

84 Mixed Level Yoga Asanas

Standing poses:

1. Kulpvrikshasana / Tree with heel on waist
2. Extended Nataraj (83)
3. Backward nataraj (87)
4. Vistrit Natarajasan / with knee holding
5. Parvatita Utkatasana/ Twisted chair pose
6. Ek pad uttanasana / One leg forward bend (one to sky)
7. Parvartita Uttanasana
8. Ardh Badh Padamottanasana
9. Durvasana / Standing rocking baby pose
10. Ruchikasana /standing ek pad sirasan

Sitting poses

11. Mahamudra
12. Vatayanasana / Horse pose
13. Poorna Parighasana
14. Utitha Tittibhasana / lifted Grasshopper
15. Chalanasana / Churning pose
16. Ardh padma pachitomasana
17. Ardh badha padma pachitomasana
18. Marichyasana
19. Bramcharyasana (sitting with heels out)
20. Prapada prayankasana / Tip toe couch pose
21. Akarndhnaurasana2 / cross hand to leg
22. Poornamatseyandraasan
23. Ek pad sirasana / one leg behind the head
24. Dwipad sirasana
25. Omkarasana
26. Gorakshasana / balance on knees in padamasan
27. Garbha pind asana (lotus feet, hands under to the ears)

Balancing:

28. Vrischikasana / Scorpion
29. Vrischikasana 2 / Scorpion with straight legs
30. Vrischikasana 3 / Scorpion with straight legs straight hands
31. Pinch mayurasana / Dancing peacock
32. Mayurasana / Peacock
33. Padam mayurasana
34. Ardh peacock / Half peacock
35. NatyaPadam mayurasana/ lifting legs up
36. Bakasana / Crane
37. Vistrit kakasana
38. Parshavkakasana
39. Vakrasana / Crookpose- like sidecrow, hands around hand
40. Ek pad kakasana /flying crow
41. Kalbhairavasana / vashishthasana with one leg behind head

Inversions:

42. Ardh Sheershasana / knees bend headstand
43. Parshava Sheershasana / Twisted head stand
44. Vistritpad Sheershasana / Legs spilt head stand
45. Padam sheershasana / head stand in lotus
46. Garuda sheershasana / head stand in eagle legs
47. Parshava Padam sheershasana / Twisted lotus head stand
48. Sheershpada asana / feet to head stand
49. Sheersha chakrasana / head stand , drop feet in wheel
50. Mandalasana / head stand prep with legs walking side
51. Badhastha Sheersha asana / Headstand with holding hands
52. Badhastha padam Sheersha asana / Headstand with holding hands
53. Salamba Sheersha asana / Headstand with support of hands - tripod
54. Salamba with elbows and palms together in front of face
55. Ek hast + above
56. One hand tripod head stand
57. Nirlamba sheersha asana / head stand without hands
58. Adhomukha Vrikshasana / Hand stand
59. Vipreetkarni mudra

Bridge / wheel variations:

60. Setubandhasana / Full bridge
61. Sheersha setubandhasana / Head bridge
62. Ek pada Sheersha setubandhasana / Head bridge with leg up
63. Chakrasana
64. Chakrabandhasana / Full circle wheel
65. Ekpada Chakra asana
66. Ek pada ek hast chakra asana
67. Parshava Sheersha setubandhasana / twisted head bridge

68. Suptakona asana / hands to ankles with feet apart in plough
69. Suptakona asana 2 / hands to sky with feet apart in plough
70. Padma halasana /plough with lotus

Fish variations:

71. Matseyasana 2 / with palms together
72. Matsyenasana 3 / legs off the floor
73. Uttanpada Matseyasana / arms and legs off the floor
74. Padma matseyasana / Fish in lotus

75. Supta padangushtasana / Sleeping hands to toe
76. Dwipada anantasana / legs and hands off the floor, balance on one hip sideways
77. Sukha Garbha pinda asana
78. Hanumanasana / Front split with prayer pose
79. Kailashasana / like pigeon with right hand on right toe
80. Yognidra asana / sleeping dwipada sirasana

Backbending:

81. Rajbhujangasana / Cobra with feet in armpits
82. Padam bhujangasana
83. Kamalasana / Bow with one hand and foot reaching out
84. Gandh bherundasana / extended Locust with arms in side / front