

Hatha Yoga Postures List
English and Sanskrit Names
Indexed by Type and Textbook Descriptions

My Yoga and Chi Kung Class Exercises List

By Michael P. Garofalo, M.S.

Valley Spirit Yoga, Red Bluff, California

Adho Downward Voc

Adho Mukha Vrksasana Balancing on Hands, Handstand HBalP
LoY287, YS361

Adho Mukha Svanasana Downward Facing Dog PP, Res, Mod3
Loy110, YtIY90, BSYB108, HYI30, AHY482, YA224, YS360

Agni Sara or Bidalāsana Cat KP, BB
BSYF128, HYI116, AHY193, YS376

Agni Sara Sunbird, Cat/Cow Variation KP BSYF132, AHY194
Agnistambhasana Fire Log, Two Footed King Pigeon SitP
YS362

Ahimsa Not Harming, Non-Violence, Not Killing, Yama Voc

Akarna Dhanurasana Shooting Bow Pose SitP YS362

Alanāsana Lunge, Crescent Lunge StdP, BB BSYF166, HYI38

Alternate Nostril Breathing *Nāḍī Shodhana Prānāyāma* SitP
LoY445-448, HYI16

Anantasana Side Leg Lift, Vishnu's Serpent Couch LSP
LoY246, YtIY87

Anjaneyāsana Lunge, Low or High Lunge StdP, StdBalP
YS364

Anji Stambhasana SitP

Apanāsana Knees to Chest SupP BSYF182, HYI180

Aparigraha Noncovetousness, Not Greedy, Yama Voc

Ardha Half, Partial, Modified Voc

Ardha Baddha Padmottanasana Half Bound Lotus Intense Stretch
Pose StdP, StdBalP YS365

Ardha Chandrasana Half Moon Balancing StdP, StdBalP
LoY74, YtIY30, BSYF94, HYI74, YS366

Ardha Navāsana Boat Modified SitP LoY111

Ardha Matsyendrasana I Lord of the Fishes Spinal Twist
TwP, Mod4, SitP LoY259, YtIY74, BSYF154, HYI128-131, YS367

Ardha Padmasana Half Cross Legged Seated SitP YtIY54

Ardha Salabhasana Half Locust PP, BB, Mod4
LoY99, YtIY92, BSYF136, HYI110, AHY297, YA218

Ardha Uttanasana Half Forward Fold, Monkey StdP YS368

Asana Posture, Position, Pose Voc

Ashta Chandrasana High Lunge, Crescent StdP, StdBalP YS368

Hatha Yoga and Chi Kung Class Postures List
By Michael P. Garofalo, M.S., Valley Spirit Yoga, Red Bluff, CA

Ashtanga Yoga (Eightfold Ways of Yoga) of Patangali's Yoga Sutra
(circa 200 CE) are the: Yamas, Niyamas, Asanas, Pranayama,
Pratyahara, Dharana, Dhyana, Samadhi Voc
Astavakrasana Eight Angle HBalP, PP YS369
Asteya Not Stealing, Earning Your Own Living, Yama Voc

Baby, Dead Bug SupP BSYF184
Baby Cradle SitP, SupP, Mod3
Back Bending Camel *Ustrāsana* BB, KP YtIY134, HYI104
Baddha Konasana Bound Angle SitP
YtIY57, BSYF176, YS370
Bakasana Crane HBalP, PP YtIY130, HYI82, YS371
Balancing Half Moon *Ardha Chandrāsana* StdP, BB, StdBalP
LoY74, BSYF94, HYI74
Balancing on Hands, Handstand *Adho Mukha Vrksāsana*
HBalP LoY287, YS361
Balancing Stick Warrior III *Vīrabhadrāsana* III StdP, StdBalP
LoY73, YtIY32, BSYF90, HYI70, YA103
Balasana Child's Pose KP, Res, Mod2
LoY123, YtIY50, BSYF164, HYI194, AHY352, YA166
Bandha Locked, Contracted, Tightened Voc LoY436
Beam, Gate, Kneeling Side Extension *Parīghāsana* KP, TwP, Mod3
LoY85, YtIY48, HYI50
Bent Knee Head Forward Stretch *Jānu Sīrsāsana* SitP YtIY59
Bharadvaja Sage Pose *Bharadvājāsana* I & II TwP KP
YtIY72,77
Bharadvajrasana I Sage Bharadvaja A TwtP, SitP, KP
YtIY72, YS372
Bharadvajrasana II Sage Bharadvajrāsana B TwP, SitP, KP
YtIY77, YS373
Bhekasana Frog PP, KP BSYF174, YS374
Bhujangasana Cobra Snake, Sphinx BB, PP, Mod2
LoY107, YtIY93, BSYF44, HYI100, AHY284, YA212, YS375
Bhujapidasana Crow, Shoulder Squeezing HBalP YS375
Bhujrasana Kneeling Pose, Hero KP HYI164
Bidalasana or Agni Sara Cat KP, BB
BSYF128, HYI116, AHY193, YS376
Big Bear Turns from Side to Side StdP, CK ESB5
Big Toe Wide Straddle Boat SitP BSYF60
Blue Dragon Looks Down at the Sea StdP, CK DCK2
Boat *Nāvāsana* SitP, Mod3 LoY111, YtIY58, BSYF58, HYI64
Bound Angle *Baddha Konāsana* SitP
YtIY57, BSYF176, YS370
Bound Side Triangle StdP BSYF86
Bow *Dhanurāsana* BB, PP, Mod4
LoY101, YtIY94, BSYF138, HYI108, AHY305, YA216, YS378

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Bow Standing, Dancer *Natarajāsana* StdP, StdBalP, BB
BSYF102, HYI72

