana

Warrior 1 / Virabhadrasana I

Warrior 2 / Virabhadrasana II

Warrior 3 / Virabhadrasana III

## **F    Firing**

Chair / Utkatasana

Crescent Lunge / Anjaneyasana

Crescent Lunge Twist / Parivrtta Anjaneyasana

Crow / Crane / Bakasana

Extended Goddess / Utthita Utka Parsvakonasana

Forearm Plank (dolphin plank) / Makara Adho Mukha Svanasana

Extended Side Angle / Utthita Parsvakonasana

Firefly / Tittibhasana

Intense Foot Stretch

Noose (bound squat) / Pasasana

Peacock / Mayurasana

Plank / Phalakasana

Revolved Chair / Parivrtta Utkatasana

Revolved Goddess / Parivrtta Utkata Konasana

Side Crow / Eka Pada Koundinyasana  
Side Plank / Vasisthasana  
Three Legged Downward Facing Dog / Eka Pada Adho Mukha Svanasana

## **B Balancing**

Airplane / Dekasana  
Bound Half Moon / Ardha Chandra Chapasana  
Crow / Crane / Bakasana  
Dancer's / Natarajasana  
Double Toe Hold (navasana variation) / Ubhaya Padangusthasana  
Eagle / Garudasana  
Eight Limb / Astavakrasana  
Extended Cat Cow (bird dog) / Utthita Marjaryasana  
Firefly / Tittibhasana  
Flying Pigeon / Eka Pada Galavasana  
Forearm Stand / Pincha Mayurasana  
Half Front Splits / Ardha Hanumanasana  
Half Moon / Ardha Chandrasana  
Handstand / Adho Mukha Vrksasana  
Peacock / Mayurasana  
Revolved Half Moon / Parivrtta Ardha Chandrasana  
Revolved Hand to Big Toe / Parivrtta Hasta Padangusthasana  
Scale / Tolasana  
Scorpion / Vrschikasana  
Side Crow / Eka Pada Koundinyasana  
Side Plank / Vasisthasana  
Standing Crescent Moon (Bikram) / Indudalasana  
Standing Splits / Urdhva Prasarita Eka Padasana  
Tree / Vrksasana  
le Arm Balance  
Upright Big Toe (standing) / Hasta Padangusthasana

## **G Grounding**

Chair / Utkatasana  
Downward Facing Dog / Adho Mukha Svanasana  
Easy Pose / Sukhasana  
Goddess / Utkata Konasana  
Pyramid (intense side stretch) / Parsvottanasana  
Revolved Triangle / Parivrtta Trikonasana  
Staff / Dandasana  
Triangle / Trikonasana  
Warrior 1 / Virabhadrasana I  
Warrior 2 / Virabhadrasana II  
Warrior 3 / Virabhadrasana III  
Wide Legged Forward Fold (standing) / Prasarita Padottanasana

