

Asana (Sanskrit)	English Name	Usage (Benefits)
Adho Mukha Shvanasana	Downward-Facing Dog	Stretches hamstrings, calves, and spine; strengthens arms and legs; relieves stress.
Adho Mukha Vrikshasana	Downward-Facing Yoga Handstand	Improves balance, strengthens upper body, enhances focus, and increases circulation.
Akarna Dhanurasana	Shooting bow, Archer, Bow and arrow	Stretches shoulders, hips, and legs; improves flexibility and concentration.
Anantasana	Ananta's pose, Vishnu's Couch pose	Promotes relaxation, stretches sides of the body, and improves balance.
Anjaneyasana	Crescent Moon	Opens chest and hips, strengthens legs, improves posture, and reduces stress.
Ardha Chandrasana	Half Moon	Enhances balance, strengthens legs and core, stretches side body, and improves focus.
Ashtanga Namaskara	Eight-Limbed Salutation, Caterpillar	Strengthens arms, chest, and core; prepares body for deeper poses; improves flexibility.
Astavakrasana	Astavakra's pose, Eight-angled	Builds upper body strength, improves balance, and enhances focus.
Baddha Konasana	Bound Angle, Cobbler's pose	Stretches inner thighs and hips, improves flexibility, and is suitable for meditation.
Bakasana	Crane (arms straight)	Strengthens arms and core, improves balance, and enhances focus.
Balasana	Child	Relieves stress, stretches spine and hips, and promotes relaxation.
Bharadvajasana	Bharadvaja's twist	Improves spine flexibility, aids digestion, and stretches shoulders and hips.
Bhekasana	Frog	Opens hips and groin, strengthens back, and improves flexibility.
Bhujangasana	Cobra	Strengthens spine, opens chest, improves posture, and relieves stress.
Bhujapidasana	Arm-pressing posture	Builds arm and core strength, improves balance, and enhances focus.
Bidalasana	Cat	Increases spine flexibility, relieves tension, and improves coordination.
Chaturanga Dandasana	Four-Limbed Staff, Low Plank	Strengthens arms, chest, and core; prepares body for more advanced poses.
Dandasana	Staff	Improves posture, strengthens back, and prepares for seated forward bends.
Dhanurasana	Bow	Strengthens back and spine, opens chest, and improves flexibility and posture.

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Durvasasana	Durvasa's Pose	Enhances balance, strengthens legs, and improves focus and concentration.
Garbha Pindasana	Embryo in Womb	Stretches hips and groin, improves flexibility, and is used for deep meditation.
Garudasana	Eagle	Improves balance, stretches shoulders and hips, and enhances focus.
Gomukhasana	Cow-faced	Stretches shoulders, chest, and hips; improves posture and is suitable for meditation.
Gorakshasana	Cowherd Gorakhnath's pose	Stretches hips and legs, improves flexibility, and is used for meditation.
Halasana	Plough	Stretches spine and shoulders, calms mind, and improves digestion and circulation.
Hanumanasana	Hanuman's Pose	Deeply stretches hamstrings and hips, improves flexibility, and enhances balance.
Janushirasana	Head-to-Knee	Stretches hamstrings and spine, calms mind, and improves digestion.
Jathara Parivartanasana	Belly twist	Improves spine flexibility, aids digestion, and relieves lower back tension.
Kapotasana	Pigeon	Opens hips and chest, stretches thighs, and relieves stress and tension.
Karnapidasana	Ear-pressing	Deeply stretches spine, calms mind, and improves circulation and relaxation.
Kaundinyasana	Kaundinya's pose	Strengthens arms and core, improves balance, and enhances focus.
Kraunchasana	Heron	Stretches hamstrings and spine, improves flexibility, and enhances concentration.
Kukkutasana	Cockerel	Strengthens arms and core, improves balance, and enhances focus.
Kurmasana	Tortoise	Stretches hips and spine, calms mind, and improves flexibility.
Lolasana	Pendant	Builds arm and core strength, improves balance, and enhances focus.
Makarasana	Crocodile	Relaxes spine, relieves tension, and promotes rest and recovery.
Malasana	Garland	Stretches hips and groin, strengthens legs, and improves balance and flexibility.
Mandukasana	Frog	Stretches hips and groin, improves flexibility, and aids digestion.

