

Standing Postures

Hatha Yoga Postures List

English and Sanskrit Names

Indexed by Type and Textbook Descriptions

Research by Michael P. Garofalo, M.S.

Valley Spirit Yoga, Red Bluff, California

- Adho Mukha Svanasana Downward Facing Dog PP, Res, Mod2
LoY110 (#33), YPHH68&184, YtIY90, BSYB108, HYI30,
AHY482, YA224, YS360
- Alanasana Lunge, Kneeling Lunge, Crescent Lunge StdP, BB
BSYF166, HYI38
- Anjanayasana Lunge StdP
- Ardha Chandrasana Half Moon Balancing StdP, StdBalP
LoY74 (#10), YPHH178, YtIY30, BSYF94, HYI74, YS366
- Chair, Mighty, Powerful *Utkatāsana* StdP
LoY88 (#17), YtIY47, BSYF88, HYI46, YA78
- Dancer, King of the Dancers *Natarajāsana* StdP, StdBalP, BB
LoY419 (#199), BSYF102, HYI72, YA93, YS400
- Downward Facing Dog *Adho Mukha Svānāsana* PP, Res, Mod2
LoY110 (#33), YPHH68, YtIY90, BSYB108, HYI30,
AHY482, YA224, YS360
- Eagle Diety Pose *Garudāsana* StdP, StdBalP
LoY97 (#23), YtIY46, BSYF98, HYI60, AHY268, YA90, YS386
- Extended Side Angle *Utthita Pārsvakonāsana* StdP, TwP, Mod3
LoY66 (#5), YPHH60, HYI32, BSYF84, AHY422, YA105, YS446
- Forward Fold Standing *Uttānāsana* StdP, Res
LoY92 (#20), YPHH72, YtIY44, BSYF106, HYI138,
ANHY245, YA80, YS444
- Garudasana Eagle Diety Pose StdP, StdBalP
LoY97 (#23), YtIY46, BSYF98, HYI60, AHY268, YA90, YS386
- Half Moon Balancing *Ardha Chandrāsana* StdP, StdBalP
LoY74 (#10), YPHH178, YtIY30, BSYF94, HYI74, YS366
- Hand to Toe Standing *Utthita Hasta Pādāngusthāsana*
StdP, StdBalP LoY76 (#11), YtIY20, HYI68, YA82
- Lunge, Kneeling Lunge, Crescent Lunge *Alanāsana*
StdP, BB BSYF166, HYI38
- Lunge Anjanayasana
- Mountain *Tadāsana, Samasthiti* Standing Balanced StdP, Res
LoY61 (#1), YPHH48, YtIY18, BSYF 66, HYI28,
AHY231, YA76, YS430
- Natarajasana Dancer, King of the Dancer StdP, StdBalP, BB
LoY419 (#199), BSYF102, HYI72, YA93, YS400
- Parivrtta Baddha Parsvakonasana Revolved Side Angle StdP, TwP
YA108

Parivrtta Trikonasana Revolved Triangle StdP
 LoY64 (#4), YtIY34, BSYF148, HYI42, AHY424, YA114, YS409
 Parsvottanasana Sideways Extended, Side Pyramid StdP, Mod3
 LoY78 (#12), YPHH64, YtIY40, BSYF114, HYI54,
 AHY414, YA117, YS412
 Prasarita Paddottanasana Straddle Extended Down, Wide Stance
 Forward Bend StdP, Mod4
 LoY81 (#13), YPHH182, YtIY42, BSYF122, HYI48, YA121, YS416
 Pyramid, Sideways Extended, Intense Side Stretch
Pārsvōttānāsana StdP, Mod3
 LoY78 (#12), YPHH64, YtIY40, BSYF114, HYI54,
 AHY414, YA117, YS412
 Revolved Side Angle *Parivrtta Baddha Parsvakonāsana* StdP, TwP
 YA108
 Revolved Triangle *Parivrtta Trikonāsana* StdP, BB
 LoY64 (#4), YtIY34, BSYF148, HYI42, AHY424, YA114, YS409
 Samasthiti Standing Prayer, Mountain *Tadāsana* StdP, Res
 LoY61 (#1), YtIY18, BSYF 66, HYI28, AHY231, YA76, YS424
 Sideways Extended, Pyramid *Pārsvōttānāsana* StdP, Mod3
 LoY78(#12), YPHH64, YtIY40, BSYF114, HYI54,
 AHY414, YA117, YS412
 Squat *Upavesāsana* StdP, Squat YA123
 Standing Extended Leg Stretch *Utthita Hasta Pādāngusthāsana*
 StdP, StdBalP LoY76 (#11), YtIY20, HYI68, YA82
 Standing Intense Spread Leg *Prasārita Pāddottānāsana* StdP
 LoY81 (#13), YPHH182, YtIY42, BSYF122, HYI48, YA121, YS416
 Tadasana Mountain *Samasthiti* Standing Balanced StdP, Res
 LoY61 (#1), YPHH48, YtIY18, BSYF 66, HYI28,
 AHY231, YA76, YS430
 Tree *Vrksāsana* StdP, StdBal
 LoY62 (#2), YtIY21, BSYF96, HYI60, AHY270, YA86
 Triangle *Utthita Trikonāsana* StdP, Mod3
 LoY63 (#3), YPHH50, YtIY22, BSYF82,
 HYI34, AHY261, YA111, YS447
 Upavesāsana Squat StdP, Squat YA123
 Utkatasana Powerful, Mighty, Chair Pose StdP
 LoY88 (#17), YtIY47, BSYF88, HYI46, YA 78
 Uttanasana Forward Fold, Bend Down, Extended Down StdP, Res
 LoY92 (#20), YPHH72, YtIY44, BSYF106, HYI138,
 ANHY245, YA80, YS444
 Utthita Hasta Padangusthasana Standing Extended Leg Stretch
 StdP, StdBalP LoY76 (#11), YtIY20, HYI68, YA82
 Utthita Parsvakonasana StdP, TwP Extended Side Angle
 LoY66 (#5), YPHH60, HYI32, BSYF84, AHY422, YA105, YS446