## **HO Heart Opening**

Bridge / Setu Bandhasana

Camel / Ustrasana

Cat Cow / Marjariasana Bitilasana

Cobra / Bhujangasana

Cow Face / Gomukhasana

Dolphin /

Fish / Matsyasana

Floor Bow / Dhanurasana

Heart Bed / n/a

Inverted Staff Pose (forearm wheel) / Dwi (dvi) Pada Viparita Dandasana

Lifted Hero / Kapotasana

Locust / Salabhasana

Sphinx / Salamba Bhujangasana

Upward Facing Dog / Urdhva Mukha Svanasana

Wheel / Urdhva Dhanurasana

## **CA Core Activating**

Bicycle Twists

Boat / Navasana

Forearm Plank (dolphin plank) / Makara Adho Mukha Svanasana

Leg Lifts / Urdhva Prasarita Padasana

Scale / Tolasana

## **REJ Rejuvenating**

Forward Fold / Uttanasana

Handstand / Adho Mukha Vrksasana

Legs up the Wall / Viparita Karani

Reclining Bound Angle (butterfly) / Supta Baddha Konasana

Traditional Headstand / Salamba Sirsasana

Windshield Wipers / Jathara Parivartanasana

## **REL Releasing**

Bound Sage / Marichyasana C

Double Pigeon (fire log) / Agnistambhasana

Easy Twist / Parivrtta Sukhasana

Extended Cat Cow (bird dog) / Utthita Marjaryasana

Eye of the Needle (thread the needle) / Sucirandhrasana

Fascia Stretch (seated) / n/a

Frog / Bhekasana / Mandukasana

Garland / Malasana

Half Frog / Sukha Gherandasana

Half Pigeon / Eka Pada Raj Kapotasana

Happy Baby / Ananda Balasana

Hero / Virasana

Intense Foot Stretch

King Pigeon / Eka Pada Rajakapotasana  
Monkey (splits) / Hanumanasana  
Rabbit / Sasankasana  
Reclining Bound Angle (butterfly) / Supta Baddha Konasana  
Reclining Hand to Toe (supine strap stretch) / Supta Padangusthasana  
Reclining Hero / Supta Virasana  
Rock the Baby / n/a  
Seated Baddha Konasana / Baddha Konasana  
Seated Extended Twist / Utthita Parivrtta Paschimottanasana  
Seated Forward Fold / Paschimottanasana  
Seated Half Spinal Twist / Ardha Matsyendrasana  
Shoelace / n/a  
Toe Yoga / Utthita Anguli Sukhasana  
Turtle / Supta Kurmasana  
Wide Seated Forward Bend / Upavistha Konasana  
Wide Wipers  
Wind Removing Pose / Pavanamuktasana  
Windshield Wipers / Jathara Parivartanasana

## **CL Closing**

Easy Twist / Parivrtta Sukhasana  
Happy Baby / Ananda Balasana  
Head to Knee / Janu Sirsasana  
June Bug / n/a  
Lion Pose / Simhasana  
Revolved Head to Knee (seated) / Parivrtta Janu Sirsasana  
Seated Baddha Konasana / Baddha Konasana  
Seated Forward Fold / Paschimottanasana  
Supine Leg Stretch / Anantasana  
Table Top (aka revered table top or upward plank) / Purvottanasana  
Turtle / Supta Kurmasana  
Wide Seated Forward Bend / Upavistha Konasana  
Wide Wipers  
Windshield Wipers / Jathara Parivartanasana

## **S Surrendering**

Windshield Wipers / Jathara Parivartanasana  
Supine Twist / Supta Matsyendrasana  
Corpse / Savasana