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Marichyasana	Marichi's Pose	Improves spine flexibility, stretches hips and shoulders, and aids digestion.
Matsyasana	Fish	Opens chest and throat, strengthens upper back, and improves respiration.
Matsyendrasana	Lord of the Fishes, Matsyendra's pose	Enhances spine flexibility, aids digestion, and stretches hips and shoulders.
Mayurasana	Peacock	Strengthens arms, core, and digestive system; improves balance and focus.
Muktasana	Liberated	Promotes relaxation, improves posture, and is suitable for meditation.
Natarajasana	Lord of the Dance	Improves balance, stretches chest and hips, and enhances focus and grace.
Padangusthasana	Big Toe Hold	Stretches hamstrings and calves, calms mind, and improves balance.
Padmasana	Lotus	Enhances meditation, stretches hips and ankles, and improves posture.
Parighasana	Gate	Stretches sides of the body, strengthens legs, and improves balance and flexibility.
Parivrtta Trikonasana	Revolved Triangle	Improves spine flexibility, stretches hips and shoulders, and aids digestion.
Parsvakonasana	Side Angle	Stretches sides, strengthens legs, and improves balance and flexibility.
Paschimottanasana	Seated Forward Bend	Stretches hamstrings and spine, calms mind, and improves digestion and flexibility.
Pincha Mayurasana	Feathered Peacock	Strengthens arms and shoulders, improves balance, and enhances focus.
Prasarita Padottanasana	Wide Stance Forward Bend	Stretches hamstrings and spine, calms mind, and strengthens legs.
Rajakapotasana	King Pigeon	Deeply stretches hips and thighs, opens chest, and relieves stress.
Shalabhasana	Locust	Strengthens back and spine, opens chest, and improves posture.
Sarvangasana	Shoulder Stand	Improves circulation, calms mind, strengthens shoulders, and reduces stress.
Samakonasana	Side Splits	Stretches inner thighs and groin, improves flexibility, and enhances balance.
Shavasana	Corpse	Promotes deep relaxation, reduces stress, and restores energy.

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Setu Bandha Sarvangasana	Shoulder Supported Bridge	Strengthens back, opens chest, and calms mind; improves circulation and flexibility.
Siddhasana	Accomplished, The Adept's Pose	Enhances meditation, improves posture, and stretches hips and knees.
Simhasana	Lion	Relieves tension in face and chest, improves respiration, and enhances focus.
Shirshasana	Headstand, Yoga Headstand	Improves circulation, reduces stress, strengthens upper body, and enhances focus.
Sukhasana	Easy	Promotes relaxation, improves posture, and is suitable for meditation.
Supta Padangusthasana	Big Toe Supine	Stretches hamstrings and hips, improves flexibility, and calms mind.
Tadasana	Mountain	Improves posture, strengthens legs, and enhances balance and focus.
Trikonasana	Triangle	Stretches sides, strengthens legs, and improves balance and flexibility.
Urdhva Dhanurasana	Upward Bow, Wheel	Strengthens spine and arms, opens chest, and improves energy and flexibility.
Ustrasana	Camel	Opens chest and shoulders, strengthens back, and improves posture and flexibility.
Uttanasana	Standing Forward Bend	Stretches hamstrings and spine, calms mind, and relieves stress and tension.
Vasisthasana	Side Plank	Strengthens arms, core, and wrists; improves balance and focus.
Vatayanasana	Horse	Improves balance, stretches hips, and strengthens legs and core.
Virabhadrasana I	Warrior I	Strengthens legs and core, opens chest, and improves focus and stamina.
Virabhadrasana II	Warrior II	Strengthens legs, stretches hips, and improves balance and concentration.
Virabhadrasana III	Warrior III	Enhances balance, strengthens legs and core, and improves focus and flexibility.
Virasana	Hero, Hero's Meditation	Stretches thighs and ankles, improves posture, and is suitable for meditation.
Vrikshasana	Tree	Improves balance, strengthens legs, and enhances concentration and focus.
Vrischikasana	Scorpion	Strengthens arms and core, improves balance, and enhances flexibility and focus.

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Yoganidrasana	Yoga Sleep	Promotes deep relaxation, stretches spine and hips, and reduces stress