

Backbending Postures

Hatha Yoga Postures List

English and Sanskrit Names

Indexed by Type and Textbook Descriptions

Compiled by Michael P. Garofalo, M.S.

- Ardha Salabhasana Half Locust PP, BB, Mod4
LoY99, YtIY92, BSYF136, HYI110, AHY297, YA218
- Bhujangasana Cobra Snake, Sphinx BB, PP, Mod2
LoY107, YtIY93, BSYF44, HYI100, AHY284, YA212
- Bow *Dhanurāsana* BB, PP, Mod4
LoY101, YtIY94, BSYF138, HYI108, AHY305, YA216
- Bridge *Setu Bandha Sarvāṅgāsana* SupP, BB, Mod3, Res
LoY229, YtIY116, BSYF140, HYI106, AHY536, YA186
- Camel *Ustrāsana* BB, KP, StdP, Mod3
LoY87, YtIY134, BSYF130, HYI104, AHY238, YA170
- Cobra Snake, Sphinx *Bhujangāsana* BB, PP, Mod2
LoY107, YtIY93, BSYF44, HYI100, AHY284, YA212
- Dhanurasana Bow BB, PP, Mod4
LoY101, YtIY94, BSYF138, HYI108, AHY305, YA216
- Eka Pada Rajakapotasana Pigeon, King Pigeon KP, PP, BB, Mod3
LoY389, YtIY144, HYI118, AHY376, YA172
- Half Locust *Ardha Salabhāsana* PP, BB, Mod4
LoY99, YtIY92, BSYF136, HYI110, AHY297, YA218
- King Pigeon *Eka Pāda Rājapotaśana* KP, PP, BB, Mod3
LoY389, YtIY144, HYI118, AHY376, YA172
- Locust *Salabhāsana* PP, BB, Mod4
LoY99, YtIY92, BSYF136, HYI110, AHY297, YA218
- Locust Legs Up High Viparita Salabhāsana PP BB
Loy416, YA220
- Purvottanasana Incline Plank, Upward Plank SupP, HBP, BB
LoY176, BSYF48, HYI78, AHY348, AY259
- Reclining Hero *Supta Virāsana* SupP, BB, KP, Res
LoY123, YtIY82, BSYF168, HYI182, AHY577, YA168
- Salabhasana Locust PP, BB, Mod4
LoY99, YtIY92, BSYF136, HYI110, AHY297, YA218
- Setu Bandha Sarvangasana Bridge SupP, BB, Mod2, Res
LoY229, YtIY116, BSYF140, HYI106, AHY536, YA186
- Supta Virasana Supine Hero, Reclining Hero SupP, KP, BB, Res
LoY123, YtIY82, BSYF168, HYI182, AHY577, YA168
- Upward Bow, Wheel *Ūrdhva Dhanurāsana* BB, HBP, Mod3
LoY357, YtIY139, BSYF50, HYI112, YA249
- Upward Facing Dog *Ūrdhva Mukha Svānāsana* BB, PP, HBP, Mod2
LoY108, YtIY91, BSYF46, HYI102, AHY293, YA226
- Upward Plank, Incline Plank *Purvottanāsana* SupP, BB, HBP
LoY176, BSYF48, HYI78, AHY348, AY259

Urdhva Dhanurasana Upward Bow, Wheel BB, HBP, Mod3
LoY357, YtIY139, BSYF50, HYI112, YA249
Urdhva Mukha Svanasana Upward Facing Dog BB, PP, HBP, Mod2
LoY108, YtIY91, BSYF46, HYI102, AHY293, YA226
Ustrasana Camel BB, KP, Mod4, StdP
LoY87, YtIY134, BSYF130, HYI104, AHY238, YA170
Viparita Salabhasana Locust Legs Up High PP BB
Loy416, YA220

Backbending Hatha Yoga Postures Summary Study List

Ardha Salabhasana Half Locust
Bhujangasana Cobra, Snake, Sphinx
Bow Dhanurāsana
Bridge Setu Bandha Sarvangasana
Camel Ustrasana
Cobra, Snake, Sphinx Bhujangasana
Dhanurasana Bow
Eka Pada Rajakapotasana Pigeon, King Pigeon
Eka Pada Supta Virasana Reclining Hero One Leg Forward
Half Locust Ardha Salabhasana
Locust Salabhasana
Locust - Legs Up High Above Head Viparita Salabhasana
Pigeon, King Pigeon Eka Pada Rajakapotasana
Purvottanasana Upward Plank, Incline Plank
Rajokapotasana Pigeon
Reclining Hero Supta Virasana
Reclining Hero One Leg Forward Eka Pada Supta Virasana
Salabhasana Locust
Setu Bandha Sarvangasana Bridge
Supta Virasana Reclining Hero, Supine Hero
Reclining Hero Supta Virasana
Upward Bow, Wheel Urdhva Dhanurasana
Upward Facing Dog Urdhva Mukha Svanasana
Upward Plank, Incline Plank Purvottanasana
Urdhva Dhanurasana Upward Bow, Wheel
Urdhva Mukha Svanasana Upward Facing Dog
Ustrasana Camel
Viparita Salabhasana Locust - Legs Up High Above Head
Wheel, Upward Bow Urdhva Dhanurasana

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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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This Document:

Backbending Hatha Yoga Postures List

MPG Hatha Yoga Studies List #9

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Version 2

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