

YOGA



100 TOP *YOGA POSES
WITH PICTURES!*



COLLECTION OF VARIOUS
-> HINDUISM SCRIPTURES
-> HINDU COMICS
-> AYURVEDA
-> MAGZINES

FIND ALL AT [HTTPS://DSC.GG/DHARMA](https://dsc.gg/dharma)

Made with



By

Avinash/Shashi

**Icreator of
hinduism
server!**

KAPWING

YOGA

Top 100 Yoga Poses with Pictures

Copyright 2015 by Anna Smith - All rights reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

Table of Contents

[Introduction](#)

[Chapter 1: Standing Poses](#)

[Tadasana or Mountain Pose](#)

[Vrksasana or Tree Pose](#)

[Uttanasana or Standing Forward Bend](#)

[Trikonasana or Triangle Pose](#)

[Parivrtta Trikonasana or Revolved Triangle Pose](#)

[Utthita Parsvakonasana or Extended Side Angle Pose](#)

[Virabhadrasana 1 or Warrior 1 pose](#)

[Virabhadrasana 2 or Warrior 2 Pose](#)

[Virabhadrasana 3 or Warrior 3 Pose](#)

[Ardha Chandrasana or Half Moon pose](#)

[Parivrtta Ardha Chandrasana or The Reverse Half Moon Pose](#)

[Anjaneyasana or The Deep Lunge Pose](#)

[Urdhva Virabhadrasana II or Upward Warrior 2](#)

[Parivrtta Konasana or The Reverse Extended Side Angle](#)

[Parivrtta Anjaneyasana or Revolved Lunge Pose](#)

[Utkatasana or Chair Pose](#)

[Garudasana or Eagle Pose](#)

[Utthita Hasta Padangustasana or Extended Hand To Big Toe Pose](#)

[Parighasana or Gate Pose](#)

[Natarajasana or Lord of the Dance/King Dancer Pose](#)

[Parsvottanasana or Intense Side Stretch Pose](#)

[High Lunge Crescent Pose](#)

[Urdhva Prasarita Eka Padasana or Standing Split](#)

[Prasarita Padottanasana or Wide-Legged Forward Bend](#)

[Chapter 2: Seated Poses](#)

[Padmasana or Lotus Pose](#)

[Agnistambhasana or Fire Log Pose](#)

[Sukhasana or Easy Pose](#)

[Baddha Konasana or Bound Angle Pose](#)

[Gomukhasana or Cow Face Pose](#)

[Ardha Matsyendrasana or Half Lord of the Fishes Pose](#)

[Paripurna Navasana or Boat Pose](#)

[Janu Sirsasana or Head-to-Knee Forward Bend](#)

[Virasana or Hero Pose](#)

[Krounchasana or Heron Pose](#)

[Marichyasana III or Marichi's Pose](#)

[Hanumanasana or Monkey Pose](#)

[Marichyasana I or Pose Dedicated to the Sage Marichi I](#)

[Parivrtta Janu Sirsasana or Revolved Head-to-Knee Pose](#)

[Dandasana or Staff Pose](#)

[Paschimottanasana or Seated Forward Bend](#)

[Upavistha Konasana or Wide-Angle Seated Forward Bend](#)

[Chapter 3: Inversions](#)

[Salamba Sirsasana or Supported Headstand](#)

[Salamba Sarvangasana or Supported Shoulderstand](#)

[Pincha Mayurasana or Feathered Peacock Pose](#)

[Adho Mukha Vrksasana or Handstand](#)

[Halasana or Plow Pose](#)

[Eka Pada Salamba Sarvangasana or One Leg Shoulderstand](#)

[Ardha Bhikasana Parsva Sarvangasana or Half Frog Side Shoulderstand](#)

[Chapter 4: Arm Balance](#)

[Bakasana or Crow Pose](#)

[Dolphin Plank Pose](#)

[Mayurasana or Peacock Pose](#)

[One Arm Peacock Pose](#)