### 1) Airplane

Target - full body strength

Modification - hands to hips or anjali

Contraindication - low back, knee, shoulders

Category - B



### 2) Bicycle Twists

Target - core

Modification - head on floor, legs at angle

Contraindication - neck, low back

Category - CA



### 3) Boat / Navasana

Target - core

Modification - hands on femurs

Contraindication - low back, tailbone

Category - CA



#### 4) Bound Half Moon / Ardha Chandra Chapasana

Target - balance

Modification - half moon

Contraindication - knees

Category - B



#### 5) Bound Sage / Marichyasana C

Target - shoulders, hamstring, spine

Modification - no bind

Contraindication - tight hamstring, low back

Category - REL



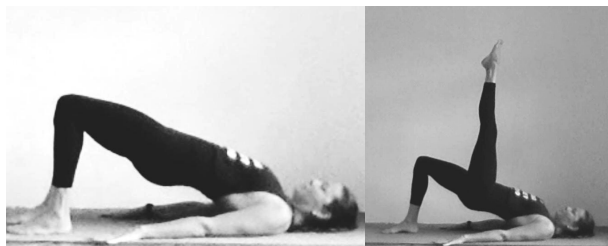
#### 6) Bridge / Setu Bandhasana

Target - spine opener

Modification - block under sacrum

Contraindication - low back, neck, high blood pressure, glaucoma

Category - HO



7) Camel / Ustrasana

Target - heart opener

Modification - open chest only

Contraindication - knees, spine neck, shoulders

Category - HO



8) Cat Cow / Marjaisana Bitilasana

Target - flexion / extension of spine

Modification - on forearms

Contraindication - knees, spine neck, wrists

Category - HO



9) Chair / Utkatasana

Target - quadriceps

Modification - wall

Contraindication - knees, low back

Category - W / F



10) Child's Pose / Balasana

Target - inner thighs, low back, groin, shoulders, chest

Modification - knees together, arms at side

Contraindication - knees, shoulders, high blood pressure, glaucoma

Category - PR



11) Cobra / Bhujangasana

Target - low back, chest

Modification - less height

Contraindication - low back

Category - HO



12) Corpse / Savasana

Target - rest

Modification - prop knees, neck, arms

Contraindication - low back, knees

Category - S / PR



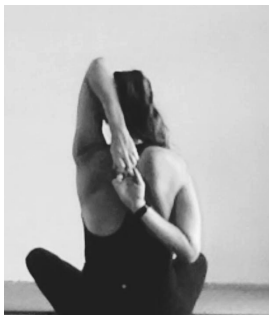
13) Cow Face / Gomukhasana

Target - shoulders, chest, hips

Modification - legs crosses, bind with strap

Contraindication - knees, shoulders

Category - REL



14) Crescent Lunge / Anjaneyasana

Target - full body

Modification - back knee down, hands on front thigh

Contraindication - knee, low back, quad

Category - F



15) Crescent Lunge Twist / Parivrtta Anjaneyasana

Target - full body

Modification - back knee down, open twist

Contraindication - knee, low back, neck

Category - F



16) Crow / Crane / Bakasana

Target - arm balance

Modification - feet down

Contraindication - wrists

Category - B



17) Dancer's / Natarajasana

Target - balancing

Modification - strap or wall

Contraindication - knee, low back

Category - B



18) Dolphin / Ardha Pincha Mayurasana

Target - shoulders

Modification - bend knees, arm bones forward

Contraindication - shoulders, hamstrings

Category - HO



19) Double Pigeon (fire log) / Agnistambhasana

Target - hips

Modification - pelvis propped

Contraindication - knees

Category - REL



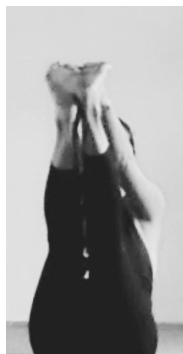
20) Double Toe Hold (navasana variation) / Ubhaya Padangusthasana

Target - core

Modification - bend knees

Contraindication - low back, tailbone

Category - CA



21) Downward Facing Dog / Adho Mukha Svanasana

Target - rest

Modification - bend knees, lift heels, arm bones forward

Contraindication - shoulders, neck

Category - W, REJ, G



22) Eagle / Garudasana

Target - upper back, shoulders

Modification - hands to shoulders, wrapping leg's toes to floor (kickstand)

Contraindication - shoulders, knees, low back

Category - B



23) Easy Pose / Sukhasana

Target - spine, femurs to floor

Modification - prop pelvis, prop femurs

Contraindication - tight hamstrings, tight hips, knees

Category - PR, G



24) Easy Twist / Parivrtta Sukhasana

Target - twist spine

Modification - not going too deep

Contraindication - low back

Category - REL



25) Eight Limb / Astavakrasana

Target - arm balance

Modification - crow

Contraindication - wrists

Category - BAL





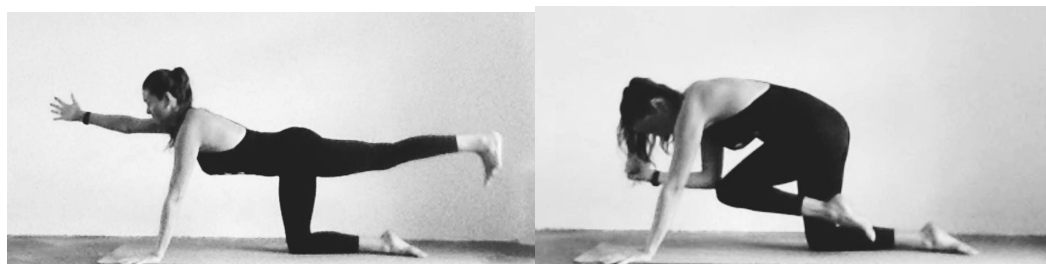
26) Extended Cat Cow (bird dog) / Utthita Marjaryasana

