

BE A YOGI

TYPES OF YOGA



#InternationalYogaDay

10 TYPES OF YOGA

EXPLAINED SIMPLY

<p>RESTORATIVE YOGA</p> <p>Restorative yoga poses are designed to be soothing, well-supported poses that offer the body the opportunity to linger quietly.</p> <p>Celebrity: Adam Levine Lisa Haydon</p> 	<p>PRENATAL YOGA</p> <p>Prenatal yoga is a multifaceted approach to exercise that encourages stretching, mental centering and focused breathing.</p> <p>Celebrity: Miranda Kerr Jessica Alba</p> 
<p>VINYASA YOGA</p> <p>Vinyasa Yoga is all about fluidity, involving creative flowing sequences geared to open and strengthen the entire body.</p> <p>Celebrity: Divya Rao Miley Cyrus</p> 	<p>KUNDALINI YOGA</p> <p>Using sound, breath, and posture, Kundalini Yoga aims to develop spiritual awareness by harnessing the serpent power.</p> <p>Celebrity: Melanie Griffith Sting (Gordon Matthew) Russell Brand</p> 
<p>KRIPALU YOGA</p> <p>Ideal for people facing life's challenges, Kripalu is gentle yoga that emphasizes moving at your own pace, self-acceptance, and adaptability.</p> <p>Celebrity: Bipasa Basu Nargis Fakri</p> 	<p>POWER YOGA</p> <p>Put simply, Power Yoga is a series of postures designed to improve strength, balance, and flexibility.</p> <p>Celebrity: Ricky Martin</p> 
<p>HOT YOGA</p> <p>Performed in hot and humid conditions, hot yoga often seeks to replicate the conditions of India where yoga originated.</p> <p>Celebrity: Jennifer Aniston Demi Moore Madonna</p> 	<p>HATHA YOGA</p> <p>This yoga form challenges your body and emphasizes physical exercises to master the body.</p> <p>Celebrity: Ricky Martin Madonna</p> 
<p>IYENGAR YOGA</p> <p>Iyengar is a type of Hatha yoga where the focus is on alignment as well as the union of body, mind and soul.</p> <p>Celebrity:</p> 	<p>ASHTANGA YOGA</p> <p>Ashtanga means eight branches, of which asana or physical yoga posture is merely one branch; breath or pranayama is another.</p> <p>Celebrity:</p> 



ARDHA CHAKRSANA (HALF WHEEL POSTURE)

This posture resembles half wheel in final position, so it's called **Ardha Chakrasana** or **half wheel posture**.

ARDHA CHAKRASANA HALF WHEEL POSE



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TADASANA (PALM TREE POSE)

In Sanskrit '**Tada**' means palm tree. In the final position of this posture, the body is steady like a Palm tree, so this posture called as '**Tadasana**'.

TADASANA THE PALM TREE POSE

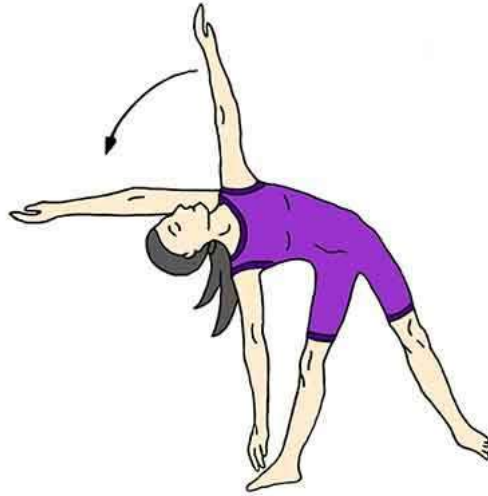


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TRIKONASANA (TRIANGLE POSTURE)

The final position of this posture looks like a '**triangle**' in shape, so it's called **Trikonasa** or **triangular stretch pose**.

TRIKONASANA THE TRIANGLE POSE



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VEERABHADRASANA -2

‘**Veera Bhadra**’ is one of the Gana (can call as Soldier) of Lord Shiva. This pose dedicated to him, so this posture is called as **Veerabhadrasana**. This posture also called as **Warrior pose**.

VIRABHADRASANA - II THE WARRIOR POSE



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PARSHWA KONASANA (SIDE ANGLE POSTURE)

In Sanskrit ‘**Parshwa**’ means Side, ‘**Kona**’ means angle. In the final position of this posture, the body forms a side angle, so this posture called as **Parshwa Konasana**.

PARIVRITTA PARSVAKONASANA REVOLVED SIDE ANGLE POSE



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BHUJANGAASANA

The final position of this posture emulates the action of cobra raising itself just prior to striking at its prey, so it's called **cobra posture or Bhujangasan**.

