

[illegible]

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

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## Medium-high SEO priority

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

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## 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 – Akarna Dhanurasana  
- Ball – Pindasana  
- Baby Cradle variations  
- Five-Pointed Star – Uthita Tadasana  
- Figure 4 / Half Chair – Eka Pada Utkatasana  
- Elephant Trunk – Ekapada Bhujapidasana

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## 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 – Ashanga Namaskara  
- Cowherd – Goraksasana  
- 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 – Aava 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.haumstudios.com/2023/10/26/the-ultimate-yoga-glossary-key-terms/>  
[5] Screenshot-2026-01-12-at-3:28:44-PM.jpeg <https://ppl-ai-file-upload.s3.amazonaws.com/web/direct-files/attachments/images/63793879/e28f4d96-84f9-44e1-98d8-5e2bace839fa/Screenshot-2026-01-12-at-3:28:44-PM.jpeg>  
[6] yoga\_glossary\_spreadsheet.jpeg [https://ppl-ai-file-upload.s3.amazonaws.com/web/direct-files/attachments/images/63793879/8bc14645-e3b3-4575-bbdf-c21ad3a3f3fyoga\\_glossary\\_spreadsheet.jpeg](https://ppl-ai-file-upload.s3.amazonaws.com/web/direct-files/attachments/images/63793879/8bc14645-e3b3-4575-bbdf-c21ad3a3f3fyoga_glossary_spreadsheet.jpeg)  
[7] Screenshot-2026-01-14-at-5:52:06-PM.jpeg <https://ppl-ai-file-upload.s3.amazonaws.com/web/direct-files/attachments/images/63793879/f2847960-142d-4ea4-af21-b3b7b6efa575/Screenshot-2026-01-14-at-5:52:06-PM.jpeg>  
[8] Screenshot-2026-01-14-at-5:52:15-PM.jpeg <https://ppl-ai-file-upload.s3.amazonaws.com/web/direct-files/attachments/images/63793879/e234010e-6ec2-4dbb-b777-ef4ea176423/Screenshot-2026-01-14-at-5:52:15-PM.jpeg>