[Astavakrasana or Eight-Angle Pose](#)

[Chaturanga Dandasana or Four-Limbed Staff Pose](#)

[Firefly Pose](#)

[Plank Pose](#)

[Eka Pada Koundinyasana I or Pose Dedicated to the Sage Koundinya I](#)

[Eka Pada Galavasana or Flying Crow/Pigeon Pose](#)

[Parsva Dandasana or Side Staff/Plank Pose](#)

[Scale Pose or Tolasana](#)

[Bhujapidasana or Shoulder-Pressing Pose](#)

[Scorpion Pose or Bhuja Vrischikasana](#)

[Parsva Bakasana or Side Crow Pose](#)

[Downward Facing Dog](#)

[Chapter 5: Backbends](#)

[Camatkarasana or Wild Thing](#)

[Bow Pose or Dhanurasana](#)

[Setu Bandha Sarvangasana or Bridge Pose](#)

[Ustrasana or Camel Pose](#)

[Cobra Pose or Bhujangasana](#)

[Fish Pose or Matsyasana](#)

[Cow Pose](#)

[Locust Pose or Salabhasana](#)

[Ardha salabhasana or Half Locust Pose](#)

[Fish in Lotus Pose](#)

[One-Legged King Pigeon Pose or Eka Pada Rajakapotasana](#)

[One-Legged King Pigeon Pose II or Eka Pada Rajakapotasana II](#)

[Pigeon Pose or Kapotasana](#)

[Sphinx Pose](#)

[Urdhva Dhanurasana or Wheel Pose](#)

[Urdhva Mukha Svanasana or Upward-Facing Dog Pose](#)

[Upward Facing Two-Foot Staff Pose or Dwi Pada Viparita Dandasana](#)

[Chapter 6: Other Poses](#)

[Revolved Side Angle or Parivrtta Pārśvakonasana](#)

[Tortoise or Kūrmāsana](#)

[Crocodile Pose or Makarāsana](#)

[Noose Pose or Parya ṇ kāsana](#)

[Lion Pose or Si ṁ hāsana](#)

[Child's Pose or Bālāsana](#)

[Pendant Pose or Lolāsana](#)

[Garland Pose or Mālāsana](#)

[Ear-pressing Pose or Kar ṇ apī ḍ āsana](#)

[Belly Revolving Posture or Ja ṭ haraparivartanāsana](#)

[Fetus Pose or Garbhāsana](#)

[Happy Baby Pose](#)

[Corpse Pose](#)

[Rabbit Pose or Sasangasana](#)

[Zen Pose or Suptavajrāsana](#)

[Goddess Pose](#)

[Vatayanasana or Horse Pose](#)

[Peacock Feather Pose with legs in Padmasana/Elbow Balance](#)

[Reclining Bound Angle or Suptabaddhakonāsana](#)

[Chapter 7: Safety Tips](#)

[Conclusion](#)

Introduction

I want to thank you and congratulate you
for purchasing this book...

“YOGA: Top 100 Poses with Pictures”

For thousands of years, people in India have been practicing yoga to improve the health of the mind, body, and spirit. This ancient practice is known as Hatha Yoga. This is a meditative exercise that makes use of flexible body movements and poses in rechanneling energy for better physical and mental strength, and healing.

Yoga is an optimal form of exercise and can be practiced by any person of any age and race. It is a relaxed yet powerful method of boosting the body's immunity, strength, flexibility, and internal health. It is also an effective way of relieving stress and tension because it relaxes the body and promotes peace of mind.

Yoga is also a cognitive booster. It helps treat anxiety, depression, and other stress-related psychological conditions. And because yoga is a challenging art, it enhances the mind's ability to focus better, think more clearly, and overcome fear.

Aside from being a meditative exercise that promotes health and well-being, yoga is also known to be a therapeutic regimen. Yoga is now popularly practiced as part of alternative therapies for people who are recovering from various physical conditions and those suffering from traumatic psychological disorders.

Thanks again for purchasing this book, I
hope you enjoy it!

