

ASANA

aa-sa-na means posture or position

There are certain Asanas which give stability to the body on the path toward self realization.

Since there are so many poses it is easy to get overwhelmed and not see “the forest through the trees”. Try not to get overwhelmed by the details and miss the fundamental principle of what that pose is expressing. Endeavor to find unifying characteristics between the poses and build your sequence from there.

I like to keep it simple and categorize four general types of asana; standing, sitting, lying down and walking. By simplifying the poses to reflect how we actually move around in our day to day life we give our students helpful tools for maintaining the structure and vital energies of the body.

Benefits of Asana

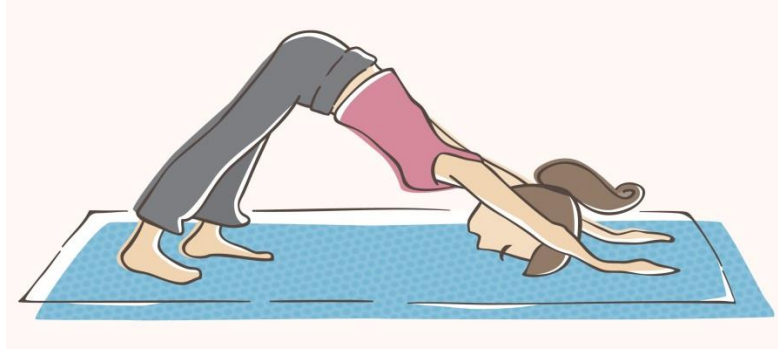
“Ha” To bring Strength “Tha” and flexibility to the whole body

- Retrain the body to maintain good posture and correct alignment.
- Open and increase range of movement through the legs, hips, spine and shoulders.
- Lengthen the spine and open the chest.
- Develop willpower, energy awareness and inner calm.
- Improve the efficiency of all the major bodily systems (muscular, circulatory, respiratory, endocrine and nervous systems).
- Bring an experience of stability and centeredness to body, mind and emotions.
- Give an overall feeling of integration, vitality and upliftment.

