



Mountain • Tadasana

Stand tall, feet hip-width, arms by your sides.



Tree • Vrksasana

Foot on inner calf or thigh (not the knee); hands overhead or at heart.



Chair • Utkatasana

Sit back as if into a chair, knees over ankles, arms up.



Standing forward fold • Uttanasana

Hinge at the hips, knees soft, let the head hang.



Warrior I • Virabhadrasana I

Front knee over ankle, back foot angled, hips square, arms up.



Warrior II • Virabhadrasana II

Front knee bent, arms wide at shoulder height, gaze over front hand.



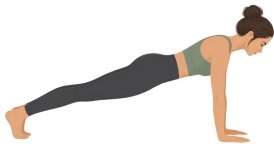
Triangle • Trikonasana

Legs straight and wide, reach forward then down to the shin, top arm up.



Low lunge • Anjaneyasana

Back knee down, front knee over ankle, lift the chest and arms.



Plank • Phalakasana

Shoulders over wrists, body in one straight line, core engaged.



Downward-facing dog • Adho Mukha Svanasana

Hips high, hands and feet pressing down, heels reaching toward the floor.



Cobra • Bhujangasana

Lying on the front, press gently through the hands to lift the chest.



Cat-cow (tabletop) • Marjar yasana-Bitilasana

Hands under shoulders, knees under hips; round then arch the spine with the breath.



Child's pose · Balasana

Sit back on the heels, fold forward, arms long or by the sides.



Seated forward fold · Paschimotta nasana

Legs long, hinge forward from the hips with a long spine.



Easy seated pose · Sukhasana

Sit cross-legged, spine tall, hands resting on the knees.



Boat · Navasana

Balance on the sit bones, lift the legs, arms reach forward.



Bridge · Setu Bandhasana

Lying on the back, feet flat, lift the hips.



Corpse pose · Savasana

Lie flat, arms relaxed, eyes closed, breathe naturally.