

# ASANA GUIDE

#	English Name	Sanskrit Name
1	Airplane	Dekasana
2	Arm stretch - tricep	Gomukhasana Arms
3	Bicycle Twists	Parivrta Ardha Pavan Muktasana Hasta Behind Sirsa
4	Boat	Navasana
5	Bound Half Moon	Ardha Chandra Chapasana
6	Bound Sage	Marichyasana C
7	Bridge	Setu Bandhasana
8	Camel	Ustrasana
9	Cat Cow	Marjariasana Bitilasana
10	Chair	Utkatasana
11	Child's Pose	Balasana
12	Cobra	Bhujangasana
13	Corpse	Savasana
14	Cow Face	Gomukhasana
15	Crescent Lunge	Anjaneyasana
16	Crescent Lunge Twist	Parivrta Anjaneyasana
17	Crow / Crane	Bakasana
18	Dancer's	Natarajasana
19	Dancing Shiva / Standing twisted leg raise	Parivrta hasta padangusthasana
19	Dolphin	Ardha Pincha Mayurasana
20	Double Pigeon (fire log)	Agnistambhasana
21	Double Toe Hold (navasana variation)	Ubhaya Padangusthasana
22	Downward Facing Dog	Adho Mukha Svanasana
23	Eagle	Garudasana
24	Easy Pose	Sukhasana
25	Easy Twist	Parivrta Sukhasana
26	Eight Limb	Astavakrasana
27	Extended Cat Cow (bird dog)	Utthita Marjaryasana

28	Extended Goddess	Utthita Utkata Parsvakonasana
29	Extended Side Angle	Utthita Parsvakonasana
30	Eye of the Needle (thread the needle)	Sucirandhrasana
31	Fallen Star	Patita Tarasana
32	Fascia Stretch (seated)	n/a
33	Flip Dog	Camatkarasana
34	Firefly	Tittibhasana
35	Fish	Matsyasana
36	Floor Bow	Dhanurasana
37	Flying Chaturanga	Aka Pada Koundiyasana II
38	Flying Pigeon	Eka Pada Galavasana
39	Forearm Plank (dolphin plank)	Makara Adho Mukha Svanasana
40	Forearm Stand	Pincha Mayurasana
41	Forward Fold	Uttanasana
42	Frog	Bhekasana / Mandukasana
43	Garland	Malasana
44	Goddess	Utkata Konasana
45	Grasshopper	Parsva Bhuja Dandasana, or Maksikanagasana
46	Half Frog	Sukha Gherandasana
47	Half Front Splits	Ardha Hanumanasana
48	Half Moon	Ardha Chandrasana
49	Half Pigeon	Ardha Kapotasana
50	Half-way Lift	Ardha Uttanasana
51	Handstand	Adho Mukha Vrksasana
52	Happy Baby	Ananda Balasana
53	Head to Knee	Janu Sirsasana
54	Heart Bed	Supta Anahatasana
55	Hero	Virasana
56	Hug Knees To Chest	Apanasana
56	Intense Foot Stretch	Padangusthasana
57	Inverted Staff Pose (forearm wheel)	Dwi (dvi) Pada Viparita Dandasana
58	June Bug	n/a

59	King Pigeon	Eka Pada Rajakapotasana
60	Leg Lifts	Urdhva Prasarita Padasana
61	Legs up the Wall	Viparita Karani
62	Lifted Hero	Kapotasana
63	Lion Pose	Simhasana
64	Locust	Salabhasana
65	Low Plank / Four Limbed Staff Pose	Chaturanga Dandasana
66	Monkey (splits)	Hanumanasana
67	Mountain	Tadasana
68	Noose (bound squat)	Pasasana
69	Parvati's Graceful Dance	Lasyasana
70	Peacock	Mayurasana
71	Perfect Pose	Siddhasana
72	Plank	Phalakasana
73	Puppy	Uttana Shishosana
74	Pyramid (intense side stretch)	Parsvottanasana
75	Rabbit	Sasankasana
76	Reach Up	Urdhva Hastasana
77	Reclining Bound Angle (butterfly)	Supta Baddha Konasana
78	Reclining Hand to Toe (supine strap stretch)	Supta Padangusthasana
79	Reclining Hero	Supta Virasana
80	Reverse Warrior	Viparita Virabhadrasana
81	Revolved Chair	Parivrtta Utkatasana
82	Revolved Goddess	Parivrtta Utkata Konasana
83	Revolved Half Moon	Parivrtta Ardha Chandrasana
84	Revolved Hand to Big Toe	Parivrtta Hasta Padangusthasana
85	Revolved Head to Knee (seated)	Parivrtta Janu Sirsasana
86	Revolved Triangle	Parivrtta Trikonasana
87	Rock the Baby	Hindolasana / Shishupalasana
88	Scale	Tolasana
89	Scorpion	Vrschikasana

90	Seated Baddha Konasana	Baddha Konasana
91	Seated Extended Twist	Utthita Parivrtta Paschimottanasana
92	Seated Forward Fold	Paschimottanasana
93	Seated Half Spinal Twist	Ardha Matsyendrasana
94	Seated Single Leg Stretch	Trianga Mukhaikapada Paschimottanasana
94	Shoe Lace (seated or reclined)	Padukabandhini Asana
95	Shoulder Rinse	n/a
96	Shoulder Stretch (seated + with strap)	n/a
97	Side Crow	Eka Pada Koundinyasana
98	Side Plank	Vasisthasana
99	Sphinx	Salamba Bhujangasana
100	Staff	Dandasana
101	Standing Crescent Moon (Bikram)	Indudalasana
102	Standing Splits	Urdhva Prasarita Eka Padasana
103	Supine Leg Stretch	Anantasana
104	Supine Twist	Supta Matsyendrasana
105	Table Top (aka reversed table top)	Purvottanasana
106	Three Legged Downward Facing Dog	Eka Pada Adho Mukha Svanasana
107	Toe Yoga	Utthita Anguli Sukhasana
108	Traditional Headstand	Salamba Sirsasana
109	Tree	Vrksasana
110	Triangle	Trikonasana
111	Triangle Arm Balance	Parivrtta Vasisthasana
112	Turtle	Supta Kurmasana
113	Upright Big Toe (standing)	Hasta Padangusthasana
114	Upward Facing Dog	Urdhva Mukha Svanasana
115	Warrior I	Virabhadrasana I
116	Warrior II	Virabhadrasana II
117	Warrior III	Virabhadrasana III
118	Wheel	Urdhva Dhanurasana
119	Wide Legged Forward Fold (standing)	Prasarita Padottanasana
120	Wide Seated Forward Bend	Upavistha Konasana

121	Wide Wipers	Jathara Parivartanasana (variation)
122	Wind Removing Pose	Pavanamuktasana
123	Windshield Wipers	Jathara Parivartanasana

## CLASS STYLES & SEQUENCING NOTES

All yoga styles have the *Presencing*, *Closing* and *Surrendering* categories included in them. Each one can also be themed on one or more category.