Utthita Trikonasana Triangle StdP, Mod3
 LoY63 (#3), YPHH50, YtIY22, BSYF82,
 HYI34, AHY261, YA111, YS447
 Virabhaddrasana I Warrior I StdP, StdBalP
 LoY69 (#7), YPHH76, YtIY26, BSYF76, HYI40,
 AHY421, YA96, YS450
 Virabhadrasana II Warrior II StdP, StdBalP
 LoY72 (#8), HPHH56, YtIY28, BSYF78, HYI36,
 AHY419, AY100, YS451
 Virabhadrasana III Warrior III StdP, StdBalP
 LoY73 (#9), YtIY32, BSYF90, HYI70, YA103
 Vrksāsana Tree StdP, BB
 LoY62 (#2), YtIY21, BSYF96, HYI60, AHY270, YA86
 Warrior I *Vīrabhadrāsana* I StdP, StdBalP
 LoY69 (#7), YPHH76, YtIY26, BSYF76, HYI40,
 AHY421, YA96, YS450
 Warrior II *Vīrabhadrāsana* II StdP, StdBalP
 LoY72 (#8), HPHH56, YtIY28, BSYF78, HYI36,
 AHY419, AY100, YS451
 Warrior III *Vīrabhadrāsana* III StdP, StdBalP
 LoY73 (#9), YtIY32, BSYF90, HYI70, YA103
 Wide Stance Forward Fold, Straddle Forward Fold *Prasārita Pāddōttānāsana*
 StdP LoY81, YtIY42, BSYF122, HYI48, YA121

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Standing Hatha Yoga Postures Study List

Adho Mukha Svanasana Downward Facing Dog
 Alanasana Lunge, Kneeling Lunge, Crescent Lunge
 Anjanayasana Lunge
 Ardha Chandrasana Half Moon Balancing
 Balancing Half Moon Ardha Chandrasana
 Balancing Stick, Warrior III Virabhadrasana III
 Chair, Powerful, Mighty Pose Utkatasana
 Dancer, King of the Dancer Natarajasana
 Downward Facing Dog Adho Mukha Svanasana
 Eagle Garudasana
 Extended Side Angle Utthita Parsvakonasana
 Forward Fold Uttanasana
 Garudasana Eagle Diety Pose

Half Moon Balancing Ardha Chandrasana
 King of the Dancer, Dancer Natarajasana
 Lunge, Kneeling Lunge, Crescent Lunge Alanasana
 Lunge Anjanayasana
 Mountain Pose Tadasana
 Natarajasana Dancer, King of the Dancer
 Parivrtta Baddha Parsvakonasana Revolved Side Angle
 Parivrtta Trikonasana Revolved Triangle
 Parsvottanasana Sideways Extended, Side Pyramid
 Prasarita Paddottanasana Wide Stance Forward Bend
 Pyramid Parsvottanasana
 Revolved Side Angle Parivrtta Baddha Parsvakonasana
 Revolved Triangle Parivrtta Trikonasana
 Samasthiti Standing Prayer
 Sideways Extended, Side Pyramid Parsvottanasana
 Squat Upavesāsana
 Standing Extended Leg Stretch Utthita Hasta Padangusthasana
 Standing Prayer Samasthiti
 Straddle Stance Forward Bend Prasarita Paddottanasana
 Tadasana Mountain Pose
 Tree Vrksāsana
 Triangle Utthita Trikonasana
 Trikonasana, Utthita Trikonasana Triangle
 Upavesāsana Squat
 Utkatasana Chair, Powerful, Mighty Pose
 Uttanasana Forward Fold
 Utthita Hasta Padangusthasana Standing Extended Leg Stretch
 Utthita Parsvakonasana Extended Side Angle
 Utthita Trikonasana Triangle
 Virabhadrasana I Warrior I Lunge, Arms Up
 Virabhadrasana II Warrior II Lunge, Arms Extended
 Virabhadrasana III Warrior III Balancing Stick
 Vrksāsana Tree
 Warrior I Virabhadrasana I
 Warrior II Virabhadrasana II
 Warrior III Virabhadrasana III
 Wide Stance Forward Bend Prasarita Paddottanasana

Valley Spirit Yoga Website: <http://www.egreenway.com/yoga/index.htm>

Cloud Hands Blog: <http://mpgtaijiquan.blogspot.com/>

For an explanation of all the Keys used in this list, a complete bibliography, and explanatory notes, please use the following document:

Hatha Yoga Postures List

English and Sanskrit Names

Indexed by Type and Textbook Descriptions

My Yoga and Chi Kung Class Exercises List

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MPG Yoga Study List 4

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