

Standing Poses



Tadasana
Mountain pose



Namaste in Tadasana



Urdhva Hastasana
Hands overhead



Ardha Dhanurasana



Utkatasana
Fierce Pose



Utthita Trikonasana
Triangle Pose



Parsvottanasana
intense stretch to the side pose



Parivrtta Trikonasana
revolved triangle post



Virabhadrasana II
Warrior 2 pose



Virabhadrasana I
Warrior 1 pose



Parivrtta Parsvakonasana revolved lateral angle pose



Utthita Parsvakonasana
Extended lateral angle Pose



Virabhadrasana III
Warrior 3 pose



Parivrtta Ardha Chandrasana
revolved half moon pose



Parsarita Padottanasana
intense stretch w/ feet wide apart



Ardha Chandrasana
half moon pose



Utthita Hasta Padangusthasana I
hand to big toe & foot 1



Vrksasana
Tree Pose



Garudasana
Eagle Pose



Utthita Hasta Padangusthasana II
hand to big toe & foot 2