### Power Yoga

Our power yoga is all about connecting to your true power, which according to yoga philosophy is a combination of both strength and softness. During this moderately flowing class, you can expect to hold postures longer than normal and complete your class with some deep releasing postures.

- \* Sun A and B can be done, however are not as fast as in Vinyasa
- \* More held planks and strength building postures
- \* Plank variations like rainbows, shoulder taps etc
- \* Infusion of barre and other fitness modalities
- \* Not good for Pita Dosha or Wood Element

### Vinyasa

A flowing, all levels, mind body connecting class. Expect a delicious presencing to begin, followed by a flowing warm up and a combination of strengthening and stretching poses..

- \* Sun A and B are typically included as set out in the warming category, with one breath per posture, with 3 - 5 breaths in the resting downward facing dog, however can be held longer, although not as long as power yoga
- \* Warming
- \* Firing
- \* Can include all or a focus of one or more categories with build up and take down
- \* Good for Kapha, gentle vinyasa ok for Pitta, grounding vinyasa good for Vata

### Gentle

A slow moving, grounding, releasing and through provoking class geared to stretch your body and soothe your mind.

- \* Can include releasing postures and gentle heart opening
- \* No standing postures, all mat work
- \* Be mindful to not go from back to seated to stomach to seated to back to stomach

\* Great for Pitta and all elements, especially wood, Kapha can use a more vigorous practice

## **Hatha**

Not too fast, not too slow - a moderate paced class that will both strengthen and stretch your body, and balance your mind. You will begin with a delicious presencing series, followed by strengthening and stretching postures.

\* Think of hatha as a “gentle power” class

\* Can be mix of all postures, but is not fast moving

\* If Sun Salutations are implemented, they are to be done slowly with a minimum of a 5 breath hold per posture

\* Great for all elements and Doshas; gentle / non competitive hatha is better for Pitta

## **ASANA CATEGORIES**

**PR** Presencing \*

**W** Warming

**F** Firing

**B** Balancing

**G** Grounding

**HO** Heart Opening

**CA** Core Activating

**REJ** Rejuvenating

**REL** Releasing

**CL** Closing \*

**S** Surrendering \*

### **PR Presencing (All Doshas, All Elements)**

- This stage happens once the teacher has already established eye contact, introduces themselves, reminds students to listen to their body (ahimsa), as questions if they need etc, the style of class & duration. etc.
- Opening posture (the very first pose, should be one where students can **melt into presence** with ie: Child’s pose, savasana, reclined pyramid, legs up the wall. This is where you can introduce the student’s to their presence, their mat, your theme, and pranayama while holding (*a lot of*) silence and space.
- Soon after the opening postures, dynamic movement should begin. Think of your peak pose, or sequence focus, and gear these movements to open the parts that need to be open.

Child's Pose / Balasana  
Corpse / Savasana  
Downward Facing Dog / Adho Mukha Svanasana  
Easy Pose / Sukhasana  
Forward Fold / Uttanasana  
Mountain / Tadasana  
Perfect Pose / Siddhasana  
Reclining Bound Angle (butterfly) / Supta Baddha Konasana  
Supine Twist / Supta Matsyendrasana  
Toe Yoga / Utthita Anguli Sukhasana  
Windshield Wipers / Jathara Parivartanasana

### **W Warming (Vata, Kapha, All Elements)**

- This stage will begin to ignite heat within the physical body.
- Dynamic movements with breath are an important element of warming, with the focus on the areas that are required for your peak pose or class theme.

Arm Stretch / Gomukhasana Arms  
Chair / Utkatasana  
Downward Facing Dog / Adho Mukha Svanasana  
Extended Goddess / Utthita Utkha Parsvakonasana  
Extended Cat Cow (bird dog) / Utthita Marjaryasana  
Fallen Star / Patita Tarasana  
Half-way Lift / Ardha Uttanasana  
Lion Pose / Simhasana  
Low Plank / aka Four Limbed Staff Pose / Chaturanga Dandasana  
Mountain / Tadasana  
Plank / Phalakasana  
Reach Up / Urdhva Hastasana  
Reverse Warrior / Viparita Virabhadrasana  
Shoulder Rinse  
Shoulder Stretch (seated + with strap)  
Upward Facing Dog / Urdhva Mukha Svanasana  
Warrior 1 / Virabhadrasana I  
Warrior 2 / Virabhadrasana II  
Warrior 3 / Virabhadrasana III

### **F Firing (Vata, Kapha, All Elements - Cautious with Wood)**

- This stage will fire up the body. It is important to remind students to listen to their body. to ignite heat within the physical body.

- Dynamic movements with breath are an important element of warming, with the focus on the areas that are required for your peak pose or class theme.

Chair / Utkatasana  
 Crescent Lunge / Anjaneyasana  
 Crescent Lunge Twist / Parivrtta Anjaneyasana  
 Crow / Crane / Bakasana  
 Extended Goddess / Utthita Utka Parsvakonasana  
 Fallen Star / Patita Tarasana  
 Forearm Plank (dolphin plank) / Makara Adho Mukha Svanasana  
 Extended Side Angle / Utthita Parsvakonasana  
 Firefly / Tittibhasana  
 Grasshopper/ Parsva Bhujā Dandasana, or Maksikanagasana (aka Dragon Fly)  
 Intense Foot Stretch / Padangusthasana  
 Moose (bound squat) / Pasasana  
 Peacock / Mayurasana  
 Plank / Phalakasana  
 Revolved Chair / Parivrtta Utkatasana  
 Revolved Goddess / Parivrtta Utkata Konasana  
 Side Crow / Eka Pada Koundinyasana  
 Side Plank / Vasisthasana  
 Three Legged Downward Facing Dog / Eka Pada Adho Mukha Svanasana

## **B Balancing (Vata, Kapha, All Elements)**

- This stage will both challenge and bring balance to the body and mind. It is important to remind students that yoga is about the journey - not the destination, so it is perfectly ok if they fall out of a posture or need to modify.
- You can bring in an element of somatic to your class by having students close their eyes, blink their eyes or look in certain directions while holding their balancing postures (NOTE: this is not for arm balances, only standing).