1.) **Ardho Mukha Shvanasana**

A-dho- Mu-kha Shvaan-aa-sa-na

Adho means down, downward; mukha means Face, facing;
shvana means dog



2.) **Ardha Matsyendrasana**

Half Spinal Twist

Ar-dha Mat-syen-draa-sa-na

Ardha means half; Matseyendra means name of an ancient sage



3.) Bhujangasana

Cobra Pose

Bhu-jan-gaa-sa-na

Bhuja means arm or shoulder; bhujanga means serpent, snake

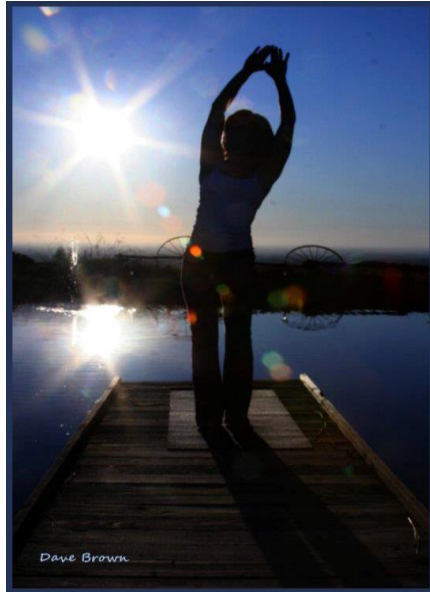


4.) Chandrasana

Moon Pose

Chan-draa-sa-na

Chandra means moon



5.) **Garudasana**

Eagle Pose

Ga-ru-daa-sa-na

Garuda means the eagle sacred to Vishnu

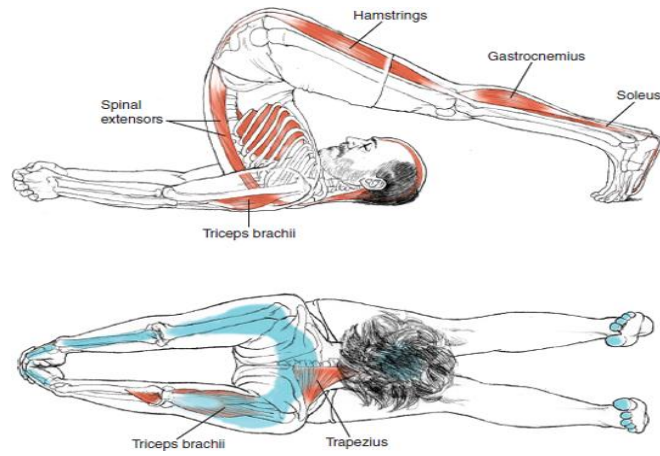


6.) Halasana

Plow Pose

Ha-laa-sa-na

Hala means plow

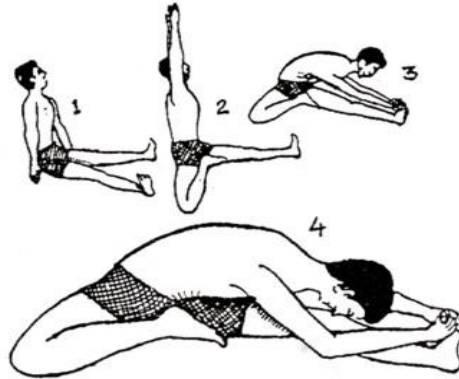


7.) Janushirasana

Head-to-knee-pose

Jan-nu-shir-aa-sa-na

Janu meand knee; Shirsha means head

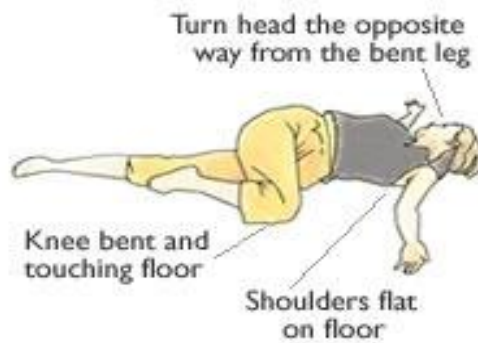


8.) Jathara Parivartanasana

Supine Twist (Revolved Abdomen Pose)

Ja-tha-ra Pa-ri-var-ta-naa-sa-na

Jathara means abdomen, belly, stomach; paravartana means turning around



9.) **Matsyanasana**

Fish Pose

Mat-syaa-sa-na

Matsya means fish



10.) **Padahstana**

Jackknife Pose

Paa-da-has-taa-sa-na

Pada means foot; Hasta means hand

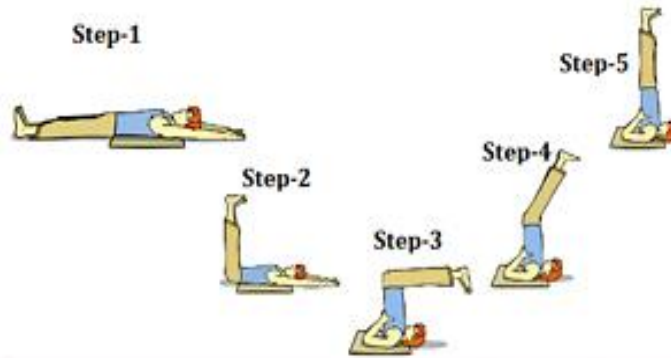


11.) Sarvangasana

Shoulderstand

Sar-vaan-gaa-sa-na

Sarvanga means the whold body (literally, the limbs)



