

Pose Names from *Yoga in Action*:
Preliminary Course, by Geeta S. Iyengar
(2000, YOG, Mumbai, India)

Unofficial translation, for YCL student use only, by Holly Krebs.

Chapter I

Standing Asanas - Utthistha Sthiti

Part 1

1. Samasthiti: upright steadiness posture (same as Tadasana: mountain)
2. Urdhva Hastasana: upward hands posture
3. Urdhva Baddhanguliyasana: upward bound fingers posture
4. Namaskarasana: prayer posture
5. Urdhva Namaskarasana: upward prayer posture
6. Gomukhasana: cow face posture
7. Paschima Namaskarasana: west-facing prayer posture
8. Vrksasana: tree posture
9. Utkatasana: fierce posture

Part 2

10. Utthita Hasta Padasana: extended hands and feet posture
11. Parsva Hasta Padasana: hands and feet to the side posture
12. Utthita Trikonasana: extended triangle posture
13. Virabhadrasana II: warrior two posture

Part 3

14. Utthita Parsvakonasana: extended lateral angle posture
15. Virabhadrasana I: warrior one posture
16. Vimanasana: aerial carrier posture

Part 4

17. Vrksasana: tree posture
18. Ardha Chandrasana: half moon posture
19. Virabhadrasana III: warrior three posture

Part 5

20. Parivrtta Trikonasana: revolved triangle posture
21. Parivrtta Parsvakonasana - Vimanasana: revolved lateral angle posture - aerial carrier posture
22. Parighasana: gate latch posture

Part 6

23. Parsvottanasana: intense stretch to the side posture
24. Prasarita Padottanasana: extended feet intense stretch posture
25. Uttanasana: intense stretch posture
26. Padangusthasana: big toe posture
27. Adho Mukha Svanasana: downward facing dog posture

Chapter II

Sitting Asanas - Upavistha Sthiti

Part 7

28. Dandasana: staff posture
29. Urdhva Hasta Dandasana: upward hands in staff posture
30. Padangustha Dandasana: big toe staff posture
31. Baddha Konasana: bound angle posture
32. Upavistha Konasana: seated angle posture
33. Padangustha Upavistha Konasana: big toe seated angle posture
34. Svastikasana: fortunate posture (same as Sukasana: easy posture)
35. Parvatasana - in Svastikasana: mountain posture in fortunate posture (see 3. Urdhva Baddhanguliyasana)
36. Virasana: hero posture
37. Parvatasana - in Virasana: mountain posture in hero's posture (see 3. Urdhva Baddhanguliyasana)
38. Gomukhasana: cow face posture

Chapter III

Forward Extension - Paschima Pratana Sthiti

Part 8

39. Paschimottanasana: intense stretch of the west posture
40. Janu Sirsasana: head of knee posture
41. Trianga Mukhaikapada Paschimottanasana: three limb face to one leg stretch of the west posture
42. Marichyasana I: posture dedicated to sage Marichi, son of the Creator, Brahma (seated twist and forward bend)
43. Upavistha Konasana: seated angle posture

Chapter IV

Lateral Extension - Parivrtta Sthiti

Part 9

44. Bharadvajasana I: posture dedicated to Bharadvaja, a great sage (seated twist)
45. Bharadvajasana II: posture dedicated to Bharadvaja, a great sage (seated twist)
46. Bharadvajasana - on a chair: posture dedicated to Bharadvaja, a great sage (seated twist)

Chapter V

Inversions - Viparita Sthiti

Part 10

47. Salamba Sirsasana: supported headstand posture
48. Salamba Sarvangasana: supported shoulder stand posture (literally supported entire body)
49. Eka Pada Sarvangasana: one-legged shoulder stand posture
50. Parsvaika Pada Sarvangasana: side one foot shoulder stand posture
51. Ardha Halasana: half plow posture
52. Halasana: plow posture
53. Karnapidasana: ear pressure posture
54. Supta Konasana: reclined angle posture
55. Parsva Halasana: lateral plow posture

Chapter VI

Abdominal Asanas - Udara Akunchana Sthiti

Part 11

56. Urdhva Prasarita Padasana: upward extended feet posture
57. Paripurna Navasana: full boat posture
58. Supta Padangusthasana I & II: reclined big toe posture

Chapter VII

Backward Extension - Purva Pratana Sthiti

Part 12

59. Chaturanga Dandasana: four limb staff posture
60. Urdhva Mukha Svanasana: upward facing dog posture

61. Dhanurasana: bow posture
62. Salabhasana: locust posture
63. Ustrasana: camel posture

Chapter VIII

Sun Salutation - Surya Namaskara

Part 13

64. Surya Namaskara: sun salutation posture
 - 1) Samasthiti: upright steadiness posture
 - 2) Namaskarasana: prayer posture
 - 3) Urdhva Hastasana: upward hands posture
 - 4) Uttanasana: intense stretch posture
 - 5) Adho Mukha Svanasana: downward facing dog posture
 - 6) Urdhva Mukha Svanasana: upward facing dog posture
 - 7) Chaturanga Dandasana: four limb staff posture
 - 8) Urdhva Mukha Svanasana: upward facing dog posture
 - 9) Adho Mukha Svanasana: downward facing dog posture
 - 10) Uttanasana: intense stretch posture
 - 11) Urdhva Hastasana: upward hands posture
 - 12) Namaskarasana: prayer posture
 - 13) Samasthiti: upright steadiness posture

Chapter IX

Restorative Asanas - Visranta Karaka Asana

Part 14

65. Supta Virasana - Supta Sthiti: reclined hero posture - reclined state
66. Supta Baddha Konasana - Supta Sthiti: reclined bound angle posture - reclined state
67. Salamba Purvottanasana - Purva Pratana Sthiti: supported stretch of the east posture - east backbend state
68. Salamba Sarvangasana - chair - Viparita Sthiti: supported shoulder stand posture on chair - inverted state
69. Setubandha Sarvangasana - Viparita Sthiti: bridge formation posture – inverted state
70. Viparita Karani - Viparita Sthiti: inverted lake posture (also called legs up the wall) - inverted state
71. Savasana - Supta Sthiti: corpse posture - reclined state