Airplane / Dekasana  
 Bound Half Moon / Ardha Chandra Chapasana  
 Crow / Crane / Bakasana  
 Dancer's / Natarajasana  
 Double Toe Hold (navasana variation) / Ubhaya Padangusthasana  
 Eagle / Garudasana  
 Eight Limb / Astavakrasana  
 Extended Cat Cow (bird dog) / Utthita Marjaryasana  
 Firefly / Tittibhasana

Flying Pigeon / Eka Pada Galavasana  
Forearm Stand / Pincha Mayurasana  
Grasshopper/ Parsva Bhujanga Dandasana, or Maksikanagasana (aka Dragon Fly)  
Half Front Splits / Ardha Hanumanasana  
Half Moon / Ardha Chandrasana  
Handstand / Adho Mukha Vrksasana  
Peacock / Mayurasana  
Revolved Half Moon / Parivrtta Ardha Chandrasana  
Revolved Hand to Big Toe / Parivrtta Hasta Padangusthasana  
Scale / Tolasana  
Scorpion / Vrschikasana  
Side Crow / Eka Pada Koundinyasana  
Side Plank / Vasisthasana  
Standing Crescent Moon (Bikram) / Indudalasana  
Standing Splits / Urdhva Prasarita Eka Padasana  
Tree / Vrksasana  
Triangle Arm Balance / Parivrtta Vasisthasana  
Upright Big Toe (standing) / Hasta Padangusthasana

### **G Grounding (Vata, Pitta, All Elements)**

- The postures in this stage have both feet grounded into the earth, or both sit bones. This stage is a time to slow the energy and connected to the grounded energy of the earth.

Arm Stretch / Gomukhasana Arms  
Chair / Utkatasana  
Downward Facing Dog / Adho Mukha Svanasana  
Easy Pose / Sukhasana  
Goddess / Utkata Konasana  
Pyramid (intense side stretch) / Parsvottanasana  
**Revolved Triangle** / Parivrtta Trikonasana  
Shoulder Stretch (seated + with strap)  
Staff / Dandasana  
Triangle / Trikonasana  
Warrior 1 / Virabhadrasana I  
Warrior 2 / Virabhadrasana II  
Warrior 3 / Virabhadrasana III  
Wide Legged Forward Fold (standing) / Prasarita Padottanasana

### **HO Heart Opening (All Doshas, All Elements)**

- Prep is important for this stage. Think about all the parts of the body that need to be open to go into back bends: quadriceps, shoulders, side body, front body, back body.

Bridge / Setu Bandhasana  
Camel / Ustrasana  
Cat Cow / Marjariasana Bitilasana  
Cobra / Bhujangasana  
Cow Face / Gomukhasana  
Dolphin / Ardha Pincha Mayurasana  
Fallen Star / Patita Tarasana  
Fish / Matsyasana  
Floor Bow / Dhanurasana  
Heart Bed /Supta Anahatasana  
Inverted Staff Pose (forearm wheel) / Dwi (dvi) Pada Viparita Dandasana  
Lifted Hero / Kapotasana  
Locust / Salabhasana  
Puppy / Uttana Shishosana  
Sphinx / Salamba Bhujangasana  
Upward Facing Dog / Urdhva Mukha Svanasana  
Wheel / Urdhva Dhanurasana

### **CA Core Activating (Vata, Kapha, All Elements; Cautious of Wood)**

- This state is all about bringing the burn to the core, while keeping the neck and low back safe.

Bicycle Twists / Parivrtta Ardha Pavan Muktasana Hasta Behind Sirsa  
Boat / Navasana  
Forearm Plank (dolphin plank) / Makara Adho Mukha Svanasana  
Leg Lifts / Urdhva Prasrita Padasana  
Scale / Tolasana

### **REJ Rejuvenating (All Doshas, All Elements)**

- This stage rejuvenates the body with slow movements, and inversions, getting the blood to the head to “wash the brain”.

Forward Fold / Uttanasana  
Handstand / Adho Mukha Vrksasana  
Legs up the Wall / Viparita Karani  
Reclining Bound Angle (butterfly) / Supta Baddha Konasana  
Traditional Headstand / Salamba Sirsasana  
Windshield Wipers / Jathara Parivartanasana

## REL Releasing (All Doshas, All Elements)

- This stage is where you will see a lot of deep opening, prep should have been implemented before diving into these postures.
- Remember the 3 P's no: pain, pulling or pressure.

Arm Stretch / Gomukhasana Arms  
Bound Sage / Marichyasana C  
Double Pigeon (fire log) / Agnistambhasana  
Easy Twist / Parivrtta Sukhasana  
Extended Cat Cow (bird dog) / Utthita Marjaryasana  
Eye of the Needle (thread the needle) / Sucirandhrasana  
Fascia Stretch (seated) / n/a  
Frog / Bhekasana / Mandukasana  
Garland / Malasana  
Half Frog / Sukha Gherandasana  
Half Pigeon / Eka Pada Raj Kapotasana  
Happy Baby / Ananda Balasana  
Hero / Virasana  
Hug Knees In  
Intense Foot Stretch / Padangusthasana  
King Pigeon / Eka Pada Rajakapotasana  
Monkey (splits) / Hanumanasana  
Rabbit / Sasankasana  
Reclining Bound Angle (butterfly) / Supta Baddha Konasana  
Reclining Hand to Toe (supine strap stretch) / Supta Padangusthasana  
Reclining Hero / Supta Virasana  
Rock the Baby / Hindolasana / Shishupalasana  
Seated Baddha Konasana / Baddha Konasana  
Seated Extended Twist / Utthita Parivrtta Paschimottanasana  
Seated Forward Fold / Paschimottanasana  
Seated Half Spinal Twist / Ardha Matsyendrasana  
Shoe Lace / Padukabandhini Asana  
Shoulder Stretch (seated + with strap)  
Toe Yoga / Utthita Anguli Sukhasana  
Turtle / Supta Kurmasana  
Wide Seated Forward Bend / Upavistha Konasana  
Wide Wipers / Jathara Parivartanasana (variation)  
Wind Removing Pose / Pavanamuktasana  
Windshield Wipers / Jathara Parivartanasana

## **CL Closing (All Doshas, All Elements)**

- Think about “closing” the practice. Slow movements, possibly repeating some of the movements in your presencing to notice the new space and new opening the student has achieved throughout class.

Arm Stretch / Gomukhasana Arms  
Easy Twist / Parivrtta Sukhasana  
Happy Baby / Ananda Balasana  
Head to Knee / Janu Sirsasana  
June Bug / n/a  
Lion Pose / Simhasana  
Revolved Head to Knee (seated) / Parivrtta Janu Sirsasana  
Seated Baddha Konasana / Baddha Konasana  
Seated Forward Fold / Paschimottanasana  
Supine Leg Stretch / Anantasana  
Table Top (aka reverse table top or upward plank) / Purvottanasana  
Turtle / Supta Kurmasana  
Wide Seated Forward Bend / Upavistha Konasana  
Wide Wipers / Jathara Parivartanasana (variation)  
Windshield Wipers / Jathara Parivartanasana

## **S Surrendering (All Doshas, All Elements)**

- The final prep before savasana.

