

Introductory Yoga Poses  
for home practice

Sitting poses



*dandasana*

staff



*swastikasana*

crossed legs



*virasana*

hero



*virasana with urdhva  
baddhanguliyasana*

hero with bound  
hands



*upavista konasana*

seated angle



*baddhakonasana*

cobbler's or  
bound angle

Standing poses



*tadasana*  
mountain



*urdhva hastasana*  
raised hands



*vrksasana*  
tree



*trikonasana*  
triangle



*virabhadrasana I*  
warrior I



*virabhadrasana II*  
warrior II



*parsvakonasana*  
side angle stretch



*ardha chandrasana*  
half moon



*utkatasana*  
fierce or chair



*parighasana*  
gate latch

Twists



*marichyasana I*  
spinal twist



*bharadvajasana*  
seated twist



*bharadvajasana on a chair*  
seated twist



*jathara parivartanasana*  
lying twist

## Backbends (always do a forward bend after a back bend)



*urdhva mukha svanasana*  
upward facing dog



*ustrasana*  
camel

## Forward bends



*paschimottasana*  
intense west stretch



*janu sirsasana*  
head on knee



*adhomukha virasana*  
downward facing hero or child's



*uttanasana*  
standing forward  
bend



*prasarita padottanasana*  
wide leg standing forward  
bend

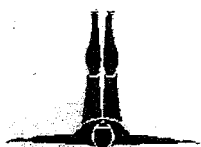


*adhomukha svanasana*  
downward facing dog



*parsvottanasana*  
side chest stretch

## Inversions



*viparita karani*  
legs up the wall



*viparita karani*  
with bolster  
legs up the wall



*ardha halasana*  
with chair  
half plow



*salamba sarvangasana*  
supported shoulderstand



*karnapidasana*  
knee to ear

## Reclined



*supta padangusthasana*  
reclining leg stretch



*supta swastikasana*  
reclining crossed legs



*setubandha sarvangasana*  
full bridge



*savasana*  
corpse