





















































































# Hatha Poses A-Z Overview






















	<b>Accomplished</b>
	<b>Airplane</b>
	<b>Ankle Stretch</b>
	<b>Archer Shooting Bow</b>
	<b>Baby Cobra</b>
	<b>Baby Cradle</b>
	<b>Balancing Bound Angle</b>
	<b>Balancing Butterfly</b>
	<b>Balancing Table</b>
	<b>Bharadvajas Twist A</b>
	<b>Big Toe</b>
	<b>Bird of Paradise</b>
	<b>Boat</b>
	<b>Bound Angle Headstand</b>
	<b>Bound Angle</b>
	<b>Bound Crescent Moon</b>
	<b>Bound Infinity</b>
	<b>Bound Inverted Tortoise</b>
	<b>Bound Lizard A</b>
	<b>Bound Lizard B</b>
	<b>Bound Lotus</b>






















	<b>Bound Side Angle</b>
	<b>Bound Wheel</b>
	<b>Bow</b>
	<b>Bridge</b>
	<b>Butterfly</b>
	<b>Camel</b>
	<b>Cat</b>
	<b>Cat 2</b>
	<b>Cat 3</b>
	<b>Cat 4</b>
	<b>Chair Cactus Arms</b>
	<b>Chair</b>
	<b>Chaturanga (Half Four-Limbed Staff)</b>
	<b>Chest-Knees-Chin</b>
	<b>Childs Pose</b>
	<b>Childs Pose 2</b>
	<b>Childs Pose 3</b>
	<b>Childs Pose 4</b>
	<b>Childs Pose 5</b>
	<b>Circle</b>
	<b>Cobra</b>

	<b>Corpse</b>
	<b>Corpse 2</b>
	<b>Cow</b>
	<b>Cow 2</b>
	<b>Cow 3</b>
	<b>Cow Face</b>
	<b>Cow Face 2</b>
	<b>Cow Face 3</b>
	<b>Cowherd</b>
	<b>Crab (Reverse Table)</b>
	<b>Crane</b>
	<b>Crescent Lunge High</b>
	<b>Crescent Lunge Low</b>
	<b>Crescent Lunge Twist</b>
	<b>Crescent Moon Twist</b>
	<b>Crescent Moon</b>
	<b>Crocodile</b>
	<b>Crocodile 2</b>
	<b>Crow</b>
	<b>Dancing Shiva</b>
	<b>Dolphin Plank (Forearm Plank)</b>





















# Hatha Poses A-Z Overview






















	<b>Dolphin Plank 2</b>
	<b>Dolphin</b>
	<b>Double Big Toe</b>
	<b>Dove</b>
	<b>Downward-Facing Dog</b>
	<b>Downward-Facing Dog 2</b>
	<b>Downward-Facing Dog 3</b>
	<b>Downward-Facing Pigeon</b>
	<b>Dragonfly</b>
	<b>Eagle</b>
	<b>Ear Pressure</b>
	<b>Ear Pressure 2</b>
	<b>Easy</b>
	<b>Easy 2</b>
	<b>Easy 3</b>
	<b>Easy 4</b>
	<b>Easy 5</b>
	<b>Easy 6</b>
	<b>Easy 7</b>
	<b>Eight Angle</b>
	<b>Elbow Stand</b>






















	<b>Elephant Trunk</b>
	<b>Embryo in Womb</b>
	<b>Extended Childs Pose</b>
	<b>Extended Hand-To-Big-Toe</b>
	<b>Extended Leg</b>
	<b>Extended Puppy</b>
	<b>Extended Side Angle A</b>
	<b>Extended Side Angle B</b>
	<b>Extended Side Angle C</b>
	<b>Feathered Peacock</b>
	<b>Feet-Behind-The Head</b>
	<b>Feet-Behind-The Head 2</b>
	<b>Fetal</b>
	<b>Figure Half Chair</b>
	<b>Fire Log (Double Pigeon)</b>
	<b>Firefly</b>
	<b>Fish</b>
	<b>Five-Pointed Star</b>
	<b>Floating Staff</b>
	<b>Floating Stick</b>
	<b>Flying Pigeon</b>

	<b>Foot-Behind-The-Head</b>
	<b>Foot-Behind-The-Head 2</b>
	<b>Foot-Behind-The-Head 3</b>
	<b>Forearm Stand</b>
	<b>Four-Footed Posture</b>
	<b>Frog B</b>
	<b>Frog M</b>
	<b>Garland</b>
	<b>Gate</b>
	<b>Goddess</b>
	<b>Goddess 2</b>
	<b>Goddess Side Bend</b>
	<b>Gorilla</b>
	<b>Gracious</b>
	<b>Half Boat</b>
	<b>Half Bound Lotus Forward Bend</b>
	<b>Half Bound Lotus</b>
	<b>Half Bow</b>
	<b>Half Camel</b>
	<b>Half Circle</b>
	<b>Half Cobra</b>






