Windshield Wipers / Jathara Parivartanasana  
Supine Twist / Supta Matsyendrasana  
Corpse / Savasana

# POSTURE LAB

## 1) Airplane



**Target** - full body strength

**Modification** - hands to hips or anjali

**Variation** - hands against wall to assist balance

**Contraindication** - low back, knee, shoulders

**Category** - B

**Meridian** - yang; bladder

## 2) Arm Stretch / Gomukhasana Arms



**Target** - triceps

**Modification** - not to pull/push as much

**Contraindication** - tricep tear

**Category** - W / G / REL / CL

**Meridian** - yang; small intestine

### 3) Bicycle Twists / Parivrtta Ardha Pavan Muktasana Hasta Behind Sirsa



**Target** - core

**Modification** - head on floor, legs at angle

**Contraindication** - neck, low back

**Category** - CA

**Meridian** - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), galbladder (yang)

### 4) Boat / Navasana



**Target** - core

**Modification** - hands on femurs

**Contraindication** - low back, tailbone

**Category** - CA

**Meridian** - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang)

## 5) Bound Half Moon / Ardha Chandra Chapasana



**Target** - balance

**Modification** - half moon

**Contraindication** - knees

**Category** - B

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 6) Bound Sage / Marichyasana C



**Target** - shoulders, hamstring, spine

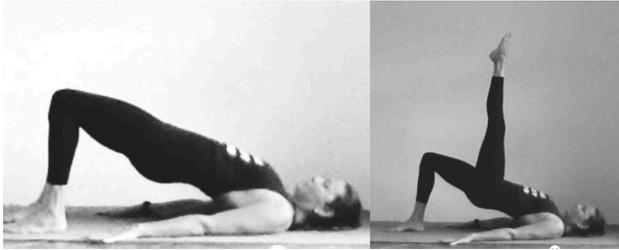
**Modification** - no bind

**Contraindication** - tight hamstring, low back

**Category** - REL

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 7) Bridge / Setu Bandhasana



**Target** - spine opener

**Modification** - block under sacrum

**Contraindication** - low back, neck, high blood pressure, glaucoma

**Category** - HO

**Meridian** - bladder (yang), kidney (yin), stomach (yang), liver (yin), gallbladder (yang)

## 8) Camel / Ustrasana



**Target** - heart opener

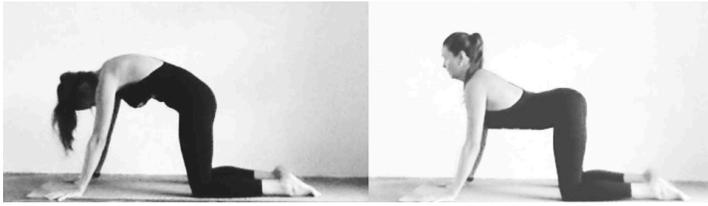
**Modification** - open chest only

**Contraindication** - knees, spine neck, shoulders

**Category** - HO

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 9) Cat Cow / Marjaisana Bitilasana



**Target** - flexion / extension of spine

**Modification** - on forearms

**Contraindication** - knees, spine neck, wrists

**Category** - HO

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 10) Chair / Utkatasana



**Target** - quadriceps

**Modification** - wall, not to go as deep

**Contraindication** - knees, low back

**Category** - W / F

**Meridian** - bladder (yang), heart (yin)

## 11) Child's Pose / Balasana



**Target** - inner thighs, low back, groin, shoulders, chest

**Modification** - knees together, arms at side

**Contraindication** - knees, shoulders, high blood pressure, glaucoma

**Category** - PR

**Meridian** \* arms at side - kidney (yin), liver (yin)

\* arms stretched out + lung (yin), large intestine (yang),

\* heart (yin), small intestine (yang)

## 12) Cobra / Bhujangasana



**Target** - low back, chest

**Modification** - less height

**Contraindication** - low back

**Category** - HO

**Meridian** - kidney (yin), bladder (yang)

### 13) Corpse / Savasana



**Target** - rest

**Modification** - prop knees, neck, arms

**Contraindication** - low back, knees

**Category** - S / PR

**Meridian** - kidney (yin), bladder (yang)

### 14) Cow Face / Gomukhasana



**Target** - shoulders, chest, hips

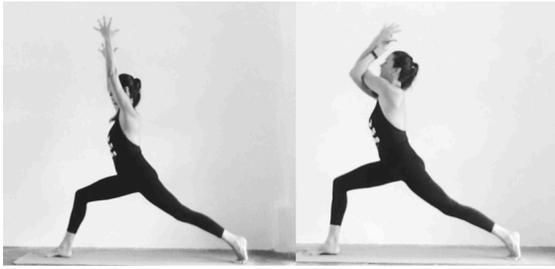
**Modification** - legs crosses, bind with strap

**Contraindication** - knees, shoulders

**Category** - REL

**Meridian** - lung (yin), large intestine (yang),  
heart (yin), small intestine (yang)

## 15) Crescent Lunge / Anjaneyasana



**Target** - full body

**Modification** - back knee down, hands on front thigh

**Contraindication** - knee, low back, quad

**Category** - F

**Meridian** - stomach (yang), spleen (yin), liver (yin)

## 16) Crescent Lunge Twist / Parivrtta Anjaneyasana



**Target** - full body

**Modification** - back knee down, open twist

**Contraindication** - knee, low back, neck

**Category** - F

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 17) Crow / Crane / Bakasana



**Target** - arm balance

**Modification** - feet down, block to feet, bend elbows, pillow for head/face

**Variation** - flying crow (Eka Pada Galavasana) - photo 2

**Contraindication** - wrists

**Category** - B

**Meridian** - stomach (yang), kidney (yin), liver (yin)

## 18) Dancer's / Natarajasana



**Target** - balancing

**Modification** - strap or wall

**Variation** - Nantum (to bow) squeeze standing foot to glutes and bow forward with one or two hands, two hands in full pose, hook foot to elbow

**Contraindication** - knee, low back

**Category** - B

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 19) Dolphin / Ardha Pincha Mayurasana



**Target** - shoulders

**Modification** - bend knees, arm bones forward

**Contraindication** - shoulders, hamstrings

**Category** - HO

**Meridian** - bladder (yang), stomach (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 20) Double Pigeon (fire log) / Agnistambhasana



**Target** - hips

**Modification** - pelvis propped

**Contraindication** - knees

**Category** - REL

**Meridian** - bladder (yang), gallbladder (yang)

## 21) Double Toe Hold (navasana variation) / Ubhaya Padangusthasana



**Target** - core

**Modification** - bend knees

**Contraindication** - low back, tailbone

**Category** - CA

**Meridian** - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang)

## 22) Downward Facing Dog / Adho Mukha Svanasana



**Target** - rest

**Modification** - bend knees, lift heels, arm bones forward

**Contraindication** - shoulders, neck

**Category** - W, REJ, G

**Meridian** - bladder (yang), heart (yin)

### 23) Eagle / Garudasana



**Target** - upper back, shoulders

**Modification** - hands to shoulders, wrapping leg's toes to floor (kickstand)

**Contraindication** - shoulders, knees, low back

**Category** - B

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 24) Easy Pose / Sukhasana



**Target** - spine, femurs to floor

**Modification** - prop pelvis, prop femurs

**Contraindication** - tight hamstrings, tight hips, knees

**Category** - PR, G

**Meridian** \* cross legged - bladder (yang), liver (yin), stomach (yin)

\* kneeling - stomach (yin), liver (yin), gallbladder (yang), kidney (yin)