Bow Upward *Ūrdhva Dhanurāsana* BB, SupP YtIY139-143

Bramacharya God Focused, Single, Chaste, Yama Voc

Breathing Exercises of Yoga *Prānāyāma* Voc
LoY431-461, YtIY 155-162, BSYF20-29

Breathing – Extreme, Conquering *Ujjāyī Prānāyāma*
SupP, StdP, KP YtIY158

Bridge *Setu Bandha Sarvāṅgāsana* SupP, BB, Mod3, Res
LoY229, YtIY116, BSYF140, HYI106, AHY536, YA186

Butterfly Bound Angle *Baddha Konāsana* SitP YtIY57, BSYF176

Cakravakasana Ruddy Goose, Spinal Balance KP, HBalP
BSYF56, LangY75

Camel *Ustrāsana* BB, KP or StdP, Mod5
LoY87, YtIY134, BSYF130, HYI104, AHY238, YA170

Cat *Bidalāsana* or *Agni Sara* KP, BB
BSYF128, HYI116, AHY193, YS376

Cat Tiger Animal Frolics FAFCK

Chair, Mighty, Powerful *Utkatāsana* StdP
LoY88, YtIY47, BSYF88, HYI46, YA78

Child’s Pose *Balāsana* KP, Res, Mod2
LoY123, YtIY50, BSYF164, HYI194, AHY352, YA166

Cloud Hands [*Yun Shou*] StdP, CK TCCCK24

Cobbler, Bound Angle Seated *Baddha Konāsana* SitP YtIY57

Cobra Snake, Sphinx *Bhujangāsana* BB, PP, Mod2
LoY107, YtIY93, BSYF44, HYI100, AHY284, YA212, YS375

Comfortable, Happy Cross Legged Seated *Sukhāsana* SitP
YtIY53

Corpse *Savāsana* SupP, Res YtIY150-154, BSYF196, HYI196

Cow *Goāsana* KP, BB BSYF128, HYI116

Cow Faced, Crossed Legs *Gomukhāsana* SitP, KP
LoY114, YtIY56, HYI168, YS387

Cow Turns to the Side, C Turn KP

Cradle the Baby SitP, SupP, Mod3

Crescent Lunge, Lunge *Alanāsana* StdP, BB BSYF166, HYI38

Chandra Namaskār Moon Salutation Series

Chaturanga Dandasana Four Stick Plank, Four Limbed Staff,
Crocodile HBalP, PP LoY104, YtIY89, HYI86, YS377

Crane, Crow *Bakāsana* HBalP, PP YtIY130, HYI82, YS371

Crocodile, Four Limbed Staff *Chaturanga Dandāsana* PP, HBalP
LoY104, YtIY89, HYI86, YS377

Crow, Shoulder Squeezing *Bhujapidāsana* HBalP YS375

Crow, Crane *Bakāsana* HBalP, PP YtIY130, HYI82

Cure the 1000 Ailments StdP, CK ESP8

Hatha Yoga and Chi Kung Class Postures List
By Michael P. Garofalo, M.S., Valley Spirit Yoga, Red Bluff, CA

Dancer, King of the Dancers *Natarajāsana* StdP, StdBalP, BB
BSYF102, HYI72, YA93
Dandasana Staff Pose, Seated Plank SitP, Mod2
LoY112, YtIY52, BSYF40, HYI170, YA130, YS378
Dead Bug, Baby SupP BSYF184
Dhanurasana Bow BB, PP, Mod4
LoY101, YtIY94, BSYF138, HYI108, AHY305, YA216, YS378
Dharana Concentration, Focus, Collectedness, Single Minded Voc
Dhyana Meditation, Contemplation Voc
Dog’s Tail, One Leg Up in Downward Facing Dog HBalP, PP
Dolphin PP BSYF110
Downward *Adho* Voc
Downward Facing Dog *Adho Mukha Svānāsana* PP, Res, Mod2
Loy110, YtIY90, BSYB108, HYI30, AHY482, YA224, YS360
Downward Facing Dog One Leg Up PP, Mod2 BSYF108
Drawing the Bow StdP, CK ESB2
Dwi Pada Sirsasana Two Legs Behind Head Pose SitP YS380
Dwi Pada Koundinyasana Two-Leg Sage Koundinya HBalP, PP
YS379

Eagle Diety Pose *Garudāsana* StdP, StdBalP, SitP, Mod4
LoY97, YtIY46, BSYF98, HYI60, AHY268, YA90, YS386
Eight Angle *Astavakrāsana* HBalP, PP YS369
Eightfold Branches of Yoga Ashtanga Yoga of Patangali Voc
Eka, Ekka One Voc
Eka Hasta Bhujasana HBalP
Eka Pada Koundinyasana A & B Poses, One Leg Sage Koundinya
A & B HBalP, PP YS381-382
Eka Pada Rajakapotasana Pigeon, King Pigeon KP, PP, BB, Mod3
LoY389, YtIY144, HYI118, AHY376, YA172, YS383
Eka Pada Sirsasana One-Leg Behind Head Pose KP YS384
Eka Pada Supta Virasana Reclining Hero One Leg Forward
Embryo in the Womb *Garbha Pindāsana* SitP YS385
Extended *Utthita* Voc
Extended Child’s Pose *Anahatāsana* or *Balāsana* KP, Res, Mod2
BSYF164, HYI194, YS363
Extended Hand Big Toe *Utthita Hasta Pādāngusthāsana*
StdP, StdBalP Loy76, HYI68
Extended Leg Stretch *Utthita Hasta Padāngusthāsana*
StdP HYI68
Extended Puppy, Extended Childs, Heart Chakra Pose
Anahatāsana KP, Res, Mod2 BSYF164, HYI194, YS363, YS363