Target - balance

Modification - limbs up one at a time

Contraindication - shoulders, wrists, low back

Category - BAL



27) Extended Goddess / Utthita Utka Parsvakonasana

Target - inner thighs, groin

Modification - extended leg bent

Contraindication - knees

Category - W, F



28) Extended Side Angle / Utthita Parsvakonasana

Target - inner thighs, groin

Modification - arm to thigh or hand to block

Contraindication - knee, shoulders, low back

Category - F



29) Eye of the Needle (commonly known as thread the needle hip var.) / Sucirandhrasana

Target - hip opener

Modification - strap or wall or chair

Contraindication - knees, tight hamstrings

Category - REL



30) Fascia Stretch (seated) / n/a

Target - full body

Modification - on chair

Contraindication - bruise easy

Category - REL / PR



31) Firefly / Tittibhasana

Target - arm balance

Modification - hips down

Contraindication - wrists, tight hamstrings

Category - BAL



32) Fish / Matsyasana

Target - chest opener

Modification - elbows wide

Contraindication - tight shoulders, chest

Category - HO



### 33) Floor Bow / Dhanurasana

Target - backbend

Modification - strap, one leg at a time

Contraindication - low back, knees

Category - HO



### 34) Flying Chaturanga / Aka Pada Koundinyasana II (flying splits)

Target - arm balance

Modification - back foot down

Contraindication - wrists

Category - BAL



### 35) Flying Pigeon / Eka Pada Galavasana

Target - arm balance

Modification - back foot down

Contraindication - knee

Category - BAL



36) Forearm Plank (dolphin plank) / Makara Adho Mukha Svanasana

Target - full body strengthener

Modification - knees down

Contraindication - shoulders, low back

Category - BAL



37) Forearm Stand / Pincha Mayurasana

Target - arm balance

Modification - wall, assist

Contraindication - shoulders

Category - BAL



38) Forward Fold / Uttanasana

Target - hamstrings, whole spine

Modification - bend knees, wall

Contraindication - low back, hamstrings, high blood pressure, glaucoma

Category -



39) Frog / Bhekasana / Mandukasana

Target - inner thigh, groin

Modification - wall, prop knees

Contraindication - knees, low back

Category - REL



40) Garland / Malasana

Target - inner thigh, groin

Modification - prop heels, prop pelvis

Contraindication - knees, low back

Category - REL



41) Goddess / Utkata Konasana

Target - inner thigh, groin

Modification - wall

Contraindication - knees, low back

Category - W, F, G



42) Half Frog / Sukha Gherandasana

Target - quadricep

Modification - heel to glute

Contraindication - knee

Category - REL



43) Half Front Splits / Ardha Hanumanasana

Target - back of legs

Modification - bend back leg, pelvis higher from floor

Contraindication - hamstrings, knees

Category - REL



44) Half Moon / Ardha Chandrasana

Target - balance

Modification - prop up bottom hand, wall

Contraindication - standing knee, low back

Category - BAL



45) Half Pigeon / Eka Pada Raj Kapotasana

Target - hips

Modification - prop pelvis, angle of front leg, tuck back toes

Contraindication - knees

Category - REL



46) Half-way Lift / Ardha Uttanasana

Target - natural curves of spine

Modification - bend knees

Contraindication - low back

Category - W



47) Handstand / Adho Mukha Vrksasana

Target - arm balance

Modification - wall or assist

Contraindication - wrists, shoulders

Category - REJ





48) Happy Baby / Ananda Balasana

Target - inner thighs, groin

Modification - hands to thighs, wall

Contraindication - low back, knees

Category - REL



49) Head to Knee / Janu Sirsasana

Target - hamstrings

Modification - bend straight leg, prop bent leg

Contraindication - low back

Category - REL



50) Heart Bed / n/a

Target - chest opener

Modification - smaller prop along spine

Contraindication - neck, high blood pressure, glaucoma

Category - HO



51) Hero / Virasana

Target - quads (thighs)