## 25) Easy Twist / Parivrtta Sukhasana



**Target** - twist spine

**Modification** - not going too deep

**Contraindication** - low back

**Category** - REL

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 26) Eight Limb / Astavakrasana



**Target** - arm balance

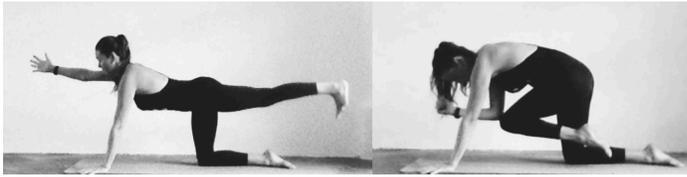
**Modification** - crow

**Contraindication** - wrists

**Category** - BAL / F

**Meridian** - kidney (yin), bladder (yang), heart (yin)

## 27) Extended Cat Cow (bird dog) / Utthita Marjaryasana



**Target** - balance

**Modification** - limbs up one at a time

**Variation** - front heel up, bind, hands in prayer reaching straight out, top knee to top elbow with foot lifted, back knee down

**Contraindication** - shoulders, wrists, low back

**Category** - BAL

**Meridian** - ALL (dynamic) - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 28) Extended Goddess / Utthita Utka Parsvakonasana



**Target** - inner thighs, groin

**Modification** - extended leg bent

**Contraindication** - knees

**Category** - W, F

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 29) Extended Side Angle / Utthita Parsvakonasana



**Target** - inner thighs, groin

**Modification** - arm to thigh or hand to block

**Variation** - top arm in line with back leg, bottom hand to floor, bind, birds of paradise

**Contraindication** - knee, shoulders, low back

**Category** - F

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 30) Eye of the Needle / Sucirandhrasana

**Commonly known as thread the needle hip var.)**

**Figure 4, or modified pigeon**



**Target** - hip opener

**Modification** - strap or wall or chair

**Variation** - standing with different arm variations, folding forward with ankle grasp

**Contraindication** - knees, tight hamstrings

**Category** - REL, variation add B

**Meridian** - kidney (yin), stomach (yang), liver (yin), gallbladder (yang)

### 31) Fallen Star / Patita Tarasana



**Target** -strengtheners, heart opener, core with foot lifted

**Modification** - knee to floor, foot on floor

**Contraindication** - neck

**Category** - W / F/ HO

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 32) Fascia Stretch (seated) / n/a



**Target** - full body

**Modification** - on chair

**Contraindication** - bruise easy

**Category** - REL / PR

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 33) Flip Dog / Camatkarasana



**Target** - arm balance

**Modification** - hips down

**Contraindication** - wrists, tight hamstrings

**Category** - BAL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 34) Firefly / Tittibhasana



**Target** - arm balance

**Modification** - hips down

**Contraindication** - wrists, tight hamstrings

**Category** - BAL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 35) Fish / Matsyasana



**Target** - chest opener

**Modification** - elbows wide

**Contraindication** - tight shoulders, chest

**Category** - HO

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 35) Floor Bow / Dhanurasana



**Target** - backbend

**Modification** - strap, one leg at a time

**Contraindication** - low back, knees

**Category** - HO

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 36) Flying Chaturanga / Aka Pada Koundinyasana II (flying splits)



**Target** - arm balance

**Modification** - back foot down

**Variation** - front leg extended forward

**Contraindication** - wrists, hamstring (for variation)

**Category** - BAL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 37) Flying Pigeon / Eka Pada Galavasana



**Target** - arm balance

**Modification** - back foot down

**Contraindication** - knee

**Category** - BAL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 38) Forearm Plank (dolphin plank) / Makara Adho Mukha Svanasana



**Target** - full body strengthener

**Modification** - knees down

**Contraindication** - shoulders, low back

**Category** - F, W

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 39) Forearm Stand / Pincha Mayurasana



**Target** - arm balance

**Modification** - wall assist

**Variation** - bend knees

**Contraindication** - shoulders

**Category** - BAL

**Meridian** - lung (yin), heart (yin)

#### 40) Forward Fold / Uttanasana



**Target** - hamstrings, whole spine

**Modification** - bend knees, wall

**Variation** - feet hip width for rad doll pose, can twist, mini peace sign, reach hands through legs, lift one leg up bring head to shin, take foot with opposite hand and twist, legs crossed together and wide

**Contraindication** - low back, hamstrings, high blood pressure, glaucoma

**Category** - REL / W / G

**Meridian** - stomach (yang), kidney (yin), liver (yin)

#### 41) Frog / Bhekasana / Mandukasana



**Target** - inner thigh, groin

**Modification** - wall, prop knees

**Contraindication** - knees, low back

**Category** - REL

**Meridian** - stomach (yang), kidney (yin), liver (yin)

\* arms forward heart (yin), lung (yin)

