

# YOGA POSES

The Yoga poses taught and practiced in class will be categorized according to Standing Poses, Arm Balance Poses, Backbend Poses, Seated Poses and Finishing Poses. Several of these you will learn in class while others you can research online, in books, or at a yoga class in a local gym. Any of these poses can be used in your final presentation. You will notice that each pose has either a \*, \*\* or \*\*\* which indicates the pose difficulty.

## STANDING POSES

Mountain\*  
Tree\*\*  
Chair\*\*  
Half Moon\*\*  
Warrior 1\*\*  
Warrior 2\*  
Warrior 3\*\*\*  
Downward Facing Dog\*\*  
Triangle\*\*  
Reverse Triangle\*\*  
Standing Forward Bend\*\*  
Wide Legged Forward Bend\*\*  
Dolphin Pose\*\*  
Extended Side Triangle\*\*  
Reverse Side Angle\*\*  
Garland\*  
Eagle\*\*\*  
Lord of the Dance\*\*

## ARM BALANCE POSES

Plank\*  
Side Plank\*\*  
Side Plank Challenging\*\*\*  
Dolphin Plank\*  
Upward Plank\*\*  
4 Limbed Staff \*\*\*  
Crow\*\*\*  
Scale\*\*\*  
Firefly\*\*\*

## BACKBEND POSES

Locust\*  
Upward Facing Dog\*  
Cobra\*  
Sphinx\*  
Half Frog\*  
Upward Bow\*\*  
Shoulder Bridge\*  
Camel\*\*  
Bow\*\*  
One Legged King Pigeon\*  
Upward Facing 2 Foot Staff\*\*

## SEATED POSES

Kneel to Ankle\*  
Full Boat\*\*  
Wide Angle Seated Forward Bend\*  
Cow Face\*  
Bound Angle\*  
Head-to-Knee\*  
½ Lord of Fishes\*  
Staff \*

## FINISHING POSES

Hero\*  
Reclining Hero\*  
Happy (Easy) \*  
Extended Puppy\*  
Child's\*  
Extended Child's\*  
Corpse\*

## SALUTE TO SUN

Mountain Pose  
Arms Circle Up  
Forward Swan  
Standing Forward Bend  
Step Forward into Lunge  
Downward Facing Dog  
Plank  
Standing Forward Bend  
Reverse Swan  
Arms Circle Up  
Mountain Pose

\*= Easy poses

\*\*= Challenging

\*\*\*= Very Challenging