

YOGA POSES

50 Asanas To Boost Mental Focus and Enhance Calmness



BRODERICK S. JOHNSON



Ustrasana Or Camel Pose



Urdhva Mukha Paschimottasana Or Upward Facing Intense Posterior Stretch



Virabhadrasana 2 Or Warrior 2 Pose



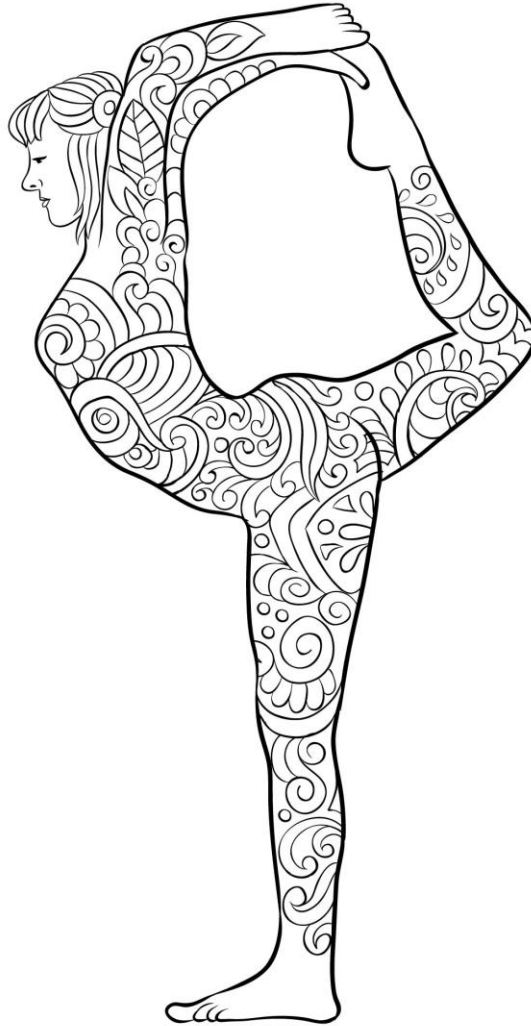
Salamba Sirsasana Or Teddy Bear Headstand



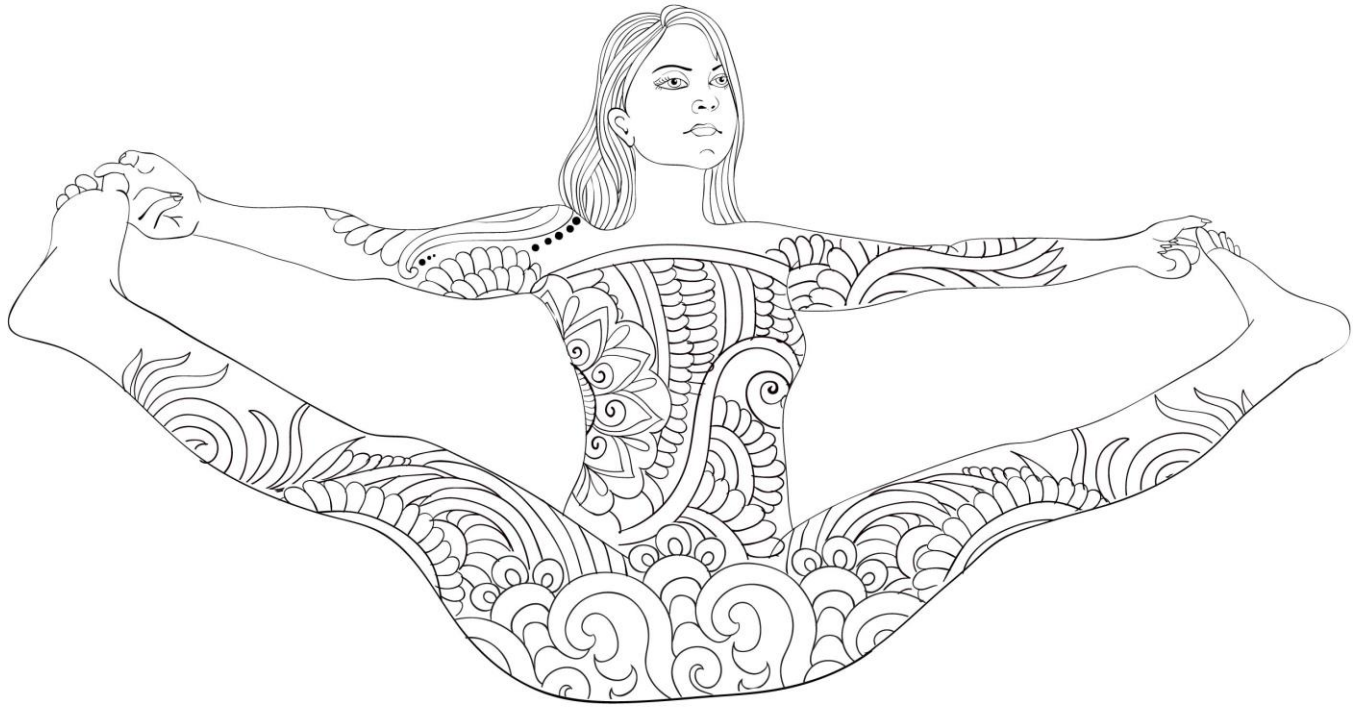
Prasarita Padotrasana
Or Wide Legged Forward Bend C



Utthita Hasta Padangusthasana
or Extended Hand To Big Toe Pose



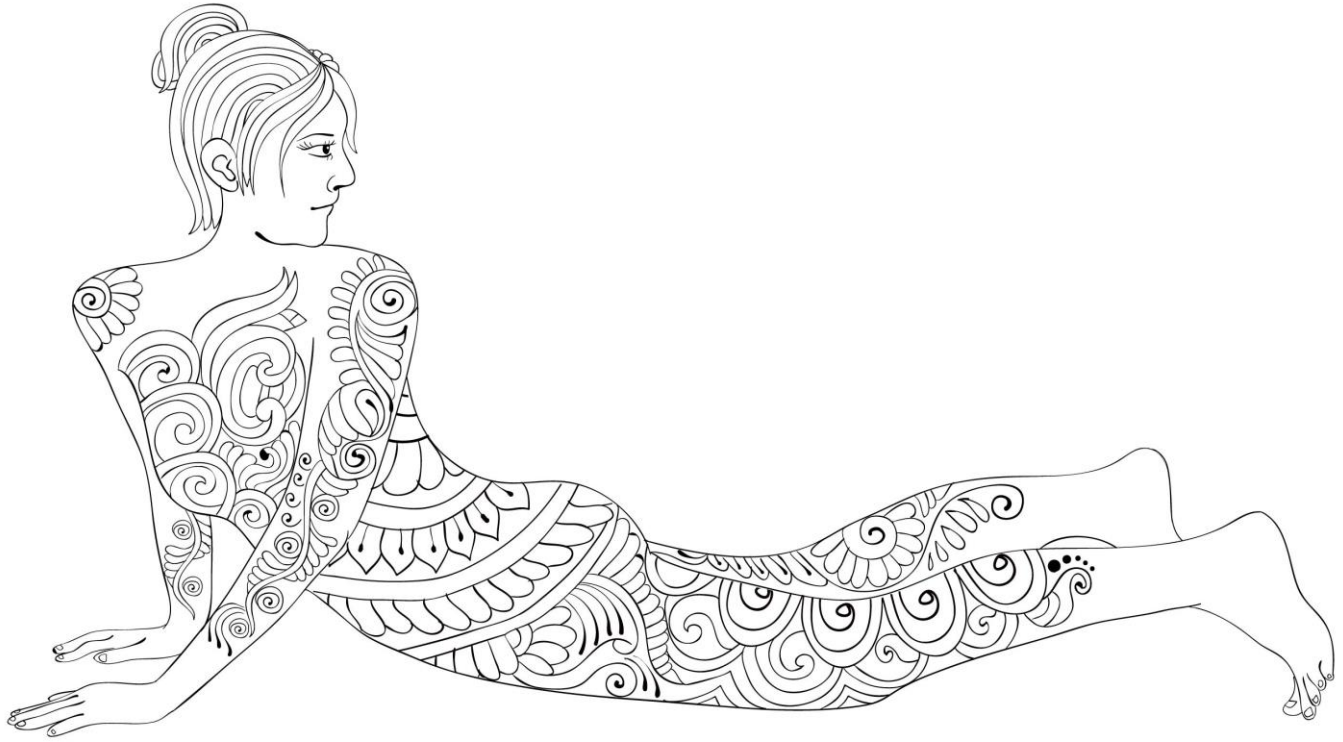
Eka Pada Rajakapotasana
Or Standing One Legged King Pigeon Pose