## 42) Garland / Malasana



**Target** - inner thigh, groin

**Modification** - prop heels, prop pelvis

**Variation** - in the photo this is variation #1,  
#2 elbows hug knees, #3, legs together, hugging knees

**Contraindication** - knees, low back

**Category** - REL

**Meridian** - kidney (yin), liver (yin), stomach (yang)

## 43) Goddess / Utkata Konasana



**Target** - inner thigh, groin

**Modification** - wall

**Variation** - arm variations, twists, binds,  
one hand to floor opposite to sky, heels up

**Contraindication** - knees, low back

**Category** - W / F / G

**Meridian** - kidney (yin), liver (yin), stomach (yang)

**44) Grasshopper/ Parsva Bhuja Dandasana,  
or Maksikanagasana (aka Dragon Fly)**



**Target** - arm balance

**Modification** - back leg down

**Contraindication** - knee, shoulders, wrists

**Category** - B, F

**Meridian** - liver (yin), gallbladder (yang), spleen (yin),  
stomach (yang), bladder (yang), kidney (yin)

**45) Half Frog / Sukha Gherandasana**



**Target** - quadricep

**Modification** - heel to glute

**Contraindication** - knee

**Category** - REL

**Meridian** - stomach (yang)

#### 46) Half Front Splits / Ardha Hanumanasana



**Target** - back of legs

**Modification** - bend back leg, pelvis higher from floor

**Contraindication** - hamstrings, knees

**Category** - REL

**Meridian** - kidney (yin), bladder (yang)

#### 47) Half Moon / Ardha Chandrasana



**Target** - balance

**Modification** - prop up bottom hand, wall

**Variation** - bind, bottom hand variations

**Contraindication** - standing knee, low back

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

#### 48) Half Pigeon / Eka Pada Raj Kapotasana



**Target** - hips

**Modification** - prop pelvis, angle of front leg, tuck back toes

**Variation** - laying over front leg, twist, king pigeon

**Contraindication** - knees

**Category** - REL

**Meridian** - ALL \* with arms forward - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

#### 49) Half-way Lift / Ardha Uttanasana



**Target** - natural curves of spine

**Modification** - bend knees

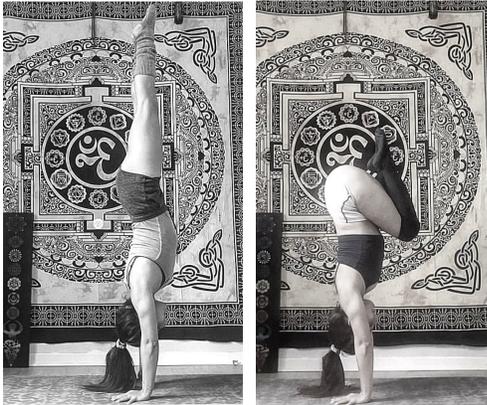
**Variation** - arms straight out, pushing hips back, interlaced at low back

**Contraindication** - low back

**Category** - W

**Meridian** - bladder (yang)

## 50) Handstand / Adho Mukha Vrksasana



**Target** - arm balance

**Modification** - wall or assist

**Contraindication** - wrists, shoulders

**Category** - REJ / F

**Meridian** - heart (yin)

## 51) Happy Baby / Ananda Balasana



**Target** - inner thighs, groin

**Modification** - hands to thighs, wall, dorsi flex feet

**Variation** - rock from side to side, straight the leg to the side you rock to

**Contraindication** - low back, knees

**Category** - REL

**Meridian** - stomach (yang), kidney (yin), bladder (yang), liver (yin)

## 52) Head to Knee / Janu Sirsasana



**Target** - hamstrings

**Modification** - bend straight leg, prop bent leg

**Contraindication** - low back

**Category** - REL

**Meridian** - bladder (yang), kidney (yin)

## 53) Heart Bed / Supta Anahatasana



**Target** - chest opener

**Modification** - smaller prop along spine, prop low back

**Contraindication** - neck, high blood pressure, glaucoma

**Category** - HO

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 54) Hero / Virasana



**Target** - quads (thighs)

**Modification** - prop pelvis

**Contraindication** - knees

**Category** - REL

**Meridian** - ALL \* with arms involved - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 55) Intense Foot Stretch/ Padangusthasana



**Target** - feet / toes

**Modification** - prop pelvis

**Variation** - can do standing in a very short downward dog

**Contraindication** - knees

**Category** - REL / F

**Meridian** - stomach (yang), liver (yin), gallbladder (yang), bladder (yang)

## 56) Hug Knees In / Apanasana



**Target** - chest, shoulders, spine

**Modification** - wheel

**Variation** - one leg up, bent or straight

**Contraindication** - low back, shoulders

**Category** - HO

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 57) Inverted Staff Pose (forearm wheel) / Dwi (dvi) Pada Viparita Dandasana



**Target** - chest, shoulders, spine

**Modification** - wheel

**Variation** - one leg up, bent or straight

**Contraindication** - low back, shoulders

**Category** - HO

**Meridian** - ALL - spleen (yin), stomach (yang),

kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 58) June Bug / n/a Target - energy



**Modification** - n/a

**Contraindication** - n/a

**Category** - CL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

### 59) King Pigeon / Eka Pada Rajakapotasana



**Target** - groin, quad, hip

**Modification** - prop pelvis

**Contraindication** - knee, low back

**Category** - REL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 60) Leg Lifts / Urdhva Prasarita Padasana



**Target** - core

**Modification** - legs part way down

**Contraindication** - low back

**Category** - CA

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 61) Legs up the Wall / Viparita Karani



**Target** - rest

**Modification** - prop pelvis, bend knees

**Contraindication** - tight hamstrings, low back

**Category** - REJ

**Meridian** - bladder (yang)

## 62) Lifted Hero / Kapotasana



**Target** - backbend

**Modification** - prop spine

**Contraindication** - low back, shoulders

**Category** - HO

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 63) Lion Pose / Simhasana



**Target** - release face, energy

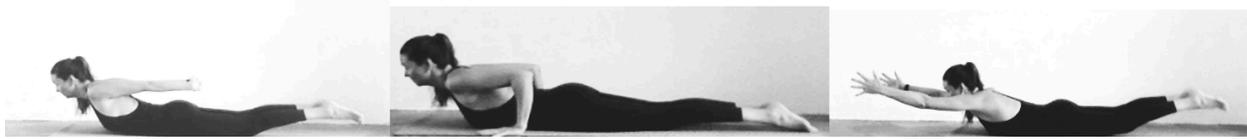
**Modification** - n/a

**Contraindication** - n/a

**Category** - W, CL

**Meridian** - bladder (yang), kidney (yin)

## 64) Locust / Salabhasana



**Target** - low back

**Modification** - arms down, legs down, chest down

**Contraindication** - low back, shoulders (if arms out forward)

**Category** - HO

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 65) Low Plank / aka Four Limbed Staff Pose / Chaturanga Dandasana



**Target** - full body strength

**Modification** - knees down

**Contraindication** - low back, shoulders

**Category** - W

**Meridian** - stomach (yang), liver (yin), gallbladder (yang), heart (yin), bladder (yang)

## 66) Monkey (splits) / Hanumanasana



**Target** - groin

**Modification** - prop pelvis

**Contraindication** - tight hamstrings, knees

**Category** - REL

**Meridian** - stomach (yang), kidney (yin), bladder (yang), liver (yin)

## 67) Mountain / Tadasana



**Target** - grounding

**Modification** - in a chair

**Variation** - different arm variations: prayer, interlaced at low back (standing locust), reverse namaste, behind head for back bend, cow face, half cow face

**Contraindication** - leg issues, nervous system disease \* this goes for all standing postures

**Category** - PR / W

**Meridian** - lung (yin), heart (yin)

## 68) Noose (bound squat) / Pasasana



**Target** - shoulders, spine

**Modification** - prop heels, strap

**Contraindication** - shoulders, hips

**Category** - F

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 69) Parvati's Graceful Dance / Lasyasana (Alasya - beauty & grace)



**Target** - side stretch, ankle opener

**Modification** - toes down (untucked)

**Contraindication** - knees, ankles

**Category** - BAL

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin),

## 70) Peacock / Mayurasana



**Target** - arm balance

**Modification** - toes down

**Contraindication** - wrists

**Category** - BAL

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 71) Perfect Pose / Siddhasana (lazy cross legged)