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Extended Side Angle *Utthita Pārsvakonāsana* StdP
LoY66, BSYP84, HYI32, AHY422, YA105

Face *Mukha* Voc

Fair Lady Works Her Loom StdP, CK TCKK24

Feet Up the Wall *Viparīta Karani* SupP, Res YtIY122, HYI94

Fire Log, Two Footed King Pigeon *Agnistambhāsana* SitP
YS362

Fish *Matsyāsana* SupP, BB, Res YtIY83, BSYP194, HYI114

Flying Crow *Galavāsana* HBalP, PP YS385

Foot *Pāda Pādo* Voc

Forward Extension Seated *Paschimottānāsana* SitP YtIY64

Forward Fold, Forward Flexion Standing *Uttānāsana* StdP, Res
LoY92, YtIY44, BSYP106, HYI138, ANHY245, YA 80

Forward Fold Hold Toes *Pādāngusthāsana* StdP LoY89

Four Limbed Staff, Crocodile *Chaturanga Dandāsana* PP, HBalP
LoY104, YtIY89, HYI86, YS377

Frog *Bhekāsana* PP, KP BSYP174, YS374

Galavasana Flying Crow HBalP, PP YS385

Garbha Pindasana Embryo in the Womb SitP YS385

Garland *Malāsana* PP HYI150

Garudasana Eagle Diety Pose StdP, StdBalP, SitP, Mod4
LoY97, YtIY46, BSYP98, HYI60, AHY268, YA90, YS386

Gate, Kneeling Side Extension, Beam *Parīghāsana* KP, TwP, Mod3
LoY85, YtIY48, HYI50, YA176

Golden Rooster Stands on One Leg StdP, CK TCKK24

Goasana Cow KP, BB BSYP128, HYI116

Gomukhasana Cow Face, Crossed Legs Underneath SitP, KP
LoY114, YtIY56, HYI168, YS387

Grinding Corn StdP, CK TCK8

Halasana Plow IP, SupP, Res YtIY110-115, BSYP190,
HYI92, YS388

Half Bound Lotus Intense Stretch *Ardha Baddha Padmottanāsana*
StdP, StdBalP YS365

Half Cross Legged Seated *Ardha Padmāsana* SitP YtIY54

Half Forward Fold, Monkey *Ardha Uttānāsana* StdP YS368

Half Locust *Ardha Salabhāsana* PP, BB, Mod4

LoY99, YtIY92, BSYP136, HYI110, AHY297, YA218

Half Moon Balancing *Ardha Chandrāsana* StdP, StdBalP

LoY74, YtIY30, BSYP94, HYI74, YS366

Hand *Hasta* Voc

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Handstand, Balancing on Hands *Adho Mukha Vrksāsana*
HBalP LoY287, YS361
Hanumanasana Divine Monkey, Full Splits SitP YS389
Hasta Hand Voc
Head Balance I *Sālamba Sīrsāsana* IP, Res YtIY98, HYI96
Head Balance II *Sālamba Sīrsāsana* II IP, Res
YtIY100-106, HYI96
Head Stand *Sālamba Sīrsāsana* IP, Res YtIY98-106, HYI96
Head to Knee Forward Fold *Jānu Sīrsāsana* SitP YtIY59, HYI142
Heart Chakra Pose, Extended Childs Pose *Anahatāsana*
KP, Res, Mod2 BSYF164, HYI194, YS363, YS363
Hero *Vīrāsana* KP, Res
LoY120, YtIY50, HYI162, YA164
Hero Supine *Supta Vīrāsana* BB, SupP, KP, Res YtIY82
Heron *Krauñcāsana* SitP YtIY62, HYI174
High Lunge, Crescent *Ashta Chandrāsana* StdP, StdBalP YS368
Humble Warrior Lunge Forward Fold StdP HYI52

Incline Plank *Purvottanāsana* SupP, BB, HBALP
LoY176, BSYF48, HYI78, AHY348, AY259
Intense Side Stretch, Pyramid *Pārsvōttānāsana* StdP
LoY78, HYI54
Inverted, Reversed *Vipārita* Voc
Inverted - Feet Up the Wall *Viparīta Karani* SupP, Res YtIY122
Inverted - Head Stand *Sālamba Sīrsāsana* IP, Res YtIY98-106
Inverted - Shoulder Stand *Sālamba Sarvāngāsana* IP, Res
YtYY108
Inverted - Staff *Viparīta Dandāsana* BB, SupP, Res YtIY136
Ishvara Pranidhana Devotion to God (Divine, Lord, Personal God)

Jathara Stomach Voc
Jathara Parivrittasana Supine Side Twist TwP, SupP, Mod3
YtIY85, HYI124, HYI188
Janu Kneel, Kneeling Voc
Janu Sirsasana Head to Knee Forward Fold SitP YtIY59, HYI142
Jumping - Sun Salutation Series *Sūrya Namaskār* YtIY147

King Pigeon *Eka Pāda Rājapōtāsana* KP, PP, BB, Mod3
LoY389, YtIY144, HYI118, AHY376, YA172, YS383
Knee, Kneeling *Jānu* Voc
Knee Head Forward Bend *Jānu Sīrsāsana* SitP YtIY59, HYI142
Kneeling, Hero *Bhujrāsana* KP HYI164
Gate, Kneeling Side Extension, Beam *Parīghāsana* KP, TwP, Mod3
LoY85, YtIY48, HYI50, YA176