Chapter 1

Standing Poses Standing poses improves strength. These poses also promote stability and balance, as well as rejuvenate and heal different body parts.

These poses are often used as warm up exercises to prepare the body for a more intense exercise. Any standing pose can be a base for many other poses because it allows easy shifting to more complex poses for meditation and work-out. Furthermore, standing poses improves and establishes work-out posture, so you can proceed without the risk of injuring yourself due to improper body posture.

1. Tadasana or Mountain Pose

The Mountain Pose helps improve one's posture, strengthen the inner legs, firm the core, and relieve leg pains.



Photo Source: Wikipedia.org

Vrksasana or Tree Pose

The Tree pose helps improve balance, strengthen leg muscles and joints, and relieve leg pains.



Photo Source: [boston magazine.com](http://bostonmagazine.com)

2. Uttanasana or Standing Forward Bend

The Standing Forward Bend helps relieve stress, strengthen the legs, improve digestion, reduce fatigue, relieve menopause discomforts, and relieve insomnia and headache.



MICHAEL WINOKUR

Photo Source: yogajournal.com

3. Trikonasana or Triangle Pose

The Triangle Pose helps relieve stress, stimulate abdominal organs, stretch abdominal and leg muscles, relieve menopause discomforts, and strengthen legs.



Photo Source: Wikipedia.org

4. Parivrtta Trikonasana or Revolved Triangle Pose

The Revolved Triangle Pose helps improve breathing by opening the chest, stretch the hips and backbone, strengthen the legs, and improve balance.



Photo Source: yogajournal.com

5. Utthita Parsvakonasana or Extended Side Angle Pose

The Extended Side Angle Pose helps strengthen the leg muscles and ankles, increase stamina, and stimulate abdominal organs.



Photo Source: Wikipedia.org

6. Virabhadrasana 1 or Warrior 1 pose

The Warrior I Pose helps strengthen leg muscles, strengthen torso and back muscles, and stretch the chest muscles.



MICHAEL WINOKUR

Photo Source: yogajournal.com

7. Virabhadrasana 2 or Warrior 2 Pose

The Warrior II Pose helps increase stamina, relieve back aches, stimulate abdominal organs, and stretch leg and torso muscles.



Photo Source: Wikipedia.org

8. Virabhadrasana 3 or Warrior 3 Pose

The Warrior III Pose helps tone the abdominal muscles, strengthen ankles and legs, and strengthen shoulders and back muscles.



MICHAEL WINOKUR

Photo Source: yogajournal.com

9. Ardha Chandrasana or Half Moon pose

The Half moon Pose helps strengthen the abdominal and leg muscles, improve balance and coordination, and relieve stress.



RICHARD CUMMINGS

Photo Source: yogajournal.com

10. Pariivrtta Ardha Chandrasana or The Reverse Half Moon Pose

The Reverse Half Moon Pose helps strengthen the leg and lower back muscles, and strengthen the hips and shoulders.



Photo Source: yogajournal.com

11. Anjaneyasana or The Deep Lunge Pose

The Deep Lunge or Low Lunge Pose helps relieve leg pains and stretch the torso.



MARTY SCONDITO

Photo Source: yogajournal.com

12. **Urdhva Virabhadrasana II** or Upward **Warrior 2**

The Upward Warrior II Pose helps strengthen the leg and knee muscles, and stretch the arm and shoulder muscles.



Photo Source: yogateachercentral.com

13. **Parivrta Konasana** or **The Reverse Extended Side Angle**

The Reverse Side Angle Pose helps stretch groin and leg muscles, increase stamina, and stimulate abdominal organs.



Photo Source: yogibe.tumblr.com

14. Parivrtta Anjaneyasana or Revolved Lunge Pose

The Revolved Lunge Pose helps strengthen leg and hip muscles, improve digestion, relieve leg pain, and increase stamina.



Photo Source: [gaiamtv.com](https://www.gaiamtv.com)

15. [Utkatasana](#) or [Chair Pose](#)

The Chair Pose helps strengthen the lower back and legs, and stretch the chest and shoulders.