Urdhva Upavistha Konasana
Or Upward-Facing Open Angle Pose



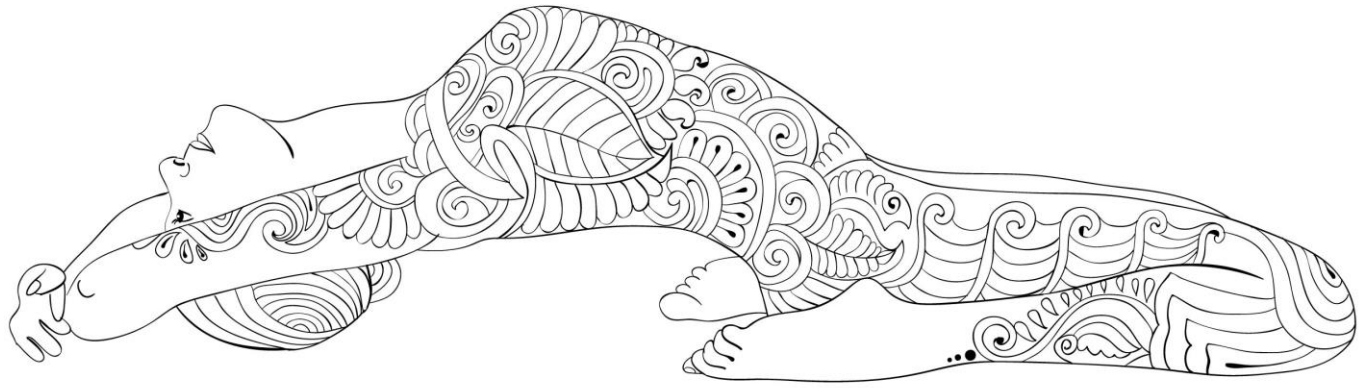
Parivrtta Tikona
Or Twisted Triangle Pose Yoga