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Kneeling Side Twist Bharadvaja Sage Pose *Bharadvājāsana* I
TwP KP
Knees to Chest *Apanāsana* SupP BSYF182, HYI180
Knee Up Side Twist Forward *Marichyāsana*, *Marīcyāsana* TwP
YtIY63, HYI130
Knee Up Side Twist Standing *Marichyāsana* II StdP, TwP YtIY70
Koundinya Sage, One-Leg Sage Koundinya's Poses A & B
Eka Pada Koundinyāsana A & B HBALP, PP YS381-382
Koundinya Sage, Two-Leg Sage Koundinya's Pose
Dwi Pada Koundinyāsana HBALP, PP YS379
Krauncasana, Krounchasana Heron SitP YtIY62, HYI174

Lateral Inclined Plane, Side Plank *Vasisthāsana* KP, HBALP, Mod4
LoY306, YtIY126, BSYF52, HYI80, YA253
Legs Up, Legs Raised *Ūrdhva Prasārita Pādāsana* SupP
YtIY84, BSYF188
Legs Up the Wall *Viparita Karani* Sup, IP HYI94
Lion *Simhāsana* KP, StdP, Mod3 LoY135, HYI166, YA179
Locked, Contracted, Tightened *Bandha* Voc LoY436
Locust *Salabhāsana* PP, BB, Mod4
LoY99, YtIY92, BSYF136, HYI110, AHY297, YA218
Locust Legs Up High *Viparita Salabhāsana* PP BB Loy416, YA220
Lord of the Fishes *Ardha Matsyendrāsana* I TwP, SitP, Mod4
LoY259, YtIY74, BSYF154, HYI128-131, YS367
Lotus *Padmāsana* SitP HYI156
Lunge, Kneeling Lunge Crescent Lunge *Alanāsana*
StdP, BB BSYF166, HYI138
Lunge Anjānayāsana Voc
Lunge, Low or High Lunge *Anjaneyāsana* StdP, StdBalP
YS364

Malasana I Garland SitP, PP, Mod2 HYI151
Malasana II SitP
Marīcyāsana, *Marichyasana*
Marichyasana I Knee Up Side Twist Forward TwP
YtIY63, HYI130
Marichyasana II Knee Up Side Twist Standing StdP, TwP YtIY70
Matsyasana Fish SupP, BB, Res YtIY83, BSYF194, HYI114
Matsyendra Side Twist *Ardha Matsyendrāsana* I TwP SitP
YtIY74, BSYF154
Mayurasana Peacock's Tail HBALP, IP YtIY97, HYI84
Meditation Half Cross Legged Seated *Ardha Padmāsana* SitP
YtIY54
Mighty, Powerful, Chair *Utkatāsana* StdP
LoY88, YtIY47, BSYF88, HYI46

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Monkey, Gorilla, Forward Fold Variations *Uttanāsana* StdP, Mod3
BSYF 118-121
Monkey, Divine Monkey, Full Splits *Hanumanāsana* SitP YS389
Moonflowers StdP BSYF68
Moon Salutation Series *Chandra Namaskār*
Mountain *Tādāsana* StdP LoY61, YtIY18, BSYF66, HYI28,
ANH230, AY72
Mukha Face Voc

Nadi Shodhana Alternate Nostril Breathing HYI16
Natarajasana Dancer, King of the Dancer StdP, StdBalP, BB
BSYF102, HYI72, YA93
Navasana Boat SitP Mod3 YtIY58, BSYF58
Neck Balancing *Sarvāṅgāsana* BB, SupP, Res YtIY111-121
Niyamas Recommended personal practices for a Yogi from
Patangali include: Sauca, Samtosha, Tapas, Svadhyaya,
Ishvara Pranidhana

One *Eka, Ekka* Voc
One-Leg Behind Head Pose *Eka Pada Sirsāsana* KP YS384
One Leg Up, Stork, Golden Rooster StdP, BB HYI62

Pada Foot
Padangusthasana Forward Fold Hold Toes StdP LoY89
Padmasana Seated Crossed Legs *Ardha Padmāsana* SitP YtIY54
Parighasana Gate, Gate Latch, Kneeling Side Extension KP, TwP
LoY85, YtIY48, HYI50, YA176
Paripūrna Full, Complete Voc
Parsva Sideways Voc
Parsva Upavistha Konasana Sideways Seated Angle SitP, TwP
YtIY66, HYI146
Parsvottanasana Intense Side Stretch, Pyramid StdP
LoY78, HYI54
Parivrtta Trikonasana Revolved Triangle StdP
LoY64, YtIY34, BSYF148, HYI42, AHY424, YA114
Parivritta Jānu Sirsāsana Revolved Head to Knee Forward Fold
SitP, TwP HYI142
Parivritta Parsvakonasana Revolved Lateral Angle StdP
LoY68, YtIY36
Parivritta Ardha Chandrasana Revolved Half Moon StdP StdBalP
YtIY37, HYI66
Parsvottanasana Sideways Extended, Side Pyramid StdP
LoY12, YtIY40, BSYF114, HYI54, AHY414, YA117

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Paschimottanasana Forward Extension Seated SitP
YtIY64, BSYF124, HYI136
Peacock's Tail *Piñca Mayūrāsana* HBALP, IP YtIY97, HYI84
Phalakasana Plank HBALP, PP SE414
Pigeon *Eka Pāda Rājikapotāsana* KP, PP, BB, Mod3
LoY389, YtIY144, HYI118, AHY376, YA172, YS383
Pincha Mayurasana Peacock's Tail HBALP, IP YtIY97, HYI84
Plank *Phalakāsana* HBALP, PP SE414
Plow *Halāsana* IP, SupP, Res YtIY110-115, BSYF190,
HYI92, YS388
Polishing the Mirror StdP, CK TCK9
Posture, Position, Pose *Āsana* Voc
Pranayama Breathing Exercises of Yoga
YtIY 155-162, BSYF20-29
Prasarita Spread Out Voc
Prasarita Straddle Legs, Spread Out Legs StdP
Prasarita Paddottanasana Straddle Extended Down, Wide Stance
Forward Bend StdP LoY81, YtIY42, HYI48, YA121
Pratyahara Sensory Inhibition, Sensory Withdrawal, Simplicity
Press up to the Heavens StdP, SitP, CK ESB1
Punching with Angry Eyes StdP, CK ESB6
Purvottanasana Upward Plank, Incline Plank SupP, HBALP, BB
LoY176, BSYF48, HYI78, AHY348, AY259
Pyramid, Sideways Extended, Intense Side Stretch
Pārsvōttānāsana StdP LoY78, YtIY40, BSYF114, HYI54

