






















Hatha Poses A-Z Overview






















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






















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

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





















Hatha Poses A-Z Overview






















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






















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

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






















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

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






















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






















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






















Hatha Poses A-Z Overview

	Reclining Thunderbolt		Revolved Crescent Lunge		Scorpion
	Reclining Thunderbolt 2		Revolved Crescent Moon A		Seated Cat
	Reclining Tortoise		Revolved Crescent Moon B		Seated Cow
	Reclining Twist		Revolved Crescent Moon		Seated Forward Bend
	Reclining Twist 2		Revolved Downward-Facing Dog		Seated Forward Bend 2
	Reclining Twist 3		Revolved Easy		Shoulder Press
	Reclining Twist 4		Revolved Goddess		Shoulder Stand
	Reclining Twist 5		Revolved Half Lotus		Side Bow
	Reclining Twist 6		Revolved Half Moon		Side Crow
	Reclining Twist 7		Revolved Hand-To-Big-Toe		Side Fetal Pose
	Reclining Windshield Wipers Twist		Revolved Head-To-Toe		Side Lunge
	Reclining Windshield Wipers		Revolved Pigeon		Side Plank
	Resting Half Frog M		Revolved Reclining Big Toe		Side Plank 2
	Reverse Corpse		Revolved Side Angle		Side Plank 3
	Reverse Corpse 2		Revolved Side Angle 2		Simple Spinal Twist
	Reverse Triangle		Revolved Split-Legged Headstand		Sleeping Yoga
	Reverse Warrior		Revolved Thunderbolt		Snake
	Revolved Boat		Revolved Triangle		Sphinx
	Revolved Bound Crescent Moon		Revolved Wide-Legged Forward Bend		Staff
	Revolved Bound Side Angle		Runners Lunge (Equestrian)		Standing Backbend
	Revolved Chair		Scorpion Handstand		Standing Cow Face

Hatha Poses A-Z Overview

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

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

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