Triyak Bhujangasana Or Twisting Cobra



Surya Namaskar B Or Sun Salutation B



Supta Virasana Or Reclining Hero Pose



Supta Padangusthasana Or Reclining Hand-To-Big-Toe



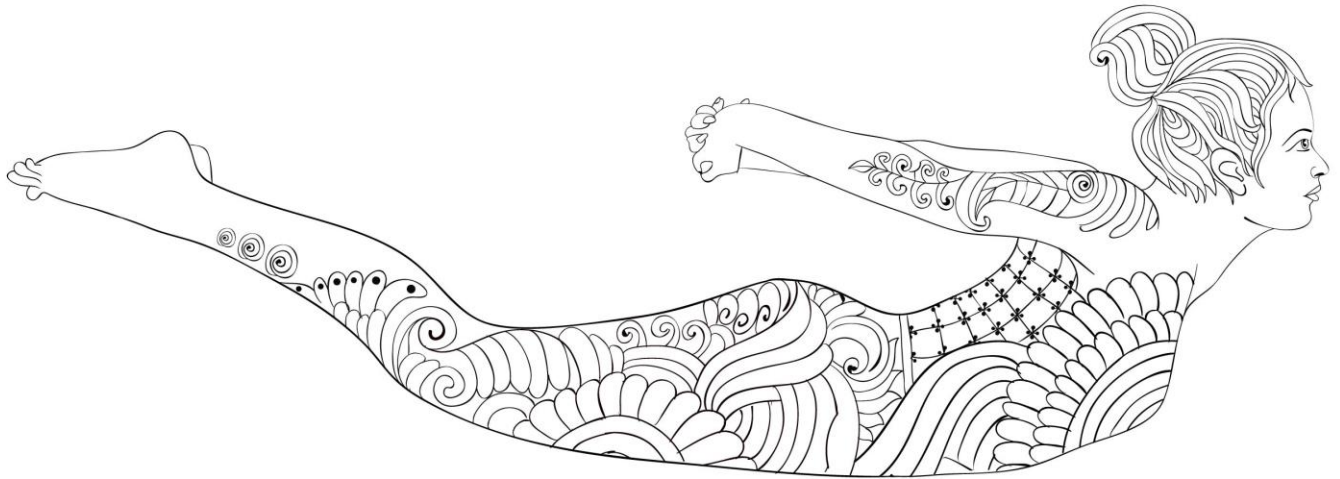
Sirsasana Or Headstand



Setu Bandhasana Or Bridge Pose



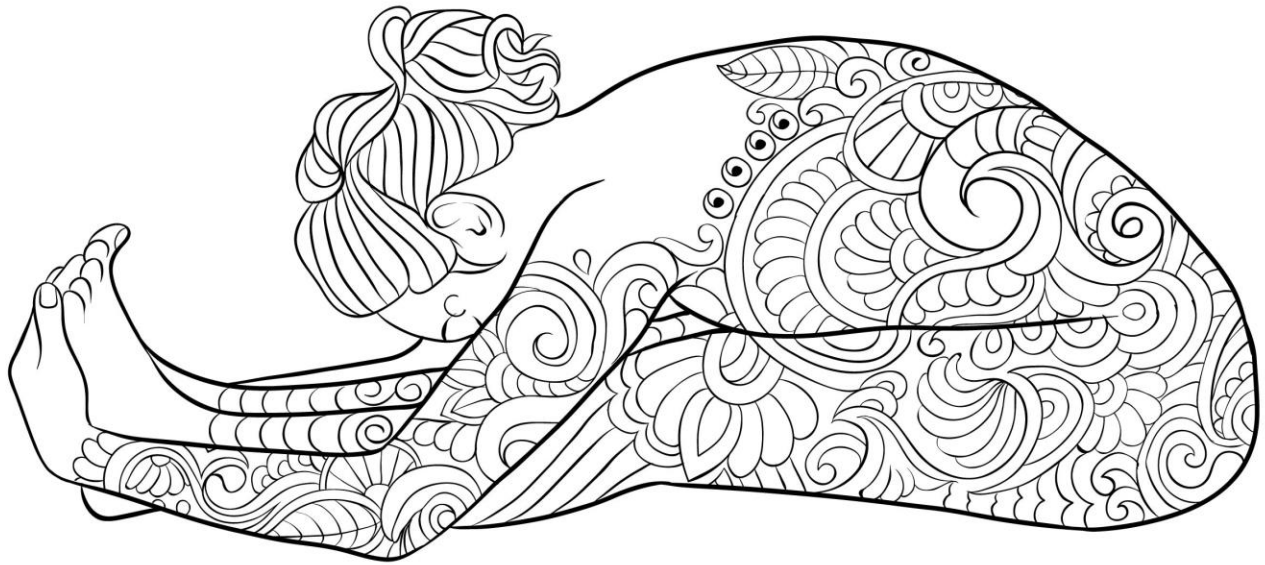
Sarvangasana Or Shoulder Stand



Salabhasana Or Locust Pose Hands On Head



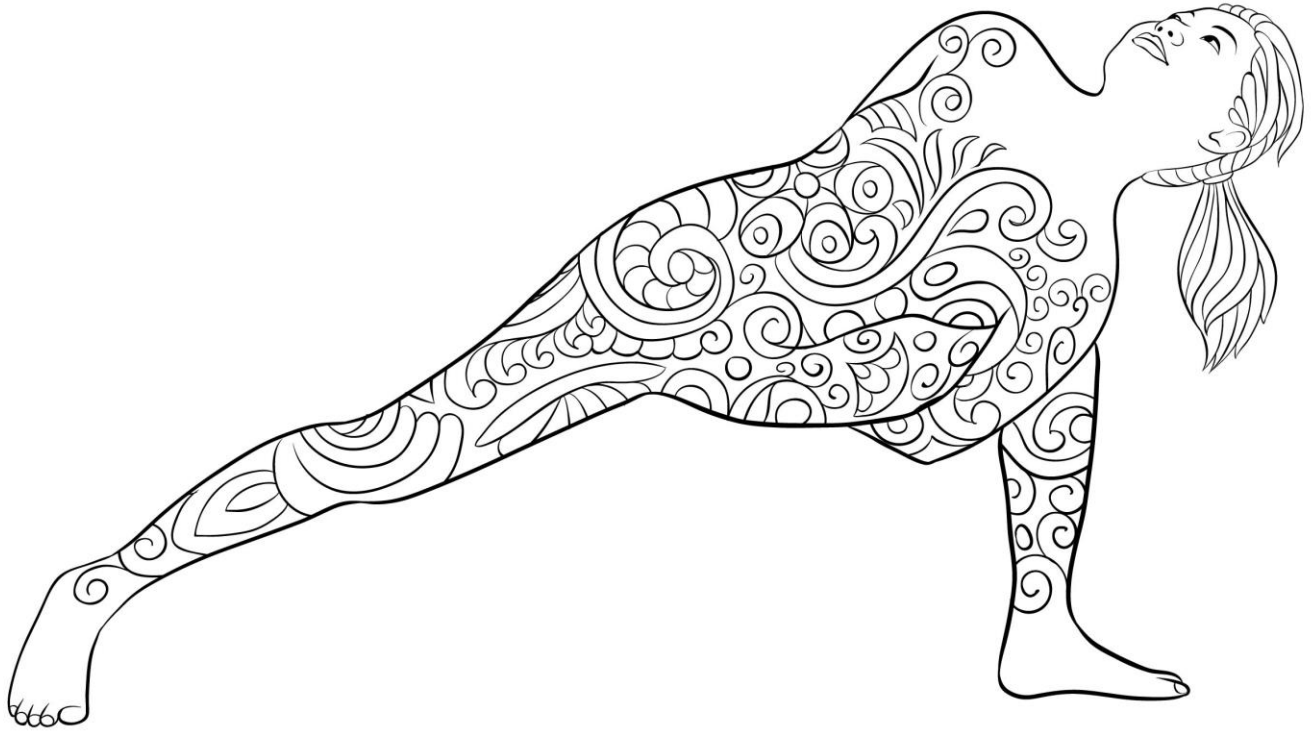
Pawanmuktasana Or Wind Relieving Pose In Yoga



Paschimottanasana Or Seated Forward Bend



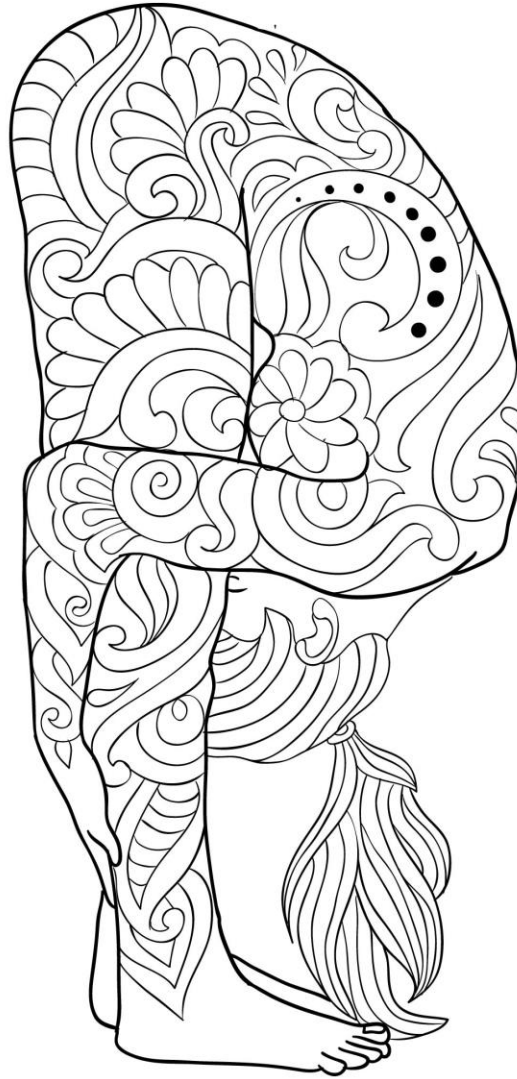
Parivrtta Parsvakonasana
Or Revolved Side Angle



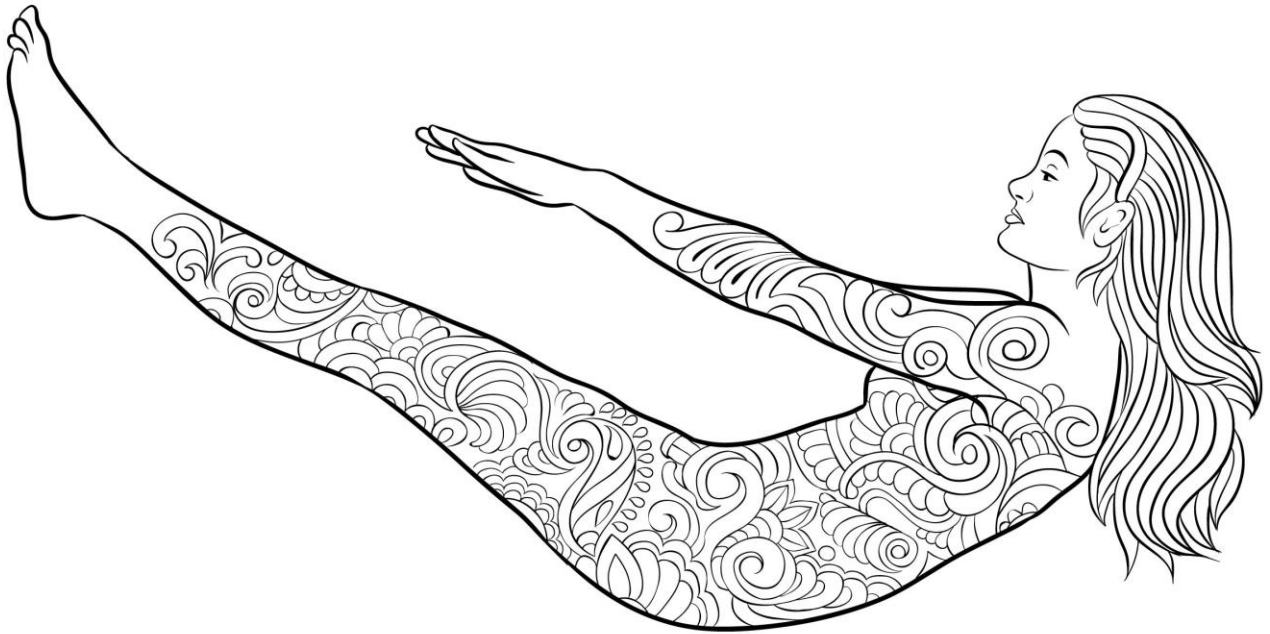
Parivrtta Parsvakonasana
Or Revolved Extended Side Angle Pose