Various Steps of Sarvangasana

12.) Sasamgasana

Sa-sam-gaa-sa-na

Sasamga means rabbit, hare



13.) Savasana

Corpse Pose

Sa-vaa-sa-na

Sava means corpse, dead body

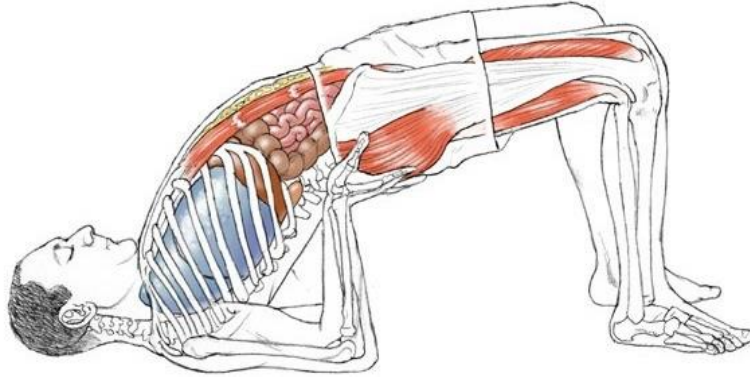


14.) Setu Bhandhasana

Bridge Pose

Se-tu Ban-dhaa-sa-na

Setu means bridge; bandha means lock

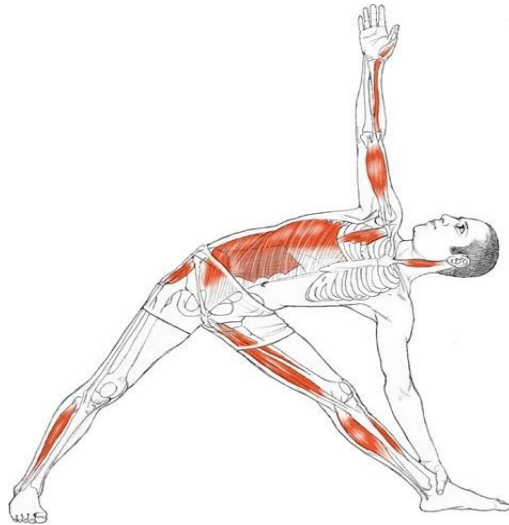


15.) Trikonasana

Triangle Pose

Tri-ko-naa-sa-na

Trikona means triangle; tri means three, kona means angle



16.) Ustrasana

Camel Pose

Us-traa-sa-na

Ustra means camel

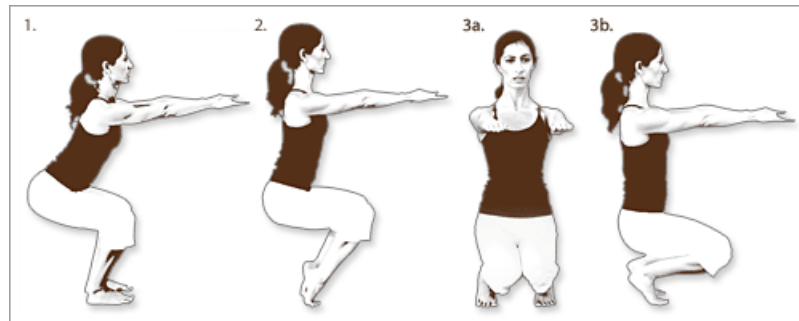


17.) Utkatasana

Chair Pose

Ut-ka-taa-sa-na

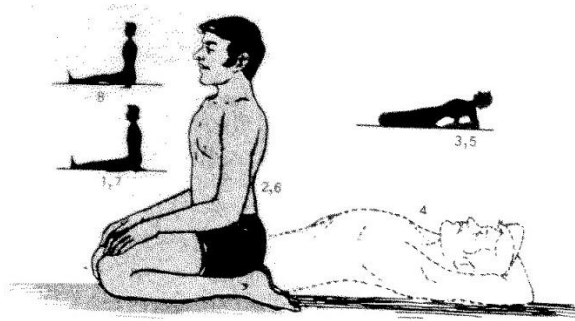
Utkata means powerful, mighty



18.) Vajrasana

Vaj-raa-sa-na

Vajra means firm, adamant; also: thunderbolt as in the weapon of Indra



VAJRĀSANA SUPTA-VAJRĀSANA

19) Virabhadrasana

Warrior Pose

Vii-ra-bha-draa-sa-na

Vira means hero; bhadra means kind, gracious, happy,
blessed



20.) Reverse Virabhadrasana

Reverse Warrior

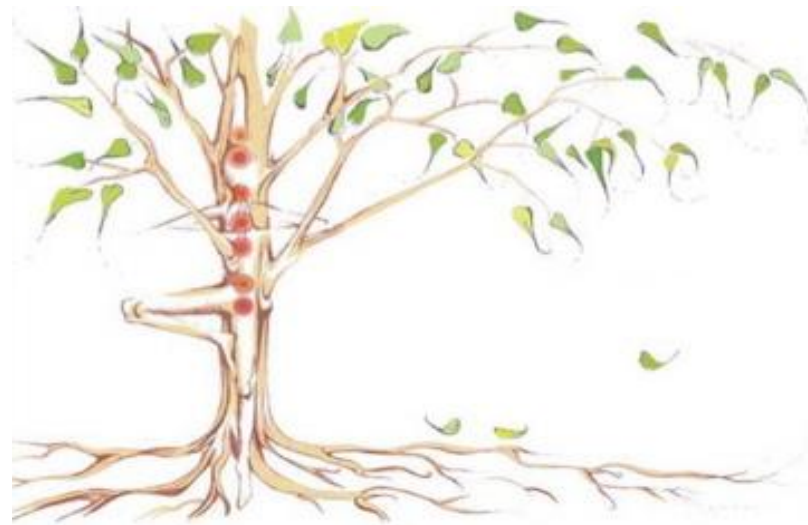


21.) Vrikasana

Tree Pose

Vri-kaa-sa-na

Vrika means tree



22.) Natarajasana

Lord of the Dance

Not-ah-raj-ahs-ana

Nat means actor, dancer, mime and raja means king

