



search



1 2 3 4 5 6 7

Category

All Categories

Standing

Seated

Supine

Prone

Arm & Leg Support

Arm Balance & Inversion

Awkward
Utkaṭāsana

Balancing the Cat
Utthita Cakravākāsana

Bird of Paradise
Svarga Dvijāsana

Bird of Paradise, ...
Parivṛta Svarga Dvij...

Bird of Paradise, ...

Boat
Nāvāsana

Sub-Category

All