Modification - prop pelvis

Contraindication - knees

Category - REL



52) Intense Foot Stretch

Target - feet / toes

Modification - prop pelvis

Contraindication - knees

Category - REL / F



53) Inverted Staff Pose (forearm wheel) / Dwi (dvi) Pada Viparita Dandasana

Target - chest, shoulders, spine

Modification - wheel

Contraindication - low back, shoulders

Category - HO



54) June Bug / n/a

Target - energy

Modification - n/a

Contraindication - n/a

Category - CL



55) King Pigeon / Eka Pada Rajakapotasana

Target - groin, quad, hip

Modification - prop pelvis

Contraindication - knee, low back

Category - REL



56) Leg Lifts / Urdhva Prasarita Padasana

Target - core

Modification - legs part way down

Contraindication - low back

Category - CA



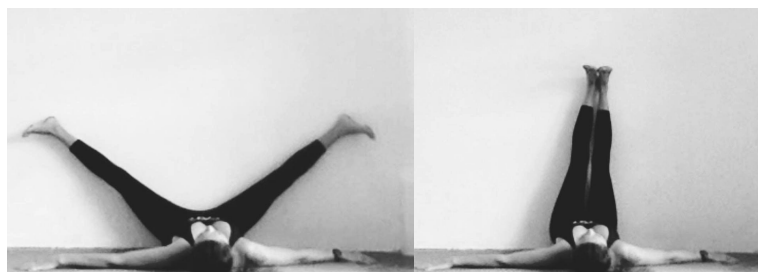
57) Legs up the Wall / Viparita Karani

Target - rest

Modification - prop pelvis, bend knees

Contraindication - tight hamstrings, low back

Category - REJ



58) Lifted Hero / Kapotasana

Target - backbend

Modification - prop spine

Contraindication - low back, shoulders

Category - HO



59) Lion Pose / Simhasana

Target - release face, energy

Modification - n/a

Contraindication - n/a

Category - W, CL



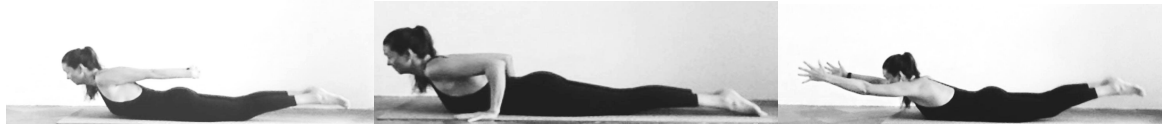
60) Locust / Salabhasana

Target - low back

Modification - arms down, legs down, chest down

Contraindication - low back, shoulders (if arms out forward)

Category - HO



61) Low Plank / aka Four Limbed Staff Pose / Chaturanga Dandasana

Target - full body strength

Modification - knees down

Contraindication - low back, shoulders

Category - W



62) Monkey (splits) / Hanumanasana

Target - groin

Modification - prop pelvis

Contraindication - tight hamstrings, knees

Category - REL



63) Mountain / Tadasana

Target - grounding

Modification - in a chair

Contraindication - leg issues, nervous system disease \* this goes for all standing postures