Photo Source: Wikipedia.org

16. Garudasana or Eagle Pose

The Eagle Pose helps improve balance, and stretch the legs and torso.



Photo Source: Wikipedia.org

17. Utthita Hasta Padangustasana or Extended Hand To Big Toe Pose

The Hand to Big Toe Pose helps improve balance and strengthen the legs and ankles.



JEFF NELSON

Photo Source: yogajournal.com

18. Parighasana or Gate Pose

The Gate Pose helps stretch the side of the torso and backbone, stimulate abdominal organs, and stretch the hamstrings.



Photo Source: yogajournal.com

19. Natarajasana or Lord of the Dance/King Dancer Pose

The Lord of the Dance Pose helps improve balance, strengthen legs and ankles, and stretch leg and torso muscles.



CHRIS ANDRE

Photo Source: yogajournal.com

20. **Parsvottanasana** or Intense Side Stretch Pose

The Intense Side Stretch helps calm the mind, strengthen the legs, and improve posture.



Photo Source: gaiamtv.com

21. High Lunge Crescent Pose



Photo Source: yogajournal.com

22. **Urdhva Prasarita Eka Padasana** or Standing Split

The Standing Split helps calm the mind, strengthen the calves and knees, and stretch the groin and legs.



Photo Source: mantrassage.com

23. **Prasarita Padottanasana or Wide-Legged Forward Bend**

The Wide-Legged Forward Bend helps strengthen the legs and backbone, relieve back ache, and tone the abdomen.



Photo Source: yogajournal.com

Chapter 2

Seated Poses

Each of the different seated poses offers different and unique health benefits. Seated poses also offer a wide range of physical and emotional benefits, including the relief of anxiety, depression, and traumatic distress.

The most common seated poses that are used in many yoga classes are bound angle pose, seated twists, boat pose, lotus pose, hero, and seated forward bend. Seated poses help strengthen your spine and relax your body. These poses are great for relieving stress, strengthening and sculpting your core.

24. Padmasana or Lotus Pose

Helps calm the mind, ease menstrual discomforts, stimulate pelvic organs, and stretch knees and ankles.



RICHARD CUMMINGS

Photo Source: yogajournal.com

25. **Agnistambhasana** or Fire Log Pose

Helps stretch the groin and hip muscles.



Photo Source: yogajournal.com

26. Sukhasana or Easy Pose

Helps stretch the ankles and knees, calm the mind, and strengthen the back.



Photo Source: yogajournal.com

27. **Baddha Konasana** or **Bound Angle Pose**

Helps stretch the inner legs, ease menstrual discomforts, stimulate abdominal and pelvic organs, and improve circulation.



Photo Source: wikipedia.org

28. [Gomukhasana](#) or Cow Face Pose

Helps stretch the leg and torso muscles.



Photo Source: yogaily.com

29. **Ardha Matsyendrasana or Half Lord of the Fishes Pose**

Helps stimulate digestion, stimulate the liver and kidneys, relieve menstrual discomforts, and stretch shoulders and hips.



CHRIS ANDRE

Photo Source: yogajournal.com

30. **Paripurna Navasana** or Boat Pose

Helps relieve stress, strengthen abdominal muscles, and improve digestion.



CHRIS ANDRE

Photo Source: yogajournal.com

31. Janu Sirsasana or Head-to-Knee Forward Bend

Helps stimulate the liver and kidneys, improve digestion, relieve stress and anxiety, ease menopause discomforts, and stretch the backbone.



Photo Source: Wikipedia.org

32. Virasana or Hero Pose

Helps stretch thighs and knees, improve digestion, relieve gas, and relieve menopause discomforts.



Photo Source: Wikipedia.org

33. Krounchasana or Heron Pose



Photo Source: ashtangayoga.tumblr.com

34. Marichyasana III or Marichi's Pose

Helps massage and stimulate the abdominal organs, relieve back ache, ease pelvic pain, and strengthen the backbone.