Parivrtta Tikona Or Twisted Triangle Pose Yoga



Padahasthasana Or Hand At Foot Pose



Naukasana Or Boat Pose



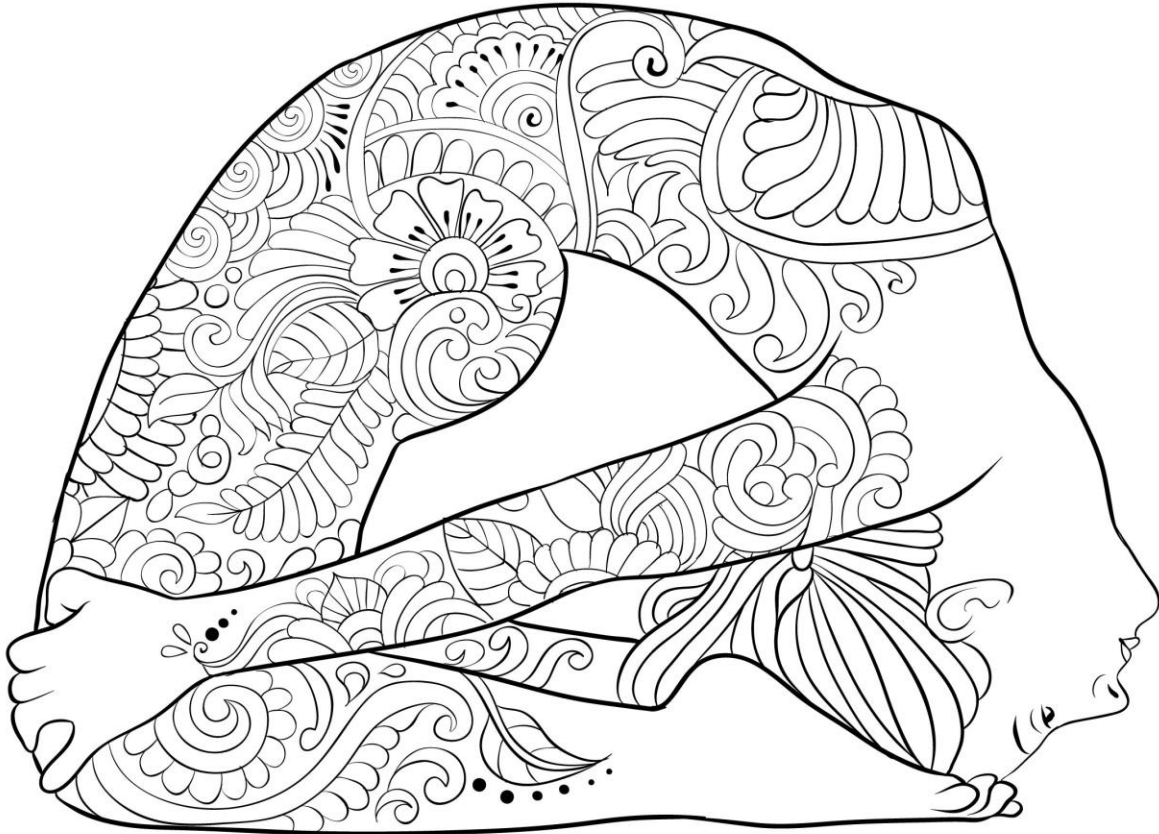
Namaskar Or Salutation



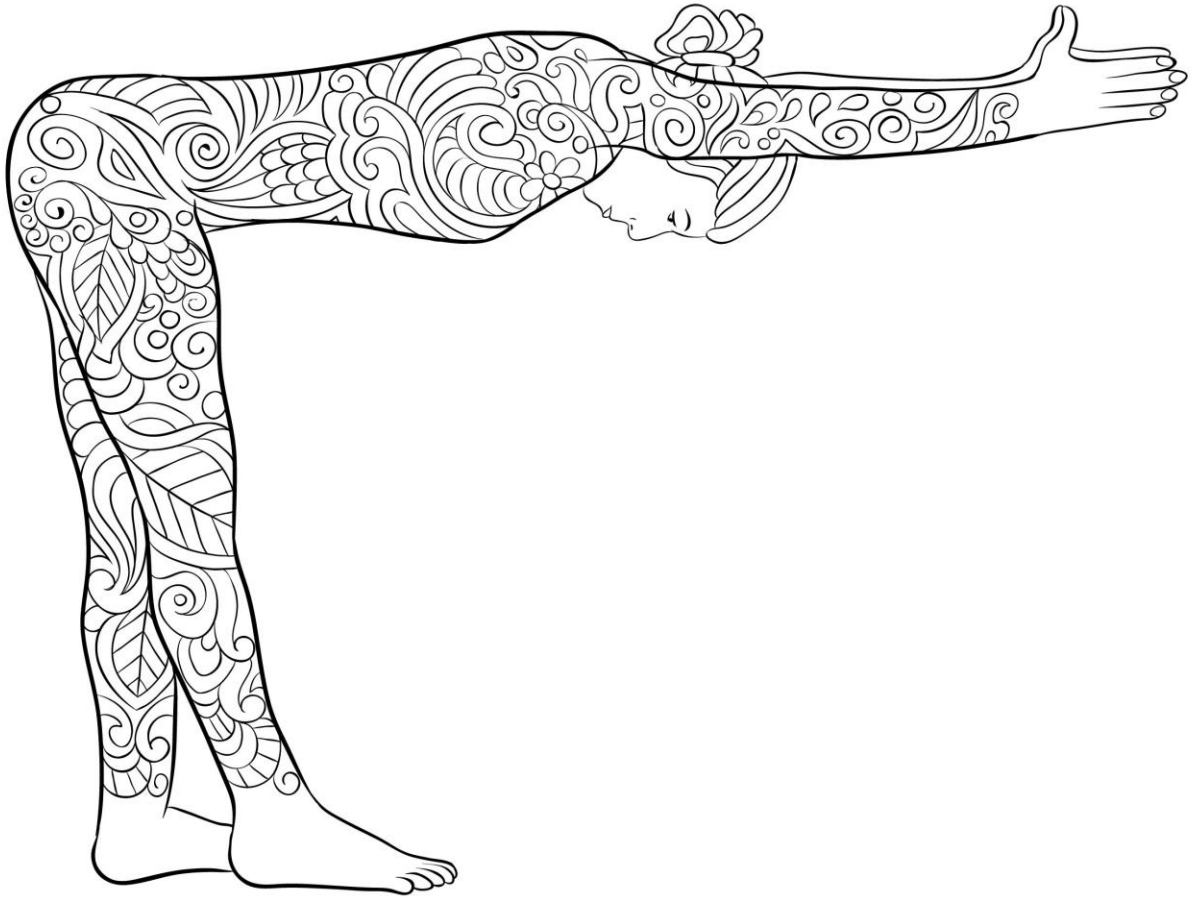
Majariasana Or Cat Stretch Pose



Eka Pada Karnapeddhasana Or Leg Fold Plough Pose



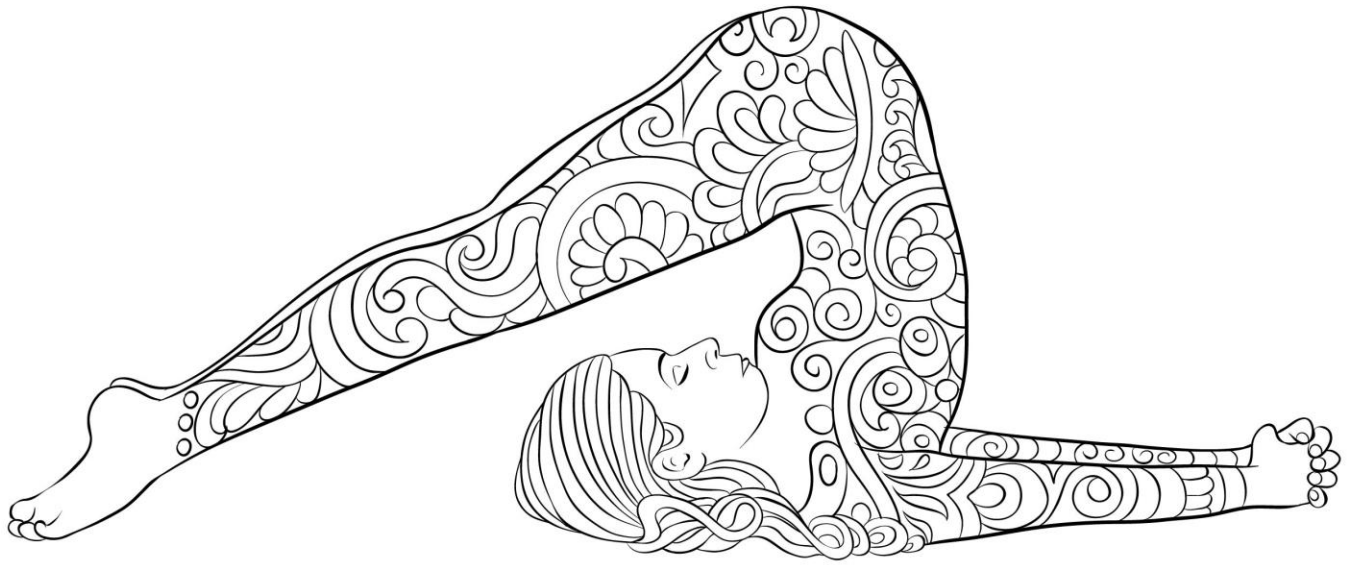
Laghu Vajrasana Or Little Thunderbolt