Quad Stretch, Reclining Hero *Supta Virāsana* KP, BB

Rajakapotasana Pigeon KP, PP, BB, Mod3
LoY389, YtIY144, HYI118, AHY376, YA172
Reclining Big Toe *Supta Padangusthasana* SupP
Reclining Hero *Supta Virāsana* SupP, BB, KP, Res
LoY123, YtIY82, BSYF168, HYI182, AHY577, YA168
Restorative, Restful, Corpse *Savāsana* SupP, Res
YtIY150-154, BSYF196
Reverse Plank *Purvottanāsana* SupP, BB BSYF48, HYI78
Reversed, Inverted Vipārita Voc
Reversed, Revolved *Parivritta* Voc
Reverse Warrior StdP BSYF80, HYI36
Revolved Half Moon *Parivritta Ardha Chandrāsana* StdP, StdBalP
YtIY37, HYI66
Revolved Knee to Head SitP, TwP BSYF172
Revolved Extended Side Angle *Parivritta Pārsvakonāsana* StdP
Revolved Lateral Angle *Parivritta Pārsvakonāsana* StdP
LoY68, YiIY36, HYI42

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Revolved Triangle *Parivritta Trikonāsana* StdP, BB
LoY64, YtIY34, BSYF148, HYI42, AHY424, YA114
Rotating the Knees StdP, CK TCK2
Ruddy Goose, Spinal Balance *Cakravākāsana* KP, HBALP
BSYF56, LangY75

Sage *Siddhāsana* SitP, Res HYI176
Sage Bharadvaj A & B *Bharadvajrāsana* TwP, SitP, KP
YtIY77, YS373
Salabhasana Locust PP, BB, Mod4
LoY99, YtIY92, BSYF136, HYI110, AHY297, YA218
Salamba Sarvangasana Shoulder Stand SupP, IP, Res
YtYY108, BSYF192, HYI90
Salamba Sirsasana I Supported Head Balance IP YtIY98
Samadhi Ecstasy, Wonder, Selflessness, Emptiness
Samasthiti Mountain *Tadāsana*
Samtosha Contentment, Resignation, Equanimity
Shanti Peace, Equanimity, Serenity
Sarvangasana Neck Balancing BB, SupP, Res
YtIY111-121, HYI90
Satya Truthfulness, Not Lying, Honesty, Yama
Sauca Purity
Savasana Corpse SupP, Res YtIY150-154, BSYF196, HYI196
Seated *Upavista* Voc
Seated One Foot Over Leg Sage *Siddhāsana* HYI176
Seated Forward Fold *Paschimottānāsana* SitP
YtIY64, BSYF124, HYI136
Seated Half Cross Legged *Ardha Padmāsana* SitP YtIY54
Seated Plank, Staff Pose *Dandāsana* SitP, Mod2
LoY112, YtIY52, BSYF40, HYI170, YA130, YS378
Seated Straddle Splits SitP BSYF126
Seated Spinal Twist *Ardha Matsyendrāsana* I SitP, TwP, Mod4
YtIY74, BSYF154, HYI122, HYI126-133
Separating Heaven and Earth StdP, CK ESB3
Serpent, Snake, Sphinx, Cobra *Bhujangāsana* BB, PP, Mod2
LoY107, YtIY93, BSYF44, HYI100
Setu Bandha Sarvangasana Bridge SupP, BB, Mod2, Res
LoY229, YtIY116, BSYF140, HYI106, AHY536, YA186
Shooting Bow Pose *Akarna Dhanurāsana* SitP YS362
Shoulder Balancing *Sarvāngāsana* BB, SupP, Res YtIY111-121
Shoulder Stand *Sālamba Sarvāngāsana* IP, Res
YtYY108, BSYF192, HYI90
Shoulder Stretch SitP or StdP BSYF170
Siddhasana Sage SitP, Res HYI176
Side Angle StdP Mod2 BSYF84
Side Leg Lift *Anantāsana* LSP LoY246, YtIY87

Hatha Yoga and Chi Kung Class Postures List
By Michael P. Garofalo, M.S., Valley Spirit Yoga, Red Bluff, CA

Side Open Angle *Pārsva Upavistha Konāsana* SitP, TwP
YtIY66, HYI146

Side Plank, Lateral Inclined Plane *Vasisthāsana* KP, HBALP, Mod4
LoY306, YtIY126, BSYF52, HYI80, YA253

Side to Side Swinging Arms II StdP, CK SWCK2

Sideways *Pārsva* Voc

Sideways Extended, Pyramid *Pārsvōttānāsana* StdP
LoY12, YtIY40, BSYF114, HYI54, AHY414, YA117

Silver Dragon Gazes in the Mirror StdP CK DCK1

Simhasana Lion KP, StdP, Mod3 LoY135, HYI166, YA179

Single Whip [*Dan Bian*] StdP, CK TCCK24

Sinking Breath BSYF23

Sirsasana I Supported Head Balance IP YtIY98, HYI96

Sirsasana II Head Balancing IP, Res YtIY100-106, HYI96

Snake Creeps Down StdP, CK TCCK24

Sphinx, Cobra Snake *Bhujangāsana* BB, PP, Mod2
LoY107, YtIY93, BSYF44, HYI100, AHY284, YA212. YS375

