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Yoga Philosophy & Core Concepts

- 3. Japa
- 4. Kleshas
- 5. Samskara
- 6. Raja Yoga
- 7. Kriya Yoga
- 8. Satsang
- 9. Sadhana
- 10. Guru
- 11. Jnana Yoga
- 12. Bhakti Yoga

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Yoga Styles & Class Types

- 22. AcroYoga
- 23. Team Yoga / Partner Yoga

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Yoga Poses & Breath (Asana & Pranayama)

- 24. Upward-Facing Dog (Urdhva Mukha Svanasana)
- 25. Chair Pose (Utkatasana)
- 26. Extended Triangle (Uthita Trikonasana)
- 27. Half Moon (Ardh Chandrasana)
- 28. Extended Side Angle (Uthita Parsvakonasana)
- 29. Revolved Side Angle (Parivrtta Parsvakonasana)
- 30. Low Lunge (Anjaneyasana)

- 32. Locust Pose (Salabhasana)
- 33. Bow Pose (Dhanurasana)
- 34. Bridge Pose (Setu Bandha Sarvangasana)
- 35. Wheel / Upward Bow (Urdhva Dhanurasana)
- 36. Staff Pose (Dandasana)
- 37. Wide-Leg Seated Forward Fold (Upavista Konasana)
- 38. Reclined Bound Angle (Supta Baddha Konasana)
- 39. Reclined Hand-to-Big-Toe (Supta Padangusthasana)
- 40. Standing Splits (Urdhva Prasanta Eka Padasana)
- 41. Wide-Leg Forward Fold (Prasanta Padottanasana)
- 42. Yogi Squat (Malasana)
- 43. Half Lord of the Fishes (Ardha Matsyendrasana)
- 44. Half Frog Pose (Ardha Bhekasana)
- 45. Crocodile Pose (Makarasana)
- 46. King Pigeon (Utkut) – Rajakapotasana
- 47. One-Legged King Pigeon – Eka Pada Rajakapotasana
- 48. Headstand (Sirsasana)
- 49. Plow Pose (Halasana)
- 50. Revolved Chair (Parivrtta Utkatasana)
- 51. Inversions (general category)

Direct SEO volume per pose name requires live keyword tools (e.g., Google Keyword Planner, Ahrefs), but common practice shows that a small set of beginner, full-body poses and "problem/benefit" phrases carry the most search demand. Below is a practical SEO-prioritized list from your chart, roughly ordered from highest to lowest opportunity based on typical yoga search behavior (beginner focus, class cues, and symptom-based intent). [1][2][3]

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Highest SEO priority

- Downward-Facing Dog – Adho Mukha Svanasana
- Child's Pose – Balasana
- Cobra – Bhujangasana
- Bridge – Setu Bandha Sarvangasana

- Chair – Utkatasana
- Boat – Navasana
- Bound Angle – Baddha Konasana
- Extended Child's Pose – Uttita Balasana
- Extended Hand-to-Big-Toe – Uthitis Hasta Padangusthasana
- Extended Triangle – Uttita Trikonasana
- Extended Side Angle – Uttita Parivakonasana
- Crescent Lunge – Arjaneeyasana
- Big Toe – Padangusthasana
- Bound Angle Headstand – Baddha Konasana Sirsasana
- Bound Wheel – Chakrabandhasana

Medium-high SEO priority

- Cat – Bidalasana / Marjaryasana
- Cow – Bitilasana
- Corpse – Savasana
- Eagle – Garudasana
- Easy – Sukhasana
- Camel – Ustrasan
- Crow – Kakasana
- Dolphin Plank – Makara Adho Mukha Svanasana
- Dolphin – Ardha Pincha Mayurasana
- Backbends (category term)
- Inversions (category term)
- Hip Openers (category term)
- Baby Cobra – Ardhā Bhujangasana
- Baby Cradle – Hindolasana
- Somatic (if used as "somatic yoga" content)[4]

Medium SEO priority

- Fire Log / Double Pigeon – Agnistambhasana
- Fish – Matsyasana
- Bound Crescent Moon – Baddha Anjaneyasana
- Crescent Moon – Anjaneyasana (variation)
- Bird of Paradise – Svarga Dvijasana
- Bound Lotus – Baddha Padmasana
- Bound Side Angle – Baddha Parsvakonasana
- Archer / Shooting Bow – Akarma Dhanurasana
- Ball – Pindasana
- Baby Cradle variations
- Five-Pointed Star – Uttita Tadesana
- Figure 4 / Half Chair – Eka Pada Utkatasana
- Elephant Trunk – Ekapada Bhujapidasana

Lower but niche SEO priority

Useful for depth and advanced practitioners, but usually lower volume and higher competition for tiny audiences.[1]

- Bharadvaja's Twist I – Bharadvajasana I
- Bound Infinity / Sleeping Vishnu – Baddha Anantasana
- Chest-Knees-Chin – Asthanga Namaskara
- Cowherd – Gorakasana
- Crab / Crocodile (Makrasana, Nakrasana variants)
- Embryo in Womb – Garbha Pindasana
- Ear Pressure – Karnapidasana
- Feathered Peacock – Pincha Mayurasana
- Feet-Behind-the-Head I – Dvi Pada Sirsasana I
- Feet-Behind-the-Head II – Dvi Pada Sirsasana II
- Equestrian – Asva Sanchalanasana
- Accomplished – Siddhasana

If you want a fully numbered list (1–60) plus a suggested "top 20 for glossary definitions," that can be generated next so you can plug it straight into your glossary CMS.

Sources

[1] Types of Yoga: A Guide to the Different Styles <https://yogamedicine.com/guide-types-yoga-styles/>

[2] 79 Yoga Words and Sanskrit Terms to Know for Class <https://www.yogabasics.com/connect/yoga-blog/sanskrit-yoga-words/>

[3] Yoga Poses Dictionary: Sanskrit & English Names for Asanas <https://www.yogateket.com/blog/yoga-poses-names-sanskrit-pranayama>

[4] Ultimate Yoga Glossary: Key Terms Every Practitioner Should Know <https://www.haunstudios.com/2023/10/26/the-ultimate-yoga-glossary-key-terms/>

[5] Screenshot-2026-01-12-at-3.28.44-PM.jpeg <https://pli-ai-file-upload.s3.amazonaws.com/web/direct-files/attachments/images/63793879/le286499-84f9-44e1-98d8-5e2bac839fa/Screenshot-2026-01-12-at-3.28.44-PM.jpeg>

[6] yoga_glossary_spreadsheet.jpeg https://pli-ai-file-upload.s3.amazonaws.com/web/direct-files/attachments/images/63793879/8c14645-e3b3-4575-bbd7-c21ad3a3f3/yoga_glossary_spreadsheet.jpeg

[7] Screenshot-2026-01-14-at-5.52.06-PM.jpeg <https://pli-ai-file-upload.s3.amazonaws.com/web/direct-files/attachments/images/63793879/le2847960-142d-4ea4-ef21-b3b7b6ef575/Screenshot-2026-01-14-at-5.52.06-PM.jpeg>

[8] Screenshot-2026-01-14-at-5.52.15-PM.jpeg <https://pli-ai-file-upload.s3.amazonaws.com/web/direct-files/attachments/images/63793879/e234010e-6e2-4dbb-b777-e4ea1f76423/Screenshot-2026-01-14-at-5.52.15-PM.jpeg>