Hastapadasana Or Standing Forward Bend



Hanumanasana Or Splits Pose



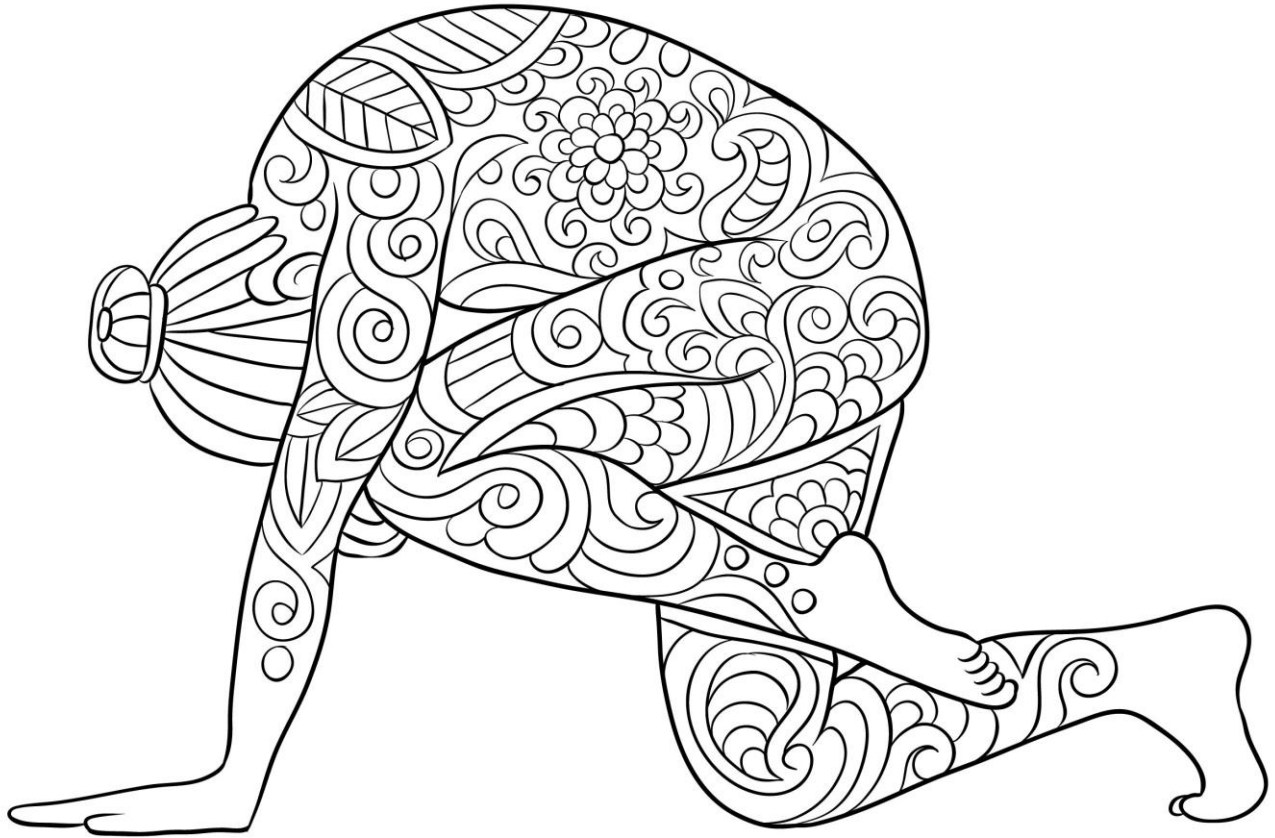
Halasana Or Plow Pose



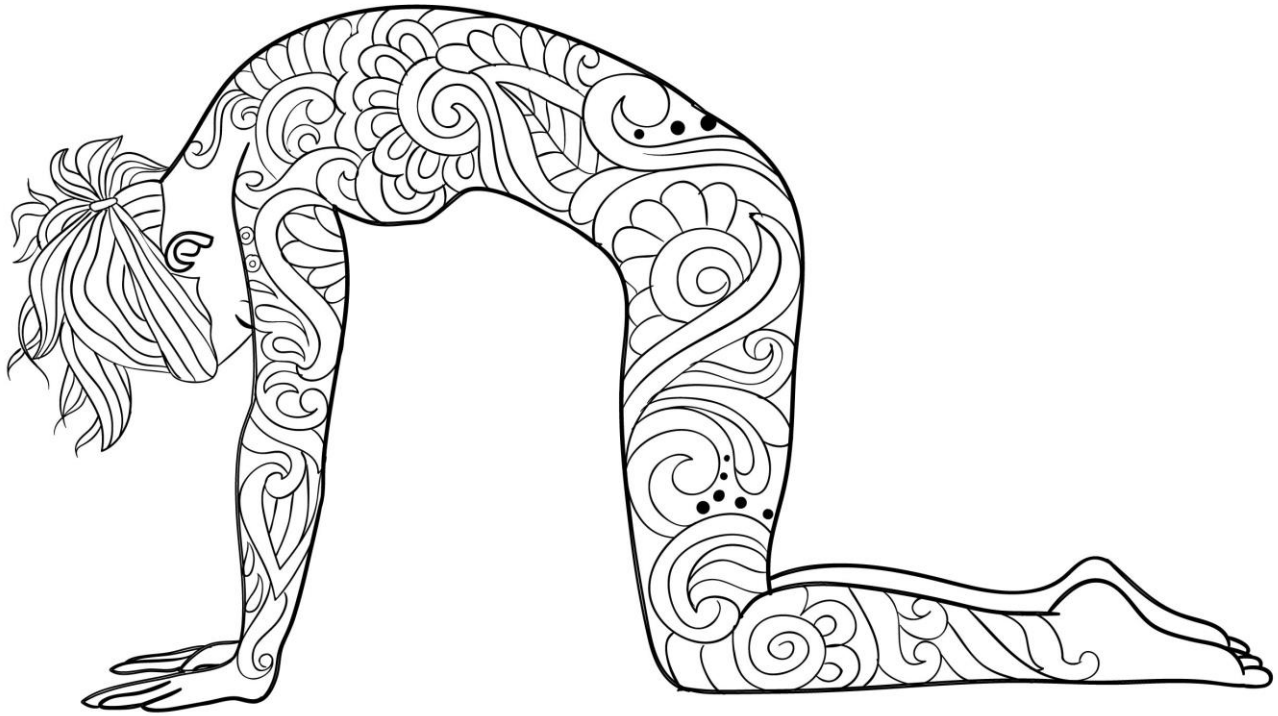
Garudasana Or Eagle Pose



Eka Pada Rajakapotasana Or One Legged King Pigeon Pose



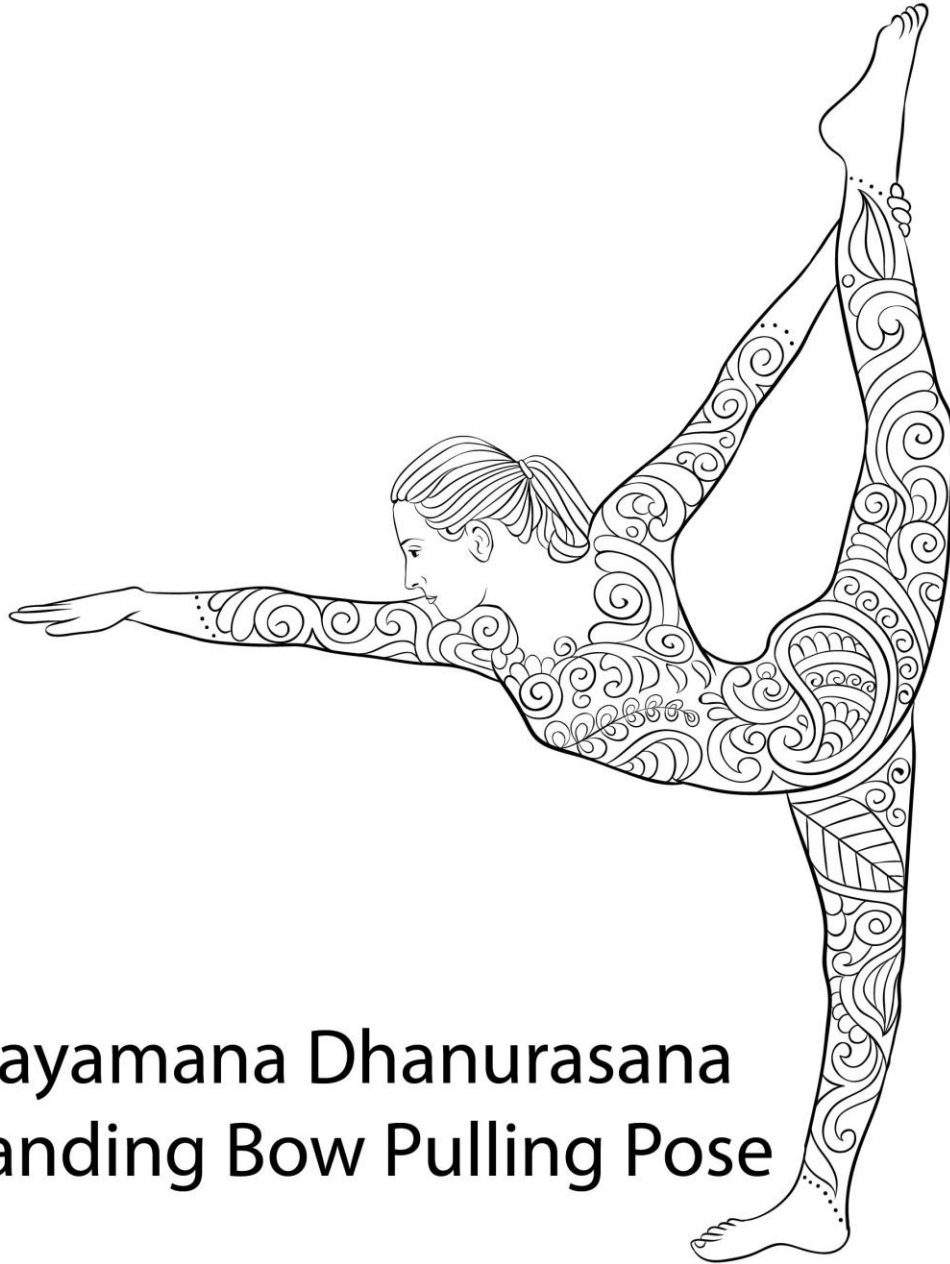
Eka Pada Marjariasana Or Single Leg Cat Pose