Spinal Balance, Ruddy Goose *Cakravākāsana* KP, HBALP
BSYF56, LangY75

Spinal Twist *Ardha Matsyendrāsana* I SitP, TwP
YtIY74, BSYF154

Splits, Full Splits, Divine Monkey *Hanumanāsana* SitP YS389

Spread Out, Saddle *Parasārita* Voc

Staff Pose, Seated Plank *Dandāsana* SitP, Mod2
LoY112, YtIY52, BSYF40, HYI170, YA130, YS378

Standing Back Bend BB, StdP ESB7

Standing Balancing Pigeon StdP, BB BSYF100

Standing One Leg Up *Ūrdhva Prasārita Ekapādāsana*
StdP, StdBalP LoY93

Standing Chest Expansion with Forward Fold StdP BSYF116

Standing Extended Leg Stretch *Utthita Hasta Pādāngusthāsana*
StdP, StdBalP LoY76, YtIY20, HYI68, YA82

Standing Intense Spread Leg *Prasārita Pāddottānāsana* StdP
YtIY42, BSYF122, HYI48

Standing Lateral Flexion StdP BSYF74

Straddle Forward Fold *Prasārita Pāddōttānāsana* StdP
LoY81, YtIY42, BSYF122, HYI48, YA121

Straddle Legs, Spread Out Legs *Prasārita* StdP

Straddle Seated Forward Bend *Upavista Konāsana* SitP HYI144

Straddle Seated Side Twist *Pārsva Upavistha Konāsana* SitP, TwP
YtIY66, HYI146

Sukhasana Happy Cross Legs SitP YtIY53

Sunbird Agni Sara Cat/Cow Variation KP BSYF132, AHY194

Sunflowers StdP BSYF70

Sun Pose StdP BSYF72

Sun Salutation Series *Sūrya Namaskār* YtIY147, BSYF208

Superman Locust *Salabhāsana* BB, PP YtIY92, BSYF136

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Supine Bound Angle *Supta Baddha Konāsana* SupP, Res YtIY81
Supine Alternating Elbow to Knee SupP BSYF54
Supine Leg Extensions *Supta Pādāngusthāsana* SupP
YtIY88, BSYF186, HYI184
Supine Pigeon PP BSYF178
Supine Side Twist *Jathara Parivrittāsana* TwP, SupP, Mod2
YtIY85, HYI124, HYI188
Supine Spinal Twist SupP, TwP BSYF159
Supine Corpse *Savāasana* SupP, Res YtIY150-154
Supine Hero *Supta Virāsana* SupP, BB, KP, Res
LoY123, YtIY82, BSYF168, HYI182, AHY577, YA168
Supported Supine Full Stretch *Viparīta Dandāsana* BB, SupP, Res
YtIY136
Supta Supine, Lying on Your Back, Reclining SupP, Voc
Supta Baddha Konasana Supine Bound Angle SupP, Res YtIY81
Supta Padangusthasana Supine Leg Extensions SupP
YtIY88, BSYF186, HYI184
Supta Virasana Supine Hero, Reclining Hero SupP, KP, BB, Res
LoY123, YtIY82, BSYF168, HYI182, AHY577, YA168
Surya Namaskar Sun Salutations Series YtIY147. BSYF208
Svadyaya Study, Reading Scriptures, Religious Studies
Swinging Arms I StdP, CK SWCK1
Swinging Arms II StdP, CK SWCK2

Tabletop HBALP, SupP *Urdha Dhanurasana* Variation BSYF50
Tadasana Mountain Pose StdP LoY61, YtIY18, BSYF66, HYI28,
ANHY230, AY72
Tail of the Dog, One Leg Up in Downward Facing Dog HBALP, PP
Tailor's Cross Legged, Comfortably Seated *Sukhāsana* SitP
YtIY53
Tapas Heat, Austerities, Asceticism
Three Part Breath *Pranayama* BSYF22
Thunderbolt Thunderbolt KP = Hero *Virāsana*
Thunderbolt, Hero *Vājarāsana* KP, Res YA164
Touch Toes and Bend Back StdP, CK ESB7
Triangle *Utthita Trikonāsana* StdP, Mod3
YtIY22, BSYF82, HYI34, AHY261, YA111
Tree *Vrksāsana* StdP, BB
LoY62, YtIY21, BSYF96, HYI60, AHY270, YA86
Tiger Crouches, Raises, Lunges and Attacks Tiger Frolic 2 FAFCK
Tiger Lunges and Attacks Tiger Frolic 1 FAFCK
Triangmukhaikapada Paschimottanasana SitP
Trikonāsana Triangle StdP, Mod3 YtIY22, BSYF82,146
Turkish SitP, StwP BSYF156
Turning the Prayer Wheel StdP TCK1

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Two Legs Behind Head Pose *Dwi Pada Sirsāsana* SitP YS380
Twisting Chair StdP, TwP BSYF150

Ujjayi Pranayama Extreme, Conquering, Subduing Deep Breathing
SupP, StdP, KP YtIY158, BSYF22

Upavista Seated Voc

Upavista Konasana Straddle Seated Forward Bend SitP HYI144

Up and Down Swinging Arms I StdP, CK SWCK1

Upward *Ūrdhva* Voc

Upward Bow, Wheel *Ūrdhva Dhanurāsana* BB, HBALP, Mod3
LoY357, YtIY139, BSYF50, HYI112, YA249

Upward Facing Dog *Ūrdhva Mukha Svānāsana* BB, PP, Res,
HBALP LoY108, YtIY91, BSYF46, HYI102, AHY293, YA226

Upward Facing Dog One Leg Up *Ūrdhva Mukha Svānāsana*
Prasārita Ekapādāsana BB, PP