**Target** - ease

**Modification** - prop knees

**Contraindication** - knees

**Category** - PR

**Meridian** - spleen (yin), stomach (yang), liver (yin)

## 72) Plank / Phalakasana



**Target** - full body strengthener

**Modification** - knees down

**Contraindication** - low back, wrists

**Category** - W / F

**Meridian** - stomach (yang), liver (yin),  
gallbladder (yang), heart (yin), bladder (yang)

## 73) Puppy / Uttana Shishosana



**Target** - heart, shoulders

**Modification** - arms bend

**Contraindication** - shoulders

**Category** - HO

**Meridian** - lung (yin), large intestine (yang),  
heart (yin), small intestine (yang)

## 74) Pyramid / Parsvottanasana



**Target** - back of leg, spine

**Modification** - hands to block

**Variation** - reverse namaste, hands in prayer reaching forward in front of front foot, pinky fingers pushing into the floor

**Contraindication** - tight hamstring, back

**Category** - G

**Meridian** - kidney (yin), bladder (yang)

## 75) Rabbit / Sasankasana



**Target** - spine

**Modification** - hips stay low

**Contraindication** - disc issues

**Category** - REL

**Meridian** - bladder (yang), small intestine (yang)

## 76) Reach up / Urdhva Hastasana



**Target** - whole body lengthening

**Modification** - arms wide

**Variation** - hands apart, hands together, hands interlaced with palms to the sky, back bend

**Contraindication** - shoulders

**Category** - W

**Meridian** - bladder (yang), lung (yin), heart (yin)

## 77) Reclining Bound Angle (butterfly) / Supta Baddha Konasana



**Target** - inner thigh, low back

**Modification** - prop legs

**Contraindication** - low back

**Category** - REL, PR

**Meridian** - spleen (yin), stomach (yang), liver (yin)

## 78) Reclining Hand to Toe (supine strap stretch) / Supta Padangusthasana



**Target** - twist

**Modification** - prop twisting leg

**Contraindication** - low back, shoulder

**Category** - REL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 79) Reclining Hero / Supta Virasana



**Target** - thighs, spine, core

**Modification** - stay seated, knees open,  
but not wider than hips

**Contraindication** - knees

**Category** - REL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 80) Reverse Warrior / Viparita Virabhadrasana



**Target** - side body

**Modification** - hand to head

**Contraindication** - low back, neck, knee

**Category** - W

**Meridian** - ALL - spleen (yin), stomach (yang), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 81) Revolved Chair / Parivrtta Utkatasana



**Target** - strength, twist

**Modification** - standing twist

**Contraindication** - back, neck

**Category** - F

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 82) Revolved Goddess / Parivrtta Utkata Konasana



**Target** - twist

**Modification** - torso upright

**Contraindication** - low back

**Category** - F

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 83) Revolved Half Moon / Parivrtta Ardha Chandrasana



**Target** - twist

**Modification** - top hand to hip

**Contraindication** - neck, knee

**Category** - B

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 84) Revolved Hand to Big Toe / Parivrtta Hasta Padangusthasana



**Target** - balancing

**Modification** - bend knee

**Contraindication** - hamstrings, back

**Category** - B

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 85) Revolved Head to Knee (seated) / Parivrtta Janu Sirsasana



**Target** - side body

**Modification** - hold ankle, use strap around foot,  
hold in top hand or bottom hand

**Variation** - bent leg straight

**Contraindication** - low back, shoulder

**Category** - REL

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin),  
gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 86) Revolved Triangle / Parivrtta Trikonasana



**Target** - twist, back leg

**Modification** - block bottom hand

**Contraindication** - back, neck

**Category** - G

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 87) Rock the Baby / Hindolasana / Shishupalasana



**Target** - hip

**Modification** - spacious grip

**Variation** - interlaced fingers gripping shin,  
extend left arm (same arm that the leg is lifted), and fall onto that hip, rocking back and forth

**Contraindication** - knee

**Category** - REL

**Meridian** - kidney (yin), bladder (yang), gallbladder (yang)

## 88) Scale / Tolasana



**Target** - strength

**Modification** - block hands

**Contraindication** - wrists

**Category** - CA, BAL

**Meridian** - kidney (yin)

## 89) Scorpion / Vrschikasana



**Target** - arm balance

**Modification** - wall, assist

**Contraindication** - spine

**Category** - BAL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 90) Seated Baddha Konasana / Baddha Konasana



**Target** - groin

**Modification** - prop knees

**Contraindication** - knees

**Category** - REL, CL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), liver (yin), gallbladder

## 91) Seated Extended Twist / Utthita Parivrtta Paschimottasana



**Target** - hamstrings, side body

**Modification** - smaller twist, prop knees

**Contraindication** - hamstrings, back

**Category** - REL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 92) Seated Forward Fold / Paschimottanasana



**Target** - hamstrings, back

**Modification** - bend knees, use block (as in photo), or bolster, strap to feet, hinge from hips

**Variation** - block to bottom of feet for more stretch

**Contraindication** - low back

**Category** - CL

**Meridian** - kidney (yin), bladder (yang)

## 93) Seated Half Spinal Twist / Ardha Matsyendrasana



**Target** - twist

**Modification** - prop knees, prop pelvis

**Contraindication** - spine, knees

**Category** - REL

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

#### 94) Shoe Lace / Padukabandhini Asana



**Target** - hips

**Modification** - prop knees

**Contraindication** - knees

**Category** - REL

**Meridian** - spleen (yin), stomach (yang), liver (yin)

#### 95) Shoulder Rinse



**Target** - shoulders

**Modification** - use strap

**Contraindication** - low back, shoulders

**Category** - W

**Meridian** - bladder, lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 96) Shoulder Stretch (seated + with strap)



**Target** - shoulders

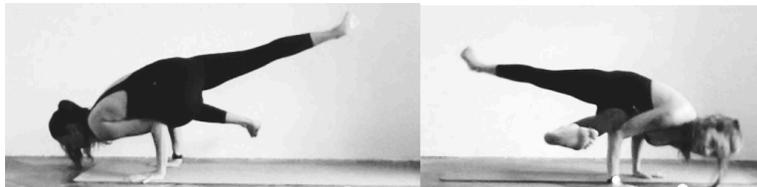
**Modification** - don't go down as far, widen hands

**Contraindication** - shoulders

**Category** - W / G / REL

**Meridian** - lung (yin), large intestine (yang), heart (yin),  
small intestine (yang) \* on knees add bladder (and), kidney (yin)

## 97) Side Crow / Eka Pada Koundinyasana



**Target** - arm balance

**Modification** - knees bent

**Contraindication** - wrists

**Category** - BAL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 98) Side Plank / Vasisthasana



**Target** - full body

**Modification** - bottom knee down

**Variation** - flip plank, hand behind head

**Contraindication** - wrist, low back

**Category** - F

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 99) Sphinx / Salamba Bhujangasana



**Target** - back

**Modification** - torso down

**Contraindication** - low back

**Category** - HO

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
heart (yin), small intestine (yang)