Category - PR, W



64) Noose (bound squat) / Pasasana

Target - shoulders, spine

Modification - prop heels, strap

Contraindication - shoulders, hips

Category - F



65) Peacock / Mayurasana

Target - arm balance

Modification - toes down

Contraindication - wrists

Category - BAL



66) Perfect Pose / Siddhasana

Target - ease

Modification - prop knees

Contraindication - knees

Category - PR



67) Plank / Phalakasana

Target

Modification

Contraindication

Category



68) Pyramid (intense side stretch) / Parsvottanasana

Target - back of leg, spine

Modification - hands to block

Contraindication - tight hamstring, back

Category - G



69) Rabbit / Sasankasana

Target - spine

Modification - hips stay low

Contraindication - back

Category - REL



70) Reach up

Target - feet

Modification - arms wide

Contraindication - shoulders

Category - W



71) Reclining Bound Angle (butterfly) / Supta Baddha Konasana

Target - inner thigh, low back

Modification - prop legs

Contraindication - low back

Category - REL, PR





72) Reclining Hand to Toe (supine strap stretch) / Supta Padangusthasana

Target - twist

Modification - prop twisting leg

Contraindication - low back, shoulder

Category - REL



73) Reclining Hero / Supta Virasana

Target - thighs, spine, core

Modification - stay seated, knees open, but not wider than hips

Contraindication - knees

Category - REL



74) Reverse Warrior / Viparita Virabhadrasana

Target - side body

Modification - hand to head

Contraindication - low back, neck, knee

Category - W



75) Revolved Chair / Parivrtta Utkatasana

Target - strength, twist

Modification - standing twist

Contraindication - back, neck

Category - F



76) Revolved Goddess / Parivrtta Utkata Konasana

Target - twist

Modification - torso upright

Contraindication - low back

Category - F



77) Revolved Half Moon / Parivrtta Ardha Chandrasana

Target - twist

Modification - top hand to hip

Contraindication - neck, knee

Category - B



78) Revolved Hand to Big Toe / Parivrtta Hasta Padangusthasana

Target - balancing

Modification - bend knee

Contraindication - hamstrings, back

Category - B



79) Revolved Head to Knee (seated) / Parivrtta Janu Sirsasana

Target - side body

Modification - hold ankle

Contraindication - low back, shoulder

Category - REL



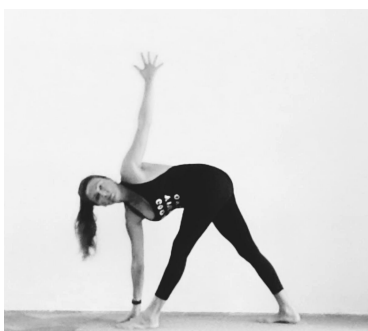
80) Revolved / Parivrtta Trikonasana

Target - twist, back leg

Modification - block bottom hand

Contraindication - back, neck

Category - G



81) Rock the Baby / n/a

Target - hip

Modification - spacious grip

Contraindication - knee

Category - REL



82) Scale / Tolasana

Target - strength

Modification - block hands

Contraindication - wrists

Category - CA, BAL



83) Scorpion / Vrschikasana

Target - arm balance

Modification - wall, assist

Contraindication - spine

Category - BAL



84) Seated Baddha Konasana / Baddha Konasana

Target - groin

Modification - prop knees

Contraindication - knees

Category - REL, CL



85) Seated Extended Twist / Utthita Parivrtta Paschimottanasana

Target - hamstrings, side body

Modification - smaller twist, prop knees

Contraindication - hamstrings, back

Category - REL



86) Seated Forward Fold / Paschimottanasana

Target - hamstrings, back

Modification - bend knees

Contraindication - low back

Category - CL



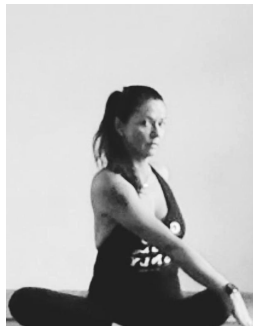
87) Seated Half Spinal Twist / Ardha Matsyendrasana