# Hatha Poses A-Z Overview






















	Half Cow Face
	Half Cow Face 2
	Half Frog B
	Half Frog M
	Take a moment of gratitude. :)
	Half Headstand
	Half Hero
	Half Locust
	Half Lord Of The Fishes
	Half Lord Of The Fishes 2
	Half Lotus Tree
	Half Lotus
	Half Monkey
	Half Moon Bow
	Half Moon
	Half Pigeon
	Half Pigeon 2
	Half Pigeon 3
	Half Reclining Hero
	Half Reclining Hero 2
	Half Reclining Hero 3






















	Half Splits
	Half Wheel
	Handstand Split
	Handstand
	Happy Baby
	Hare
	Headstand
	Head-To-Knee
	Hero
	Hero 2
	Hero 3
	Heron
	High Lunge
	High Lunge 2
	High Lunge 3
	High Lunge 4
	High Lunge 5
	High Lunge 6
	High Lunge 7
	Himalayana Duck
	Holy Fig Tree

	Horse Face
	Humble Flamingo
	Humble Warrior
	Infinity (Sleeping Visnu)
	Inverted Locust
	Inverted Staff
	Inverted Staff 2
	King Pigeon
	Knee Hug
	Knees-Chest-Chin
	Leaping Dragon
	Leg Cradle
	Legs-Up-The-Wall
	Lion
	Little Thunderbolt
	Lizard A
	Lizard B
	Locust
	Lord Of The Dance
	Lord Of The Fishes
	Lotus Peacock






















# Hatha Poses A-Z Overview






















	<b>Lotus</b>
	<b>Low Lunge</b>
	<b>Low Lunge 2</b>
	<b>Low Lunge 3</b>
	<b>Low Lunge 4</b>
	<b>Low Lunge 5</b>
	<b>Low Lunge 6</b>
	<b>Low Lunge 7</b>
	<b>Low Lunge 8</b>
	<b>Low Lunge 9</b>
	<b>Low Lunge 10</b>
	<b>Low Lunge 11</b>
	<b>Low Lunge 12</b>
	<b>Low Lunge 13</b>
	<b>Low Lunge 14</b>
	<b>Low Plank</b>
	<b>Marichis Pose A</b>
	<b>Marichis Pose C</b>
	<b>Mermaid</b>
	<b>Monkey</b>
	<b>Mountain</b>






















	<b>Mountain 2</b>
	<b>Mountain 3</b>
	<b>Mountain 4</b>
	<b>Mountain 5</b>
	<b>Noose</b>
	<b>One-Legged Bridge</b>
	<b>One-Legged Downward-Facing Dog</b>
	<b>One-Legged Downward-Facing Dog 2</b>
	<b>One-Legged Downward-Facing Dog 3</b>
	<b>One-Legged Inverted Staff</b>
	<b>One-Legged Inverted Staff 2</b>
	<b>One-Legged King Pigeon</b>
	<b>One-Legged King Pigeon 2</b>
	<b>One-Legged Plank</b>
	<b>One-Legged Scorpion</b>
	<b>One-Legged Shoulderstand</b>
	<b>One-Legged Stretched Out Scorpion</b>
	<b>One-Legged Table</b>
	<b>One-Legged Wheel</b>
	<b>One-Legged Wind-Relieving</b>
	<b>Peaceful Warrior</b>

	<b>Peacock</b>
	<b>Pelican</b>
	<b>Pendant</b>
	<b>Pigeon</b>
	<b>Plank</b>
	<b>Plank 2</b>
	<b>Plow</b>
	<b>Puppy (Melting Heart)</b>
	<b>Pyramid</b>
	<b>Rabbit</b>
	<b>Rabbit 2</b>
	<b>Reclining Angle</b>
	<b>Reclining Baby Cradle</b>
	<b>Reclining Big Toe</b>
	<b>Reclining Bound Angle</b>
	<b>Reclining Bound Angle 2</b>
	<b>Reclining Hero</b>
	<b>Reclining Hero 2</b>
	<b>Reclining Hero 3</b>
	<b>Reclining Revolved Eagle</b>
	<b>Reclining Revolved Eagle 2</b>






















# Hatha Poses A-Z Overview






















	<b>Reclining Thunderbolt</b>
	<b>Reclining Thunderbolt 2</b>
	<b>Reclining Tortoise</b>
	<b>Reclining Twist</b>
	<b>Reclining Twist 2</b>
	<b>Reclining Twist 3</b>
	<b>Reclining Twist 4</b>
	<b>Reclining Twist 5</b>
	<b>Reclining Twist 6</b>
	<b>Reclining Twist 7</b>
	<b>Reclining Windshield Wipers Twist</b>
	<b>Reclining Windshield Wipers</b>
	<b>Resting Half Frog M</b>
	<b>Reverse Corpse</b>
	<b>Reverse Corpse 2</b>
	<b>Reverse Triangle</b>
	<b>Reverse Warrior</b>
	<b>Revolved Boat</b>
	<b>Revolved Bound Crescent Moon</b>
	<b>Revolved Bound Side Angle</b>
	<b>Revolved Chair</b>






