Photo Source: care2.com

35. [Hanumanasana](#) or [Monkey Pose](#)

Helps stretch the leg muscles.



Photo Source: [gaiamtv.com](https://www.gaiamtv.com)

36. **Marichyasana I** or **Pose Dedicated to the Sage Marichi I**

Helps stretch the backbone and stimulate abdominal organs.



Photo Source: yogajournal.com

37. **Parivrta Janu Sirsasana or Revolved Head-to-Knee Pose**

Helps stretch the backbone and legs, stimulate the liver and kidneys, and improve digestion.



Photo Source: pixgood.com

38. Dandasana or Staff Pose



Photo Source: yogajournal.com

39. **Paschimottanasana** or **Seated Forward Bend**

Helps stretch the shoulders and backbone, ease menstrual discomforts, stimulate abdominal and pelvic organs, and ease headaches.



Photo Source: jadeallan.com

40. [Upavistha Konasana](#) or [Wide-Angle Seated Forward Bend](#)

Helps stimulate abdominal organs, calm the mind, and stretch the legs.



Photo Source: yogaoutlet.com

Chapter 3

Inversions

Inversions are very challenging yoga poses that are difficult to attain for most people, but practicing these poses provides benefits that make the practice worth doing so. Inversions can give your heart a break. When you are in an upright position, the gravity pulls the fluids and the tissues in your body downwards towards your feet. If you position yourself upside down, you reverse the blood flow in your body. This will make your heart work less hard for a while.

Inversions can also improve your sense of balance and help promote better body awareness. In addition to building your core strength, these poses also force you to concentrate better and keep your focus on balancing your body.

Many experts believe that inversions can also help you maintain your youthful vitality to keep you looking and feeling young.

41. [Salamba Sirsasana](#) or [Supported Headstand](#)

Helps stimulate the pituitary and pineal glands, strengthen the lungs, and strengthen the arms and backbone.



RORY EARNSHAW

Photo Source: yogajournal.com

42. **Salamba Sarvangasana** or Supported Shoulderstand

Helps tone the legs and buttocks, improve digestion, and stimulate the thyroid and prostate glands.



RORY EARNSHAW

Photo Source: yogajournal.com

43. **Pincha Mayurasana** or **Feathered Peacock Pose**

Helps improve balance and strengthens the shoulders and back.



Photo Source: imgarcade.com

44. [Adho Mukha Vrksasana](#) or [Handstand](#)

Helps strengthen the shoulder and arms, improve balance, and stretch the belly.



Photo Source: yogajournal.com

45. Halasana or Plow Pose

Helps stimulate abdominal organs, stretch the shoulders and backbone, and relieve menopause discomforts.



Photo Source: carenbagski.com

46. [Eka Pada Salamba Sarvangasana](#) or One Leg Shoulderstand



Photo Source: al-joga.pl

47. [Ardha Bhekasana Parsva Sarvangasana](#) or Half Frog Side
Shoulderstand



Photo Source: forteyoga.com

Chapter 4

Arm Balance Arm balance poses help increase your strength. These also increase your body awareness and help you focus better.

These poses offer a range of health benefits. Some arm balance poses also help increase your abdominal muscle strength while most poses help flatten the abdomen. Practicing arm balance poses can be a way to minimize fear because they require you to focus on attaining and maintaining the poses by avoiding tipping over. Arm balancing is also effective in strengthening your arms and improving balance.