Target - twist

Modification - prop knees, prop pelvis

Contraindication - spine, knees

Category - REL



88) Shoelace / n/a

Target - hips

Modification - prop knees

Contraindication - knees

Category - REL



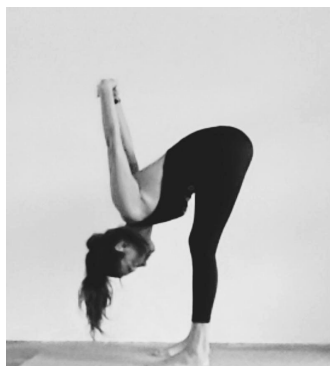
89) Shoulder Rinse

Target - shoulders

Modification - use strap

Contraindication - low back, shoulders

Category - W



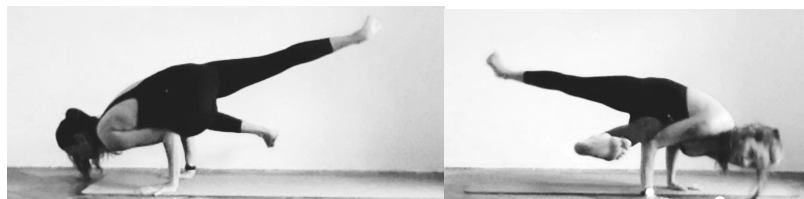
90) Side Crow / Eka Pada Koundinyasana

Target - arm balance

Modification - knees bent

Contraindication - wrists

Category - BAL



91) Side Plank / Vasisthasana

Target - full body

Modification - bottom knee down

Contraindication - wrist, low back

Category - F



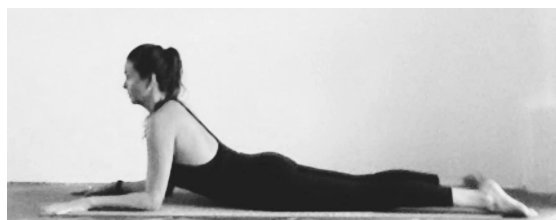
92) Sphinx / Salamba Bhujangasana

Target - back

Modification - torso down

Contraindication - low back

Category - HO



93) Staff / Dandasana

Target - ease

Modification - bend knees

Contraindication - low back

Category - G



94) Standing Crescent Moon (Bikram) / Indudalasana

Target - side body

Modification - hands to back of head, feet apart

Contraindication - low back

Category - BAL



95) Standing Splits / Urdhva Prasarita Eka Padasana

Target - balance

Modification - hands to block

Contraindication - knee

Category - Bal





96) Supine Leg Stretch / Anantasana

Target - hamstring

Modification - strap

Contraindication - hamstring, shoulder

Category - CL



97) Supine Twist / Supta Matsyendrasana

Target - spine, glute, shoulder

Modification - prop twisting leg

Contraindication - shoulder, knee

Category - S



98) Table Top (aka reversed table top) / Purvottanasana

Target - shoulders, chest

Modification - knees bent

Contraindication - shoulders, low back

Category - CL



99) Three Legged Downward Facing Dog / Eka Pada Adho Mukha Svanasana

Target - grounded leg, pelvis

Modification - bent leg

Contraindication - wrists, shoulders

Category - F



100) Toe Yoga / Utthita Anguli Sukhasana

Target - fascia release

Modification - not all fingers between toes

Contraindication - n/a

Category - REL



101) Traditional Headstand / Salamba Sirsasana

Target - inversion

Modification - wall or assist

Contraindication - neck, high blood pressure

Category - REJ



102) Tree / Vrksasana

Target - ground

Modification - kickstand foot

Contraindication - knee, pelvis

Category - BAL



103) Triangle / Trikonasana

Target - ground + extend

Modification - bend front knee, use block

Contraindication - tight inner thigh, low back

Category - G



104) Triangle Arm Balance

Target - balance

Modification - le

Contraindication - shoulder, wrist

Category - BAL



105) Turtle / Supta Kurmasana

Target - hamstrings, spine

Modification - knees bent

Contraindication - hamstrings, spine

Category - REL



106) Upright Big Toe (standing) / Utthita Hasta Padangusthasana

Target - balance, hamstring

Modification - bend knee, strap

Contraindication - hamstring

Category - BAL



107) Upward Facing Dog / Urdhva Mukha Svanasana

Target - spine

Modification - cobra

Contraindication - low back, neck

Category - W, HO



108) Warrior 1 / Virabhadrasana I

Target - full body

Modification - hands to hips, body angled

Contraindication - shoulders, low back, knee

Category - W



109) Warrior 2 / Virabhadrasana II

Target - full body

Modification - hands to hips, body angled

Contraindication - shoulders, low back, knee

Category - W



110) Warrior 3 / Virabhadrasana III

Target - full body

Modification - hands to hips, body angled

Contraindication - shoulders, low back, knee

Category - W



111) Wheel / Urdhva Dhanurasana

Target - back bend

Modification - bridge, wall with blocks, ankles

Contraindication - low back

Category - HO



112) Wide Legged Forward Fold (standing) / Prasarita Padottanasana

Target - hamstrings

Modification - bend knees

Contraindication - hamstrings, back

Category - G



113) Wide Seated Forward Bend / Upavistha Konasana

Target - hamstrings, groin

Modification - prop torso, prop knees

Contraindication - back

Category - REL, CL



#### 114) Wide Wipers

Target - spine, pelvis, quad

Modification - prop under legs

Contraindication - low back, knees

Category - REL, CL



#### 115) Wind Removing Pose / Pavanamuktasana

Target - colon, hip flexors

Modification - prop under extended leg

Contraindication - low back

Category - REL, CL



#### 116) Windshield Wipers / Jathara Parivartanasana

Target - spine, pelvis

Modification - prop leg

Contraindication - low back, knees

Category - REL, S