BHUJANGASANA THE COBRA POSE

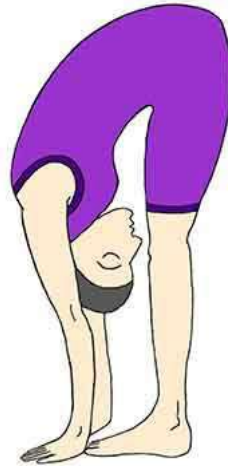


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PADAHASTASANA

“**Pada**” means foot, “**hasta**” means hand. So the exact English translation is the foot hand pose. This asana widely called as the **forward bending posture**.

PADA HASTASANA HAND TO FOOT POSE



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USTRASANA

The final position of this posture looks like **Camel**, so its called camel posture or **Ustrasana**.

USHTRASANA THE CAMEL POSE



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MARJARASANA

‘**Marjara**’ means Cat, this posture imitates the periodical upward and down word stretching of the Cat, so it’s called **Marajarasana**.

MARJARIASANA THE CAT POSE



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PASCHIMOTTANASANA

Paschima means back or west, '**uttana**' means to stretch, in this posture **back stretches nicely**, so-called back stretching pose. This posture also called as **Ugrasana**.

PASCHIMOTTANASANA THE FORWARD BEND POSE



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ARDHA MATSYENDRASANA (HALF-SPINAL TWIST POSE)

Great yogi **Matsyendra Nath** did meditation in this posture. So this posture called as **Ardha Matsyendrasana**.

ARDHA MATSYENDRASANA HALF SPINAL TWIST POSE



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PADMASANA

‘**Padma**’ means lotus, the final position of this posture looks like lotus, so it is called **Padmasana**.

PADMASANA THE LOTUS POSE



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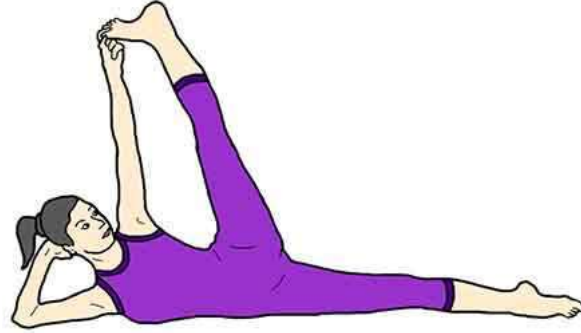
ANANTA SHAYANASANA

‘**Ananta shayana**’ refers to Lord Vishnu. During ‘maha pralaya’ Lord Vishnu slept above ‘**Adishesha**’(1000 headed serpent) in this position. So this posture called as **Ananta Shayanasana**.

ANATASANA

SLEEPING VISHNU POSE

SIDE RECLINING LEG LIFT POSE



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PAVANA MUKTASANA

In Sanskrit '**Pawan**' means wind, '**Mukta**' means release. This posture is very useful in removing wind from the intestines and stomach. So this posture called as "**Pawan muktasana**".

PAWANMUKTASANA

GAS RELEASE POSE



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PURVAUTTANASAN

'**Purva**' refers to the front part of the body. '**Uttana**' means raising. The front part of the body is rising in the final position of this posture, so it's called "**Purvottanasana**".

REVERSE TABLE TOP POSE



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VRKSHAASANA(TREE POSTURE)

‘**Vrksha**’ means tree, the final position of the posture resembles a tree. So it is called **Vrkshasana** or **one leg stand**.

VRIKSHASANA THE TREE POSE



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GARUDASANA (EAGLE POSE)

Garuda is the vehicle of Lord Vishnu. This posture resembles garuda or eagle so it's called as **Garudasana**.

SEATED EAGLE POSE GARUDASANA

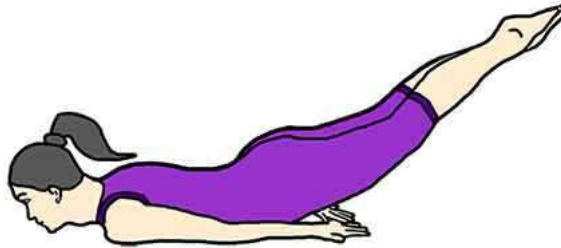


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SHALABHASANA (LOCUST POSTURE)

‘**Shalabha**’ means Locust, The final position of this posture imitate the tail of a locust, so this posture called as **Shalabhasana or Locust posture**.

SHALABHASANA THE LOCUST POSE

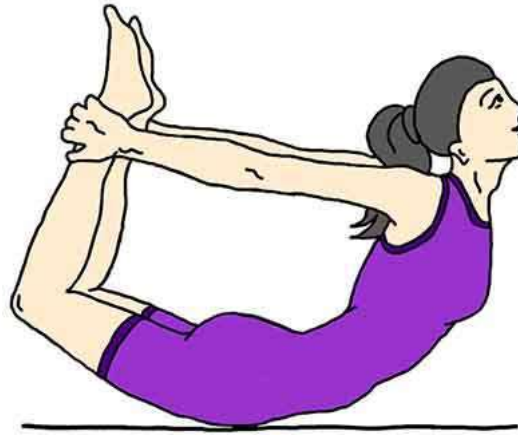


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DHANURASANA (BOW POSTURE)

Dhanur means ‘**bow**’, in the final position of this posture the body resembles a bow, so this posture called **Dhanurasana or Bow posture**.

