

# Yoga Asanas

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Illustrated by Douglas Whipple

## 2025 Calendar

# Tadasana

Tadasana (Mountain Pose), like the mighty Himalayas where Shiva resides, embodies wisdom and transformation. Just as Shiva clears cosmic debris to create space for new beginnings, this pose reminds us to embrace fresh starts and the transformative power within.

## Mountain Pose

# Vrikshasana

Vrikshasana (Tree Pose) represents strength, endurance, and our connection to divinity. In the Ramayana, Sita, the wife of Rama, was held captive in Lanka. She found comfort and hope among the Ashoka trees, which became beacons of her devotion to Rama and ultimately guided Hanuman to her rescue.

## Tree Pose

# Adho Mukha Svanasana

Adho Mukha  
Svanasana  
(Downward Dog)  
reminds us of the  
guidance and  
support we  
receive on our  
path to liberation.

Much like  
Bhairava's loyal  
dog, who led him  
in search of  
forgiveness, dogs  
protect Dharma  
and help us  
navigate the ups  
and downs of our  
journey through  
karma.

## Downward Dog

# Balasana

Balasana (Child's Pose) encourages surrender, trust, and stillness.

Hanuman, devoted to Rama, embodied humility, courage, and unwavering faith, acting not for self-gain but in service. In this pose, we mirror Hanuman's dedication, bowing to a purpose greater than ourselves.

## Child's Pose

# Navasana

Navasana (Boat Pose) calls for strength and balance. Just as the mighty fish Matsya, an incarnation of Vishnu, guided Manu's boat through a great flood to safety, your body is your vessel—nurture it, love it, and trust that it will carry you where you need to go.

## Boat Pose

# Kakasana

Kakasana  
(Crow Pose) invites  
balance, both in  
body and in life,  
as we lift into  
flight. Like the  
clever crow, we  
find steadiness,  
focus our  
thoughts, and  
discover ease  
within effort.

Crows,  
messengers of  
wisdom, carry the  
voices of the past,  
reminding us that  
change is a  
constant.

## Crow Pose

# Virabhadrasana I

Virabhadrasana I (Warrior I) evokes our tapas, the inner fire needed to rise to challenges. Like Sati, who faced her father's challenge with courage, we stand strong and meet adversity with determination. Our inner fire will always guide us forward.

## Warrior I



# Virabhadrasana II

Virabhadrasana II  
(Warrior II)  
embodies the  
calm focus of  
Virabhadra  
before facing  
Daksha. In Warrior  
II we cultivate  
*dharana*,  
concentrating our  
gaze and  
focusing our mind  
with clarity and  
strength as we  
move forward with  
purpose.

## Warrior II

# Virabhadrasana III

Virabhadrasana III (Warrior III) invites us to eliminate what no longer serves us, much like Virabhadra's powerful strike. We clear away unnecessary thoughts and attachments to find balance and inner peace.

## Warrior III

# Garudasana

Garudasana (Eagle Pose) tells the story of Garuda, the mighty eagle, who battled the Naga serpents to free his mother from servitude. In this pose, we fold into restraint, learning that true freedom comes through patience and determination.

## Eagle Pose

# Bhujangasana

Bhujangasana  
(Cobra Pose)  
symbolizes  
courage and  
urges us to face  
our fears.  
Instead of  
giving in, we  
rise, lift our  
hearts, and  
meet  
uncertainty with  
strength and  
confidence.

## Cobra Pose

# Bhujangasana

## Cobra Pose

# Savasana

In many traditions, death is not an end but a transition into renewal.

Savasana (Corpse Pose) invites us to surrender, returning to stillness before rebirth. Let go of movement, thought, and self—embrace the quiet.

## Corpse Pose

# JANUARY

# 2025

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	○	○

# FEBRUARY

2025

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	○	○



MARCH

2025

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# APRIL

2025

MON	TUE	WED	THU	FRI	SAT	SUN
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# MAY

# 2025

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	○

# JUNE

# 2025

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

J U L Y

2 0 2 5

MON	TUE	WED	THU	FRI	SAT	SUN
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# AUGUST

2025

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

S E P T E M B E R

2 0 2 5

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# OCTOBER

2025

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	○	○



# NOVEMBER

2025

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# DECEMBER

2025

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	6	17	18	19	20	21
22	3	24	5	26	27	28
29	30	31				