Bakasana or Crow Pose

Photo Source: tarastiles.com

48. Dolphin Plank Pose



JEFF NELSON

Photo Source: yogajournal.com

49. Mayurasana or Peacock Pose



Photo Source: chikri.com

50. One Arm Peacock Pose



Photo Source: vegacommunity.com

51. Astavakrasana or Eight-Angle Pose



CHRIS ANDRE

Photo Source: yogajournal.com

52. Chaturanga Dandasana or Four-Limbed Staff Pose



Photo Source: tummee.com

53. Firefly Pose



JEFF NELSON

Photo Source: yogajournal.com

54. Plank Pose



JASPER JOHAL

Photo Source: yogajournal.com

55. [Eka Pada Koundinyanasana I](#) or [Pose Dedicated to the Sage Koundinya I](#)



JEFF NELSON

Photo Source: yogajournal.com

56. Eka Pada Galavasana or Flying Crow/Pigeon Pose



Photo Source: yogajournal.com

57. **Parsva Dandasana** or Side Staff/Plank Pose



Photo Source: yogajournal.com

58. Scale Pose or Tolasana



Photo Source: yogajournal.com

59. Bhujapidasana or Shoulder-Pressing Pose



Photo Source: yogajournal.com

60. Scorpion Pose or [Bhuja Vrischikasana](#)



Photo Source: kharamkhare.com

61. **Parsva Bakasana** or Side Crow Pose



Photo Source: popsugar.com

62. Downward Facing Dog



Photo Source: joycerey.com

Chapter 5

Backbends

Backbends can be challenging poses, but they are amazing and they offer fantastic benefits, too. Backbends can generally relieve anxiety and stress, as well as increase your discipline, dedication, and mental strength.

Most backbends open up your chest. These poses also bring your spine to its natural flexion.

Backbends help increase your flexibility and relieve back and neck pain. These poses also increase your muscle strength.

Backbend poses stretch your abdominal muscles and increase the strength of your core. Backbends can be complex and intimidating, but practicing these poses can actually boost your courage and positive thinking. These poses help you go past your self-imposed limits.

Backbends are also proven to relieve insomnia and treat other sleeping disorders. These poses improve circulation, thus helping your body relax and sleep better.

