

Extra 84 Beginners Poses

Balancing Poses:

1. Ardhchandrasana / Half Moon
2. Trikonasana /Triangle 2
3. Veerbhadrasana / Warrior 1
4. Veerbhadrasana / Warrior 2
5. Veerbhadrasana / Warrior 3
6. Veerbhadrasana / Warrior 4
7. Veerbhadrasana / Warrior 5 / Mountain in feet wide
8. Nasasprashasana / Warrior 6
9. Natraj / Dancers Pose
10. Utitha Hastpadangushthasan / Standing hand to toe
11. Paravottanasan / Bending to knee
12. Tuladandasana / Tabletop pose
13. Garudasana1 / Eagle
14. Garudasana 2 / Flying eagle / hands feet spread
15. Parshavottanasan / Hands in prayer in back
16. Parshav padottasana / Hands to ankles
17. Utkatasan (Chair with heels down)
18. Uttanasana (Standing forward bend)
19. Uppasthabadha Uttanasana (90 degree forward bend)
20. Pratyak Uttanasana (Back bend)
21. Utitha Yogmudra / Standing Yog mudra
22. Tadasana 2 / Interlock fingers
23. Yudhasana / Fighting warrior
24. Vrikshasana 2 / Tree with half lotus
25. Parvartita Trikonasana / Twisted Triangle
26. Murgasana / Cock pose
27. Parsarita Padottansana / Forward bend, feet apart, head on floor
28. Parsarita Padottasana 2 / with hand variations

Sitting Poses:

29. Sidana Yog mudra / Sitting yoga mudra
30. Bidala Tulana / On all fours
31. Bidala Tulana 2 (extending opp. Arm and legs)
32. Parighasana / Gate pose
33. Marjaryasana / Cat
34. Marjaryasana 2 /Cow
35. Anjneyasana / Hanumanasana
36. Ushtrasana / camel
37. Siddhasana / Masters pose
38. Sukhasana / Easy sitting pose
39. Swastikasana / Swastik pose
40. Ardhpadasana / Half lotus
41. Vajrasana / Diamond pose
42. Veerasana / Sitting Warrior
43. Veerasana 2 / Hero

44. Veerasana 3 / Hero with heel out of hips
45. Nishadita asan / Squatting pose
46. Upavishta Tadasan / Sitting Mountain pose
47. Upavishta Garudasan / Sitting Eagle
48. Singhasana / Lion pose
49. Kurmasana / Turtle
50. Bhaddhakon asana / Butterfly pose
51. Rocking baby / Leg cradle
52. Mahamudra (Advanced)
53. Janusheershasan / Forward bend
54. Parvartit Janusheershasan
55. Ardha Matsyendrasana / Half spinal twist
56. Naukaasana / Boat
57. Mandookasana / Frog
58. Merudandasan / Holding ankles off the floor
59. Kagasana
60. Malasana
61. Mandook asana 2
62. Mandook asana / Jumping frog
63. Prapadasana / on one toe and prayer position

Back bending Poses:

64. Poorna Bhujangasana / King Cobra
65. Adhomukha Shwanasana / Downward facing dog
66. Urdhavamukha Shwanasana / Upward facing dog
67. Kapotasana / Pigeon
68. Garbhasana / Womb pose
69. Chakra asana / Wheel pose
70. Karnpeed asana / plough with knees bend
71. Karnpeed asana 2 / with legs one side
72. Suptakon asana / hands to ankles with feet apart in plough

Various:

73. Jathata Pravittanasana / lying on back and Spiral twist
74. Jathata Pravittanasana 2 / Spirial twist with knees straight
75. Ekpad Sheershasana / Single leg head stand
76. Parshav Paschimottansana / Twisted forward bend with crossed hands
77. Urdhavmaukha paschimottanasana / forward bend on back
78. Ardh matseyasana / Fish with heels to hips
79. Supta virasana / Sleeping warrior
80. Vashishthasana / Side table
81. Akarn Dhanurasana / Shooting bow
82. Vyagrahasana / on 4s, knee to nose
83. Vyagrahasana 2 / Tiger pose extended chest
84. Utthanpadasana / Holding leg raise in 45 degree