Dynamic Majariasana Or Relaxing Cat Pose



Dhanurasana Or Bow Pose



Dandayamana Dhanurasana Or Standing Bow Pulling Pose



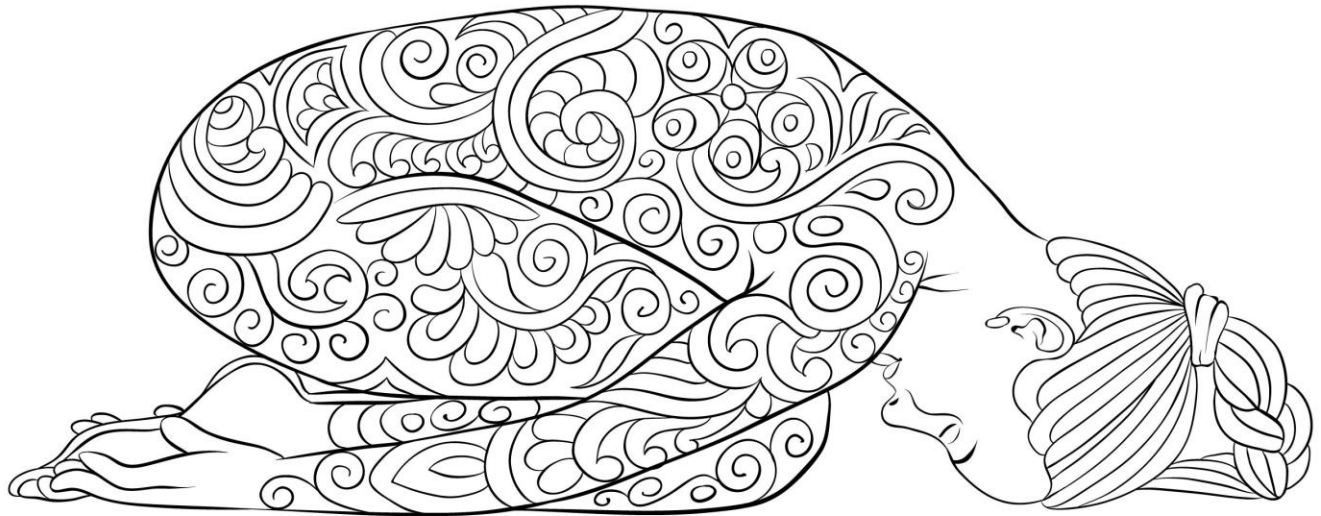
Dandayamana Bibhaktapada Janushirasana
Or Sep Leg
Head To Knee Pose