	<b>Revolved Crescent Lunge</b>
	<b>Revolved Crescent Moon A</b>
	<b>Revolved Crescent Moon B</b>
	<b>Revolved Crescent Moon</b>
	<b>Revolved Downward-Facing Dog</b>
	<b>Revolved Easy</b>
	<b>Revolved Goddess</b>
	<b>Revolved Half Lotus</b>
	<b>Revolved Half Moon</b>
	<b>Revolved Hand-To-Big-Toe</b>
	<b>Revolved Head-To-Toe</b>
	<b>Revolved Pigeon</b>
	<b>Revolved Reclining Big Toe</b>
	<b>Revolved Side Angle</b>
	<b>Revolved Side Angle 2</b>
	<b>Revolved Split-Legged Headstand</b>
	<b>Revolved Thunderbolt</b>
	<b>Revolved Triangle</b>
	<b>Revolved Wide-Legged Forward Bend</b>
	<b>Runners Lunge (Equestrian)</b>
	<b>Scorpion Handstand</b>

	<b>Scorpion</b>
	<b>Seated Cat</b>
	<b>Seated Cow</b>
	<b>Seated Forward Bend</b>
	<b>Seated Forward Bend 2</b>
	<b>Shoulder Press</b>
	<b>Shoulder Stand</b>
	<b>Side Bow</b>
	<b>Side Crow</b>
	<b>Side Fetal Pose</b>
	<b>Side Lunge</b>
	<b>Side Plank</b>
	<b>Side Plank 2</b>
	<b>Side Plank 3</b>
	<b>Simple Spinal Twist</b>
	<b>Sleeping Yogi</b>
	<b>Snake</b>
	<b>Sphinx</b>
	<b>Staff</b>
	<b>Standing Backbend</b>
	<b>Standing Cow Face</b>

# Hatha Poses A-Z Overview

	<b>Standing Forward Bend</b>
	<b>Standing Forward Bend 2</b>
	<b>Standing Forward Bend 3</b>
	<b>Standing Forward Bend 4</b>
	<b>Standing Half Forward Bend</b>
	<b>Standing Half Forward Bend 2</b>
	<b>Standing Head to Knee</b>
	<b>Standing Shoulder Rolls</b>
	<b>Standing Spinal Twist B</b>
	<b>Standing Splits</b>
	<b>Standing Thigh Stretch</b>
	<b>Star</b>
	<b>Superman</b>
	<b>Supine Pigeon</b>
	<b>Supine Staff</b>
	<b>Supine Tree</b>
	<b>Swaying Palm Tree</b>
	<b>Table</b>
	<b>Table 2</b>
	<b>Table Twist</b>
	<b>Teardrop Bow</b>

	<b>Thread The Needle</b>
	<b>Three Parts Forward Bend</b>
	<b>Thunderbolt</b>
	<b>Thunderbolt 2</b>
	<b>Thunderbolt 3</b>
	<b>Thunderbolt 4</b>
	<b>Thunderbolt 5</b>
	<b>Thunderbolt 6</b>
	<b>Thunderbolt 7</b>
	<b>Tiger</b>
	<b>Toe Squat</b>
	<b>Tortoise</b>
	<b>Tree</b>
	<b>Tree 2</b>
	<b>Tree 3</b>
	<b>Tree 4</b>
	<b>Triangle Prep</b>
	<b>Tripod Headstand</b>
	<b>Unsupported Tiger</b>
	<b>Upward Facing Dog Twist</b>
	<b>Upward Facing Dog</b>

	<b>Upward Facing Forward Bend</b>
	<b>Upward Lotus</b>
	<b>Upward Plank</b>
	<b>Upward Salute</b>
	<b>Upward Salute 2</b>
	<b>Upward Salute Side Bend</b>
	<b>Warrior 1</b>
	<b>Warrior 2</b>
	<b>Warrior 3</b>
	<b>Wheel (Upward Bow)</b>
	<b>Wide-Angle Seated Forward Bend</b>
	<b>Wide-Angle Seated Forward Bend 2</b>
	<b>Wide-Angle Seated Forward Bend Side Bend</b>
	<b>Wide-Legged Childs Pose</b>
	<b>Wild Thing</b>
	<b>Wind-Relieving</b>
	<b>Windshield-Wipers</b>
	<b>Winged Dragon</b>
	<b>Wounded Peacock</b>
	<b>Wrist Stretch</b>
	<b>Yoga Seal</b>