DHANURASANA THE BOW POSE



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ARDHA HALASANA (HALF PLOUGH POSE)

‘**Ardha**’ means half, ‘**hala**’ means plough, the final position of this pose resembles a half plough, so it’s called as **Ardha Halasana**.

ARDHA CHAKRASANA HALF WHEEL POSE

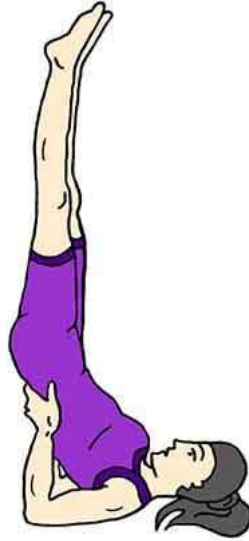


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VIPAREETA KARANI MUDRA

In Sanskrit ‘**Vipareeta**’ means inverted, ‘**karani**’ means to get done, mudra means psychic attitude; so the English translation of this practice is the inverted psychic attitude.

VIPAREET KARANI MUDRA



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SARVANGASANA (SHOULDER STAND)

In Sanskrit '**Sarva anga**' means the whole body. The whole body getting benefited by this posture, so it's called so. The most common English name for this posture is shoulder stand pose. This is one of the very useful yoga postures. This posture called as the Queen of all the postures, whereas headstand called as the King of Postures.

SARVANGASANA THE SHOULDER STAND



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UTTANA PADASANA

In Sanskrit '**Uttana**' means raising, '**pada**' means foot. In the final position of this posture both feet are rising; so this posture called as **Uttana Padasana**.

UTTANPADASANA THE RAISED LEG POSE

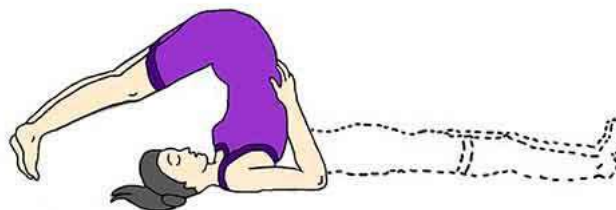


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HALASANA (PLOUGH POSE)

In Sanskrit '**Hala**' means Plough. The final position of this posture resembles a plough, so this posture called as **Halasana or the plough pose**.

HALASANA THE PLOUGH POSE



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CHAKRASANA (WHEEL POSTURE)

'**Chakra**' means wheel. The body looks like wheel shape in the final position of this posture, so it's called as **Chakrasana**.

CHAKRASANA THE WHEEL POSE

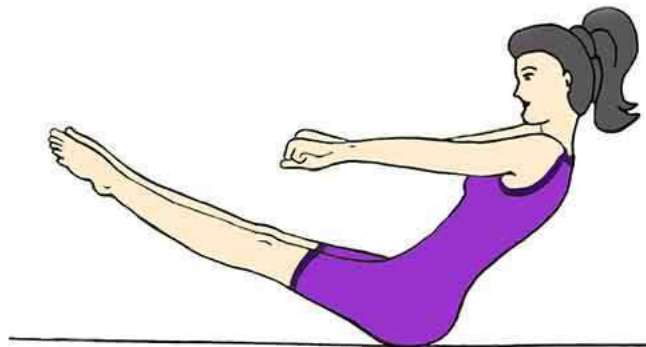


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NAUKASANA (BOAT POSTURE)

In Sanskrit '**Nauka**' means boat; the final position of this posture resembles a boat, so this posture called as **Naukasana**.

NAUKASANA THE BOAT POSE



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GOMUKHASANA

In Sanskrit '**gomukha**' means cows face. This posture resembles the face of a contented cow, so this posture called as **Gomukhasana**.

GOMUKHASANA THE COW FACE POSE



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SHAVASANA (RELAXING POSE)

‘**Shava**’ means dead body. Lying down on the floor like the dead body is called **Shavasana**. One of the main classical texts of yoga, called hatha yoga pradeepika written by Yogi Swatmarama in the 16th century explains Shavasana as below.

SHAVASANA THE CORPSE POSE

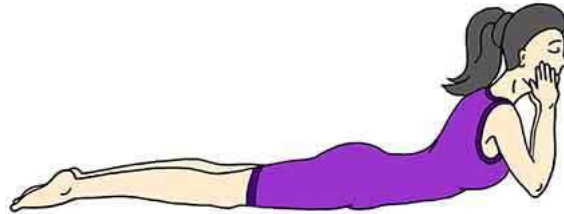


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MAKARAASANA

‘**Makara**’ means crocodile, relaxing on the floor facing downwards steadily same like the crocodile, so it’s called “**Makarasana**”.

MAKARASANA THE CROCODILE POSE



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