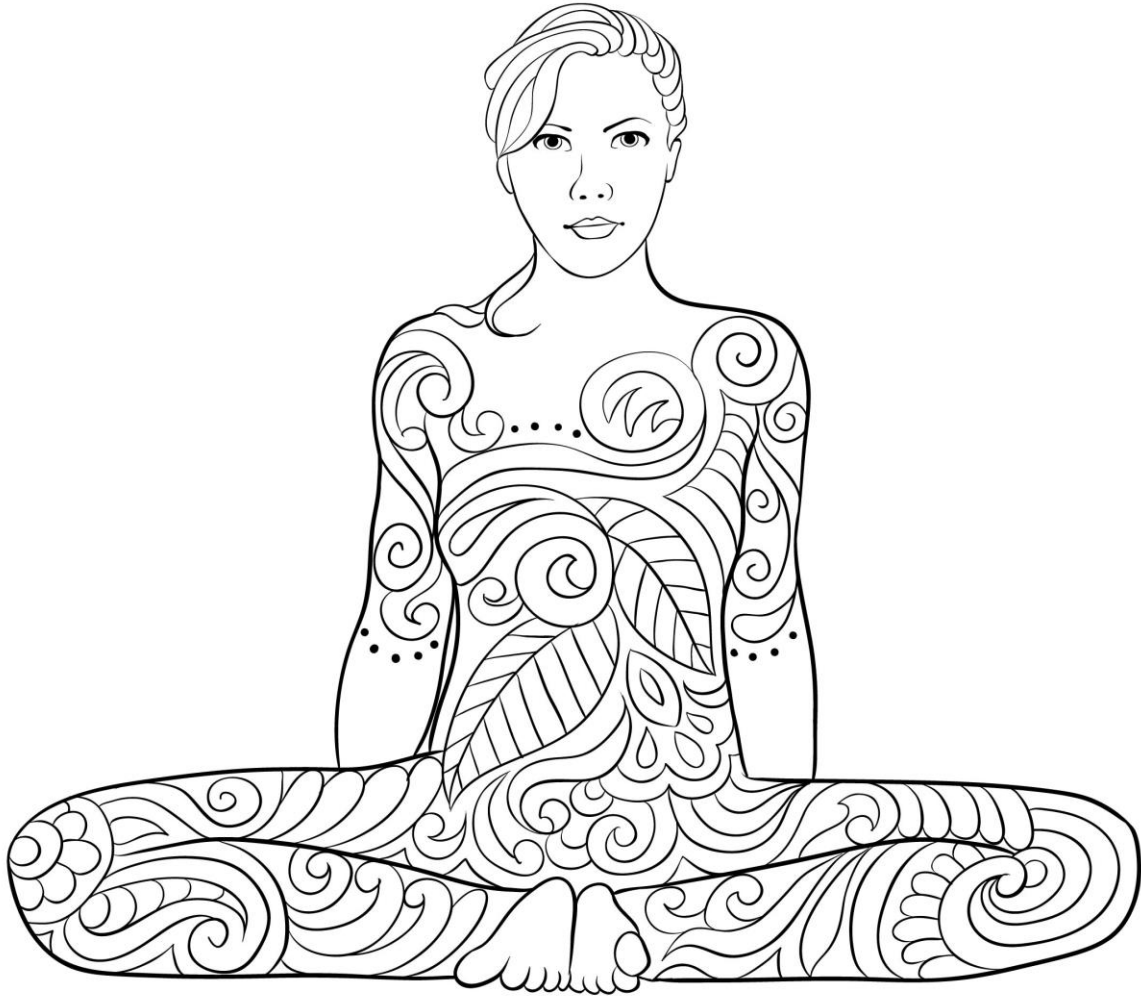
Chandrasana Or Crescent Moon Pose



Bhujangasana Or Cobra Pose



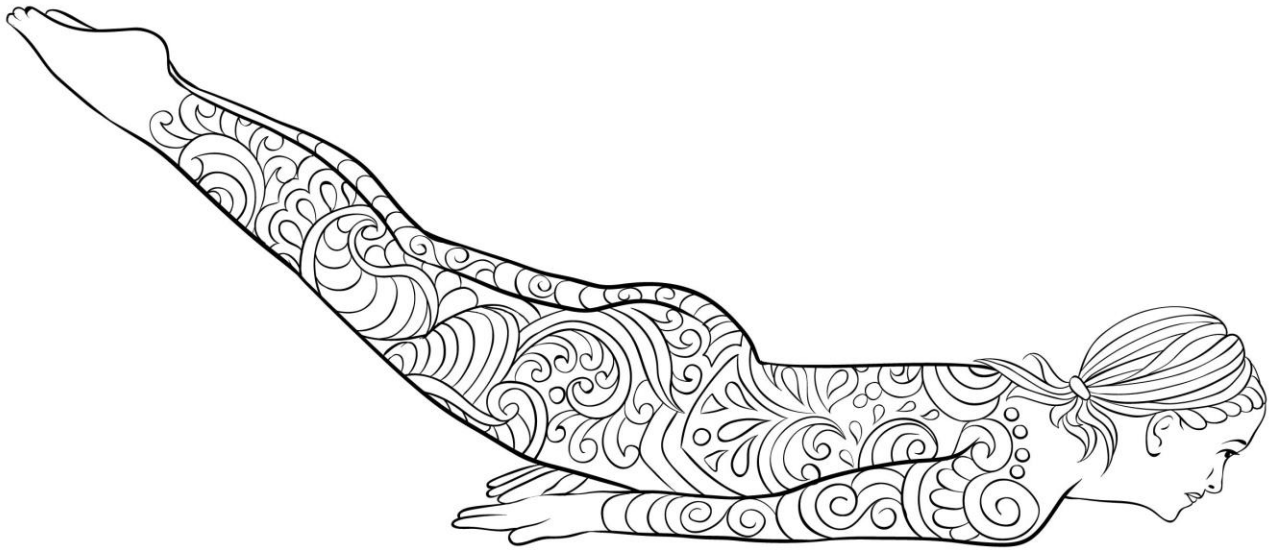
Balasana Or Child's Pose



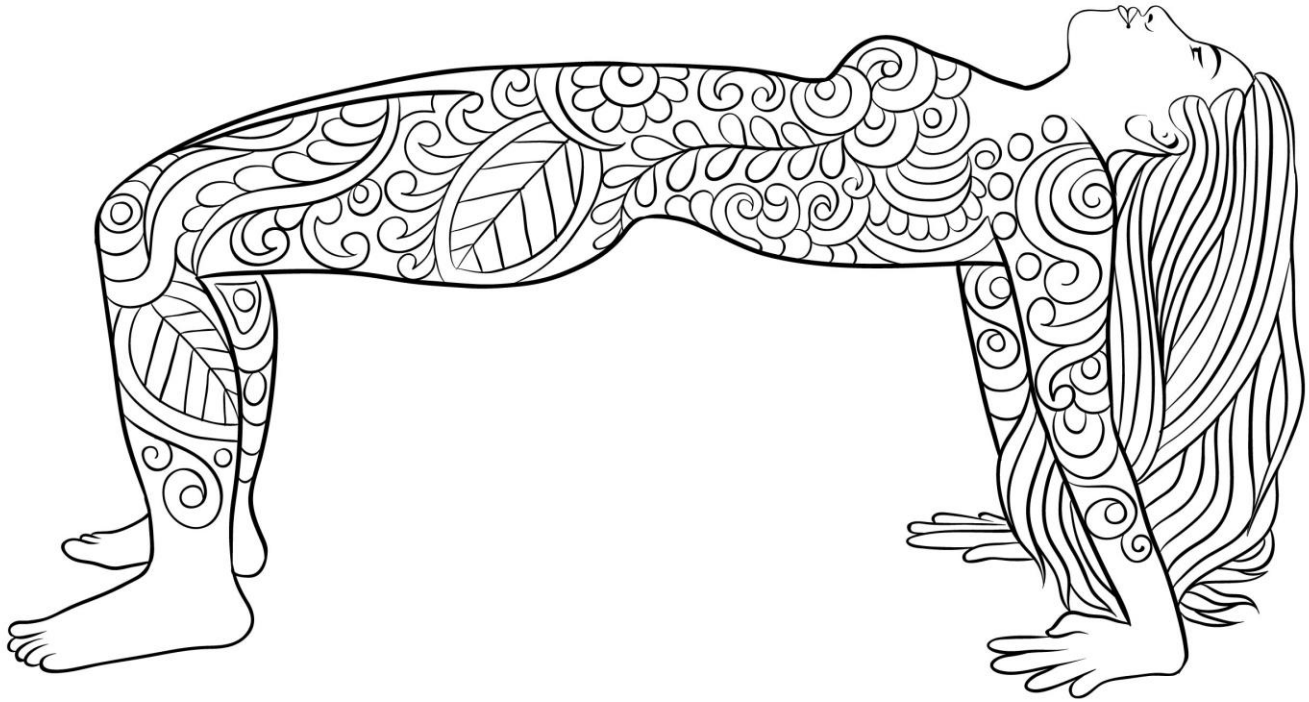
Baddha Konasana
Or Cobbler Pose Sitting



Baddha Ardha Chandrasana Or Bound Half Moon Pose