Upward Plank, Incline Plank *Purvottanāsana* SupP, BB, HBALP
LoY176, BSYF48, HYI78, AHY348, AY259

Upward Lifted Legs *Ūrdhva Prasārita Pādāsana* SupP YtIY84
Urdhva Upward Voc

Urdhva Dhanurasana Upward Bow, Wheel BB, HBALP, Mod3
LoY357, YtIY139, BSYF50, HYI112, YA249

Urdhva Mukha Svanasana Upward Facing Dog BB, PP, HBALP,
Mod2

LoY108, YtIY91, BSYF46, HYI102, AHY293, YA226

Urdhva Prasarita Padasana Legs Up Upward Spread Foot SupP
YtIY84

Urdhva Prasarita Ekapadasana Standing One Leg Up
StdP, StdBalP LoY93

Ustrasana Camel BB, KP or StdP, Mod4, StdP
LoY87, YtIY134, BSYF130, HYI104, AHY238, YA170

Utkatasana Powerful, Mighty, Chair Pose StdP
LoY88, YtIY47, BSYF88, HYI46, YA 78

Uttanasana Forward Fold, Bend Down, Extended Down StdP, Res
LoY92, YtIY44, BSYF106, HYI138, ANHY245, YA 80

Utthita Extended Voc

Utthita Hasta Padangusthasana Standing Extended Leg Stretch
StdP, StdBalP LoY76, YtIY20, HYI68, YA82

Utthita Parsvakonasana StdP Extended Side Angle LoY66,
HYI32, BSYF84, AHY422, YA105

Utthita Trikonasana Triangle StdP, Mod3
LoY63, YtIY22, BSYF82, HYI34, AHY261, YA111

Vajarasana Thunderbolt, (Hero/Virasana) KP, Res YA164

Vasisthasana Side Plank, Lateral Incline Plane HBALP, KP, Mod4
LoY306, YtIY126, BSYF52, HYI80, YA253

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Viparita Reversed, Inverted Voc
Viparita Dandasana Inverted Staff BB, SupP, Res YtIY136
Viparita Karani Feet Up the Wall SupP, Res YtIY122, HYI94
Viparita Salabhasana Locust Legs Up High PP BB Loy416, YA220
Virabhadrasana I Warrior I StdP, StdBalP
LoY69, YtIY26, BSYF76, HYI40, AHY421, YA96
Virabhadrasana II Warrior II StdP, StdBalP
LoY72, YtIY28, BSYF78, HYI36, AHY419, AY100
Virabhadrasana III Warrior III StdP, StdBalP
LoY73, YtIY32, BSYF90, HYI70, YA103
Virasana Hero KP, Res
LoY120, YtIY50, HYI162, YA164
Vrksāsana Tree StdP, BB
LoY62, YtIY21, BSYF96, HYI60, AHY270, YA86
(Italian Cypress, Oak, Willow, Cactus)
Vishnu's Serpent Couch, Side Leg Lift *Anantāsana* LSP
LoY246, YtIY87

Wall Inverted Peacock *Piñca Mayūrāsana* HBALP, IP YtIY97
Warrior I *Vīrabhadrāsana* I StdP, StdBalP
LoY69, YtIY26, BSYF76, HYI40, AHY421, YA96
Warrior II *Vīrabhadrāsana* II StdP, StdBalP
LoY72, YtIY28, BSYF78, HYI36, AHY419, AY100
Warrior III *Vīrabhadrāsana* III StdP, StdBalP
LoY73, YtIY32, BSYF90, HYI70, YA103
Wheel, Upward Bow *Ūrdhva Dhanurāsana* BB, HBALP, Mod3
LoY357, YtIY139, BSYF50, HYI112, YA249
Wise Owl Gazes Backward StdP, SitP, CK ESB4

Yamas Ethical/moral behaviors recommended for a Yogi are:
Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha

Keys:

BB = Backbending Poses, Backbends
CK = [*Chi Kung*], [*Qigong*], Chinese Yoga Postures & Exercises
HBalP = Handbalancing Poses, Handbalancings
IP = Inverted Poses, Inversions, Legs Up
LSP = Lying on Side Pose
KP = Kneeling Pose, One or Both Knees on the Ground,
Facing Downward, May Also be Sitting
Mod = Modifications

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PP = Prone Position, Lying on Stomach, Body Facing Downward
Res = Restorative Posture
SitP = Sitting Poses, Forward Bends, Hip Openers
StdBaIP = Standing Balancing Pose
StdP = Standing Pose
TwP = Twisting Poses, Twists
SupP = Supine Poses, Lying on Back Pose, Belly Facing Upward,
Face Upward
Voc = Vocabulary, Terms, Bodily Positions

Textbook References:

The code for the book and the page number in the book for the particular *āsana* (posture, pose, exercise form) cited are provided. For example, YtIW54 means page 54 of “Yoga: The Iyengar Way” by Mira Silva. You must have the publication cited below or the page number reference may not be accurate for other editions or other publication dates of the same title. References to textbooks are given in the following order.

LoY = [Light on Yoga](#). B.K.S. Iyengar. New York, Schocken Books, 1966, Revised Edition 1977, 1979. Glossary, index, 544 pages. Subtitle: Yoga Dipika. I used the revised paperback edition, 1979. ISBN: 0805210318.

YtIW = [Yoga: The Iyengar Way](#). By Mira Silva and Shyam Mehta. New York, Alfred A. Knopf, 1995. Index, appendices, 192 pages. ISBN: 0679722874.

BSYF = [Beth Shaw's YogaFit®: The Program for a More Powerful, Flexible, and Defined Physique](#). By Beth Shaw. 2nd Edition. Champaign, Illinois, Human Kinetics, 2009. Indexed by YogaFit workout phases and not by posture names in English or Sanskrit, 276 pages. ISBN: 0736075364.