65. Camatkarasana or Wild Thing



MICHAEL WINOKUR

Photo Source: yogajournal.com

66. Bow Pose or [Dhanurasana](#)



Photo Source: galleryhip.com

67. [Setu Bandha Sarvangasana](#) or Bridge Pose



MICHAEL WINCKUR

Photo Source: yogajournal.com

68. Ustrasana or Camel Pose



MICHAEL WINOKUR

Photo Source: yogajournal.com

69. Cobra Pose or [Bhujangasana](#)



Photo Source: dailyperricone.com

70. Fish Pose or Matsyasana



Photo Source: pixgood.com

71. Cow Pose

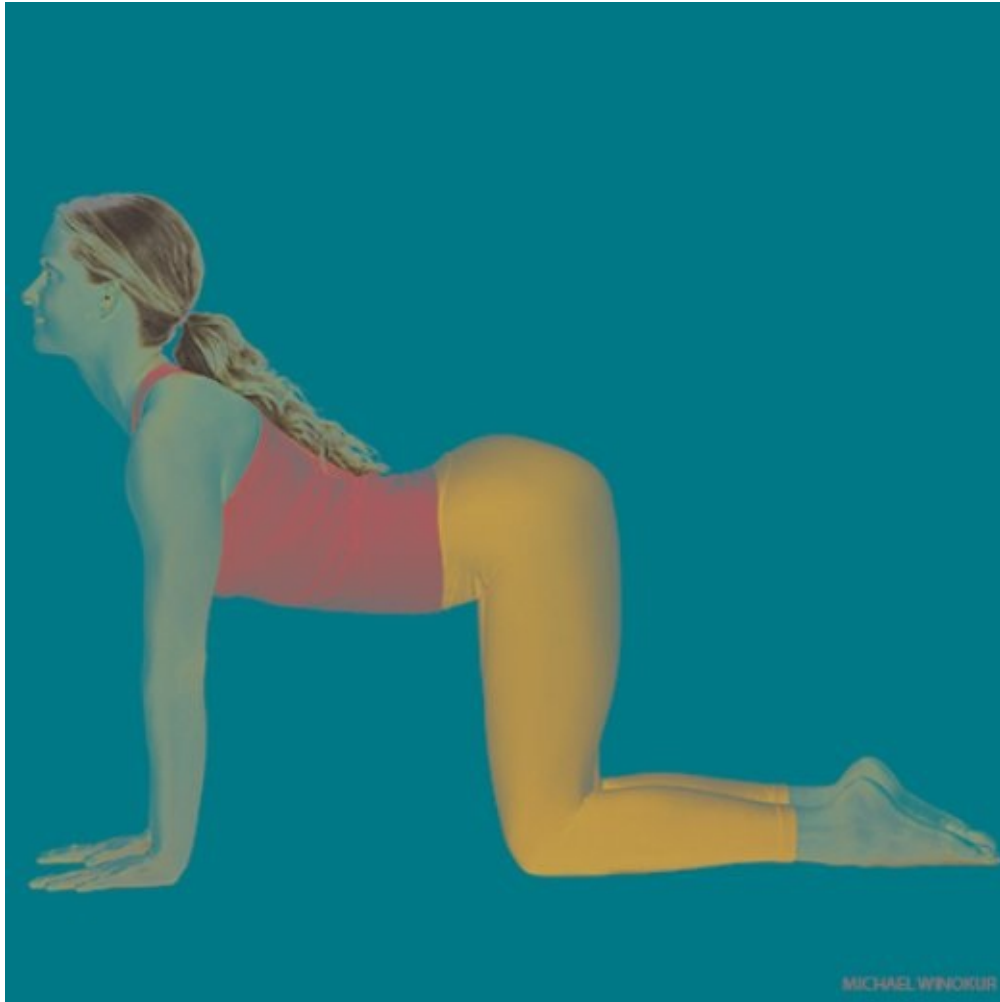


Photo Source: yogajournal.com

72. Locust Pose or [Salabhasana](#)



JEFF NELSON

Photo Source: yogajournal.com

73. Ardha salabhasana or Half Locust Pose



Photo Source: bikramlosangeles.com

74. Fish in Lotus Pose



Photo Source: Fish in Lotus Pose

75. [One-Legged King Pigeon Pose](#) or [Eka Pada Rajakapotasana](#)



Photo Source: yogajournal.com

76. **One-Legged King Pigeon Pose II** or **Eka Pada Rajakapotasana II**



Photo Source: yogajournal.com

77. Pigeon Pose or [Kapotasana](#)



Photo Source: yogajournal.com

78. Sphinx Pose



CHRIS ANDRE

Photo Source: yogajournal.com

79. [Urdhva Dhanurasana](#) or Wheel Pose



Photo Source: Wikipedia.org

80. Urdhva Mukha Svanasana or Upward-Facing Dog Pose



DAVID MARTINEZ

Photo Source: yogajournal.com

81. Upward Facing Two-Foot Staff Pose or Dwi Pada Viparita Dandasana



Photo Source: yogajournal.com

Chapter 6

Other Poses

There are actually more than 100,000 asanas or yoga poses. However, only a few numbers of the common poses are practiced in the West. In the next pages are the other poses that you should try. These poses are usually practiced in intermediate yoga classes.

These poses can help you lose more weight effectively. Since yoga improves cognitive functions and increases mindfulness, practicing these poses will help you make prudent choices regarding what you eat and drink. These poses also strengthen your immune system and increase your energy.