Ardha Shalabhasana Or Half Locust Pose



Ardha Purvottanasana Or Table Top Pose



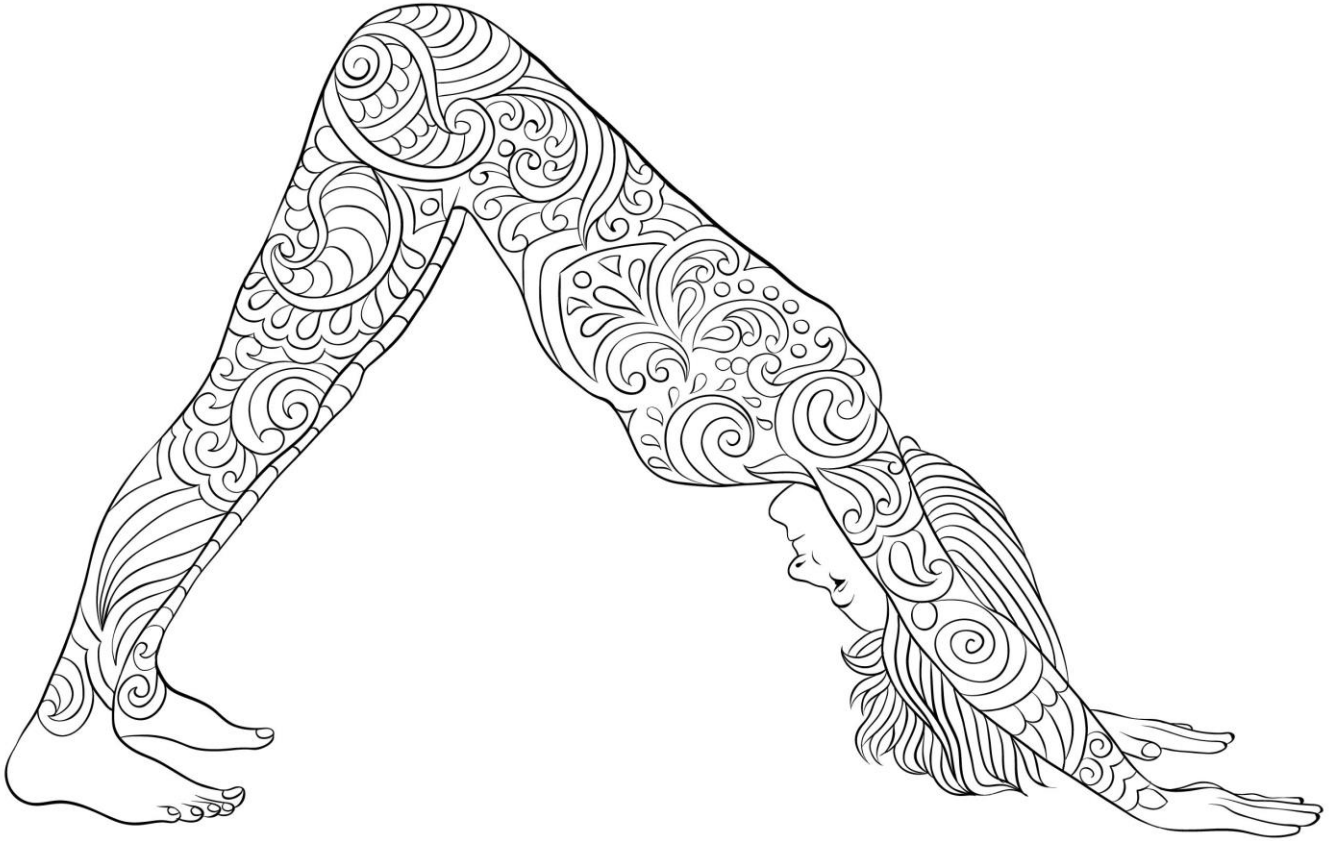
Adho Mukha Savanasana 2
Or Downward Facing Dog 2



Ardha Chandrasana Or Half Moon Pose



Anantasana Or Side Reclining Leg Lift Pose



Adho Mukha Savanasana Or Downward Facing Dog



Virabhadrasana 1 Or Warrior 1