HYI = [Hatha Yoga Illustrated: For Greater Strength, Flexibility and Focus](#). By Martin Kirk and Brooke Boon. Champaign, Illinois, Human Kinetics, 2006. Indexed by both English and Sanskrit posture names, 231 pages. ISBN: 0736062033. Alphabetical index

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by both English and Sanskrit names. Each posture is illustrated with color photographs, and information is provided in the following categories: Counterposes, Drishti (Eye Gazing Points), Physical Benefits, Mental Benefits, Contraindications, and Modifications. This textbook is my favorite for quick references.

ANHY = [Anatomy of Hatha Yoga: A Manual for Students, Teachers and Practitioners](#). By H. David Coulter, Ph.D. Foreword by Timothy McCall, M.D. Honesdale, Pennsylvania, Body and Breath Inc., 2001. Index, glossary, bibliography, appendices, 623 pages. ISBN: 0970700601. Unfortunately, the 2001 version of the book lacks an index by Sanskrit posture names. There is now a 2010 revised [edition](#) available.

YA = [Yoga Anatomy](#) By Leslie Kaminoff and Amy Matthews. Published by Human Kinetics, Champaign, Illinois, Second Edition, 2011. Copyright by The Breathe Trust 2007, 2012. Various indexes: by muscles, joints, position in English, position in Sanskrit, bibliography, 276 pages. ISBN: 1450400248. Indexed by English and Sanskrit posture names sorted by bodily positions. An outstanding reference book!

YS = [Yoga Sequencing: Designing Transformative Yoga Classes](#) By Mark Stephens. Berkeley, California, North Atlantic Books, 2012. Index, bibliography, notes, resources, appendices, 506 pages. ISBN: 978-1583944974.

LangY = [The Language of Yoga: Complete A to Y Guide to Asana Names Sanskrit Terms and Chants](#) By Nicolai Bachman. Boulder, Colorado, Sounds True, 2004. 139 pages. Includes audio CD correlated with text arrangement. ISBN: 1591792819.

ESB = [Eight Section Brocade Chi Kung](#). By Mike Garofalo.

DCK = [Dragon Chi Kung](#). By Mike Garofalo.

TCK = [Tai Chi Chi Kung](#). By Mike Garofalo.

TCK = [Temple Chi Kung](#). By Mike Garofalo.

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FECK = [Five Elements Chi Kung](#). By Mike Garofalo.

SACK = [Swinging Arms Chi Kung](#). By Mike Garofalo.

FAFCK = [Five Animal Frolics Chi Kung](#). By Mike Garofalo

Research, Studies and Practice

The first version of this document was prepared in March, 2003, for my studies in the "[YogaFit®](#)" Yoga Teacher Training Program in Sacramento, California. I completed 200 hours of the YogaFit® Teacher Training by 2006. This document was revised in September, 2010, to show page references to the postures (*āsanas*, poses, forms, exercises) in the book "Beth Shaw's YogaFit®" Second Edition, 2009. This YogaFit® 2009 book provides only English names for yoga postures, and has a limited index. YogaFit® provides a very extensive and highly useful series of proprietary instructional manuals available only to students enrolled in each of their classes for the 200 hour yoga teacher training program. They also required us to purchase and use H. David Coulter's AHY.

I began to revise and update this document starting in September, 2012, to assist me with my studies in the "[Align with the Divine](#)" Yoga Teacher Training Program led by the Master Teacher Paula Barros, D.C., in Butte Valley, California. No list of posture names in English and Sanskrit was provided by the instructor for this class. This is a 200 hour yoga teacher training program. Our good textbooks for this class are LoY and YtIY; and the relatively useless (for information on postures) 'Anusara Teacher Training Manual' by John Friend.

This document also includes many postures (forms, [*Shi*], movement sequences) from the Chinese Yoga (*Qigong* or *Chi Kung*) exercise sets that I regularly use in my [own](#) yoga classes. These postures and described and explained in documents served from my [Valley Spirit Qigong](#) website. I have studied and practiced Qigong and Taijiquan since 1985. Words in Pinyin Chinese are shown in italicized square brackets, e.g. [*Dan Bian*] Single Whip.

I taught over 850 [yoga classes](#) classes from 2003-2012, and over 550 Taijiquan and [Qigong classes](#) from 2003-2012, at the Tehama Family Fitness Center in Red Bluff, California. In my Yoga classes, I always include Qigong exercises. I still [teach](#) hatha yoga three days a week in public classes, and Taijiquan and Qigong privately. I

Hatha Yoga and Chi Kung Class Postures List
By Michael P. Garofalo, M.S., Valley Spirit Yoga, Red Bluff, CA

have also earned numerous AFAA certificates and have taught as a personal fitness trainer, and as a pilates, spin cycling, and Silver Sneakers® instructor.

[Michael P. Garofalo, M.S.](#)

Green Way Research, Valley Spirit Yoga, Red Bluff, California

Cloud Hands Blog:

<http://mpgtaijiquan.blogspot.com/>

Valley Spirit Yoga Website:

<http://www.egreenway.com/yoga/index.htm>

Chinese Yoga, Qigong, Chi Kung Website:

<http://www.egreenway.com/qigong/index.htm>

Green Way Research:

<http://www.egreenway.com/index.htm>

MPG Yoga Study Lists:

<http://www.egreenway.com/yoga/index.htm#MPG>

This Document:

Hatha Yoga Postures List

MPG Yoga Study List 4

Research by Michael P. Garofalo, M.S.

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November 17, 2012

Version 8

The most recent version of this document is served online at:

<http://www.egreenway.com/yoga/postureslist.pdf>