82. Revolved Side Angle or [Pariivrtta Pārśvakonasana](#)



Photo Source: yogajournal.com

83. Tortoise or [Kūrmāsana](#)



Photo Source: womenfitness.com

84. Crocodile Pose or [Makarāsana](#)



Photo Source: banyanbotanicals.com

85. Noose Pose or Parya ĩ kāsana



Photo Source: Wikipedia.org

86. **Lion Pose or [Si m hāsana](#)**



Photo Source: Wikipedia.org

87. **Child's Pose or [Bālāsana](#)**



Photo Source: Wikipedia.org

88. Pendant Pose or Lolāsana



Photo Source: yogajournal.com

89. **Garland Pose or** **Mālāsana**



Photo Source: dietsinreview.com

90. Ear-pressing Pose or [Karṇa apīdāsana](#)



Photo Source: fitho.in

91. Belly Revolving Posture or [Jat haraparivartanāsana](#)



Photo Source: fitho.in

92. Fetus Pose or [Garbhāsana](#)



Photo Source: Wikipedia.org

93. Happy Baby Pose



MICHAEL WINOKUR

Photo Source: yogajournal.com

94. Corpse Pose



Photo Source: yogaily.com

95. Rabbit Pose or [Sasangasana](#)



Photo Source: lovemyyoga.com

96. Zen Pose or [Suptavajrāsana](#)



Photo Source: yogalearningcenter.com

97. Goddess Pose



Photo Source: goddess.com

98. Vatayanasana or Horse Pose



Photo Source: my.yoga-vidya.org

**99. Peacock Feather Pose with legs in Padmasana/Elbow
Balance**



Photo Source: Wikipedia.org

100. Reclining Bound Angle or [Suptabaddhakonāsana](#)



MICHAEL WINOKUR

Photo Source: yogajournal.com

Chapter 7

Safety Tips

When you are practicing yoga, your safety should be your highest priority. Here are some safety tips that will prevent you from getting injured while practicing yoga: **Discuss your physical condition with your instructor.**

It is important to discuss your physical conditions and limitations with your yoga instructor before you begin. You also need to let your yoga instructor know if you are pregnant.

Do not compete with others.

Remember that yoga is not a competition. Do not compare your performance and abilities with those of other people. Do not force yourself to keep up with other people. Assume each pose as gently as you can so that you won't strain yourself.

Stay within your limits.

It is important to discover your physical limits and to stay within those limits. This will keep you from getting injured. Remember to listen to your body.

Do not forget to do warm-up exercises before your yoga class.

It is important to prepare your muscles for the tedious yoga poses. Thus, it is important to do warm-up exercises before you begin your workout routine.

Wear loose clothing.

To ensure that you can assume each pose without exerting more effort than what is necessary, it is important that you wear comfortable clothing. This will allow you to move more freely.

Pick the right yoga class.

There are different types of yoga, so you have to pick the one that is right for you.

- Hatha Yoga – This type of yoga teaches the different yoga postures. It is best for beginners.
- Ashtanga Yoga – This is generally an aerobic exercise since it is fast-paced and rigorous. Ashtanga yoga repeats the same postures in the same order over and over.
- Vinyasa Yoga – This type of yoga practice is known for its fluidity. The movement from one pose to another is smooth and effortless.
- Restorative Yoga – This type of yoga practice is used to relax and soothe the nerves. Restorative yoga is rejuvenating and it helps relieve stress and anxiety.
- Bikram Yoga – This practice is done in a heated room. This type of yoga is best for weight loss.
- Iyengar Yoga – This type of practice is meticulous. Many props are used in an Iyengar yoga class to ensure proper alignment of the body.

Yoga is a great exercise that can offer tremendous health benefits. Nonetheless, it is important to use the right pose and to choose the type of practice that is most ideal for you.



COLLECTION OF VARIOUS
-> HINDUISM SCRIPTURES
-> HINDU COMICS
-> AYURVEDA
-> MAGZINES

FIND ALL AT [HTTPS://DSC.GG/DHARMA](https://dsc.gg/dharma)

Made with

By
Avinash/Shashi

Icreator of
hinduism
server!

 **KAPWING**

Conclusion

I hope this book was able to help you get acquainted with the different yoga poses.

The next step is to apply what you have learned in this book to change your life. Yoga has tremendous physical and mental health benefits. It strengthens your mind and your body. Yoga also helps keep your body fit, too. Yoga is fun, light, and challenging at the same time.

Also, it is important to consult your doctor before trying any of the poses featured in this book. If you are a beginner, it is best to start your yoga practice under the supervision of a certified yoga teacher.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a positive review on Amazon. It'd be greatly appreciated!

Thank you and good luck!