## 100) Staff / Dandasana



**Target** - ease

**Modification** - bend knees

**Contraindication** - low back

**Category** - G

**Meridian** - bladder (yang)

## 101) Standing Crescent Moon (Bikram) / Indudalasana



**Target** - side body

**Modification** - hands to back of head, feet apart

**Variation** - hands interlaced palms to sky, or interlaced and behind head, one legged, one arm to touch thigh, with the other stretching up and over

**Contraindication** - low back

**Category** - BAL

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 102) Standing Splits / Urdhva Prasarita Eka Padasana



**Target** - balance

**Modification** - hands to block

**Variation** - bind standing leg,  
hold both feet - standing leg out to side

**Contraindication** - knee

**Category** - Bal

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 103) Supine Leg Stretch / Anantasana



**Target** - hamstring

**Modification** - strap

**Contraindication** - hamstring, shoulder

**Category** - CL

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin),  
bladder (yang), liver (yin), gallbladder (yang), lung (yin),  
large intestine (yang), heart (yin), small intestine (yang)

## 104) Supine Twist / Supta Matsyendrasana



**Target** - spine, glute, shoulder

**Modification** - prop twisting leg

**Variation** - knee to floor, shoulder up  
(for healthy shoulder), snow angle movements,  
bind straight leg, shoulder blades down

**Contraindication** - shoulder, knee

**Category** - S

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 105) Table Top (aka reversed table top) / Purvottanasana



**Target** - shoulders, chest

**Modification** - knees bent

**Contraindication** - shoulders, low back

**Category** - CL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 106) Three Legged Downward Facing Dog / Eka Pada Adho Mukha Svanasana



**Target** - grounded leg, pelvis

**Modification** - bent leg

**Contraindication** - wrists, shoulders

**Category** - F

**Meridian** - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
heart (yin), small intestine (yang)

## 107) Toe Yoga / Utthita Anguli Sukhasana



**Target** - fascia release

**Modification** - not all fingers between toes

**Contraindication** - n/a

**Category** - REL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 108) Traditional Headstand / Salamba Sirsasana



**Target** - inversion

**Modification** - wall or assist

**Contraindication** - neck, high blood pressure

**Category** - REJ

**Meridian** - heart (yin), bladder (yang), gallbladder (yang)

## 109) Tree / Vrksasana



**Target** - ground & lengthen whole body

**Modification** - kickstand foot

**Variation** - hand variations

**Contraindication** - knee, pelvis

**Category** - BAL

**Meridian** - spleen (yin), stomach (yang), liver (yin),  
gallbladder (yang) \*add heart  
and lung (yin meridians) with arm rinse

## 110) Triangle / Trikonasana



**Target** - ground + extend

**Modification** - bend front knee, use block

**Contraindication** - tight inner thigh, low back

**Category** - G

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 111) Triangle Arm Balance / Parivrtta Vasisthasana



**Target** - balance

**Modification** - hold ankle, bring foot to side v front

**Contraindication** - shoulder, wrist

**Category** - BAL / F

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 112) Turtle / Supta Kurmasana



**Target** - hamstrings, spine

**Modification** - knees bent

**Contraindication** - hamstrings, spine

**Category** - REL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 113) Upright Big Toe (standing leg raise) / Utthita Hasta Padangusthasana



**Target** - balance, hamstring

**Modification** - bend knee, strap

**Variation** - hands to hips, leg extended  
forward, to the side, up to sky with bind

**Contraindication** - hamstring

**Category** - BAL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 114) Upward Facing Dog / Urdhva Mukha Svanasana



**Target** - spine

**Modification** - cobra

**Contraindication** - low back, neck

**Category** - W, HO

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 115) Warrior 1 / Virabhadrasana I



**Target** - full body

**Modification** - hands to hips, body angled

**Variation** - humble warrior, interlace fingers behind back and bow forward to the inside of your front leg

**Contraindication** - shoulders, low back, knee

**Category** - W

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 116) Warrior 2 / Virabhadrasana II



**Target** - full body

**Modification** - hands to hips, body angled

**Contraindication** - shoulders, low back, knee

**Category** - W

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 117) Warrior 3 / Virabhadrasana III



**Target** - full body

**Modification** - hands to hips, body angled

**Variation** - hands to angjali mudra, or airplane pose

**Contraindication** - shoulders, low back, knee

**Category** - W

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin), bladder (yang), liver (yin), gallbladder (yang), lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 118 Wheel / Urdhva Dhanurasana



**Target** - back bend

**Modification** - bridge, wall with blocks, ankles

**Contraindication** - low back

**Category** - HO

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 119) Wide Legged Forward Fold (standing) / Prasarita Padottanasana



**Target** - hamstrings

**Modification** - bend knees

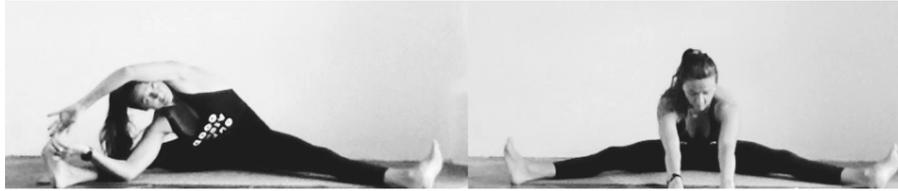
**Variation** - opposite hand to opposite ankle for twist,  
take hands to feet, skandasana

**Contraindication** - hamstrings, back

**Category** - G

**Meridian** - ALL - spleen (yin), stomach (yang), kidney (yin),  
bladder (yang), liver (yin), gallbladder (yang), lung (yin),  
large intestine (yang), heart (yin), small intestine (yang)

## 120) Wide Seated Forward Bend / Upavistha Konasana



**Target** - hamstrings, groin

**Modification** - prop torso, prop knees

**Contraindication** - back

**Category** - REL, CL

**Meridian** - ALL - spleen (yin), stomach (yang),  
kidney (yin), bladder (yang), liver (yin), gallbladder (yang),  
lung (yin), large intestine (yang), heart (yin), small intestine (yang)

## 121) Wide Wipers / Jathara Parivartanasana (variation)



**Target** - spine, pelvis, quad

**Modification** - prop under legs

**Contraindication** - low back, knees

**Category** - REL, CL

**Meridian** - spleen (yin), stomach (yang), kidney (yin),  
bladder (yang), liver (yin), gallbladder (yang)

## 122) Wind Removing Pose / Pavanamuktasana (both knees in Apanasana)



**Target** - colon, hip flexors

**Modification** - prop under extended leg

**Variation** - standing hugging shin in  
or hugging in with bind

**Contraindication** - low back

**Category** - REL, CL, Variation: B

**Meridian** - spleen (yin), stomach (yang),  
liver (yin), heart (yin)

## 123) Windshield Wipers / Jathara Parivartanasana



**Target** - spine, pelvis

**Modification** - prop leg

**Contraindication** - low back, knees

**Category** - REL, S

**Meridian** - spleen (yin), stomach (yang), kidney (yin),  
bladder (yang), liver (yin), gallbladder (yang)