

Yoga pose chart



Mountain
Tadasana



Tree
Vrksasana



Chair
Utkatasana



Standing forward fold
Uttanasana



Warrior I
Virabhadrasana I



Warrior II
Virabhadrasana II



Triangle
Trikonasana



Low lunge
Anjaneyasana



Plank
Phalakasana



Downward-facing dog
Adho Mukha Svanasana



Cobra
Bhujangasana



Cat-cow (tabletop)
Marjaryasana-Bitilasana



Child's pose
Balasana



Seated forward fold
Paschimottasana



Easy seated pose
Sukhasana



Boat
Navasana



Bridge
Setu Bandhasana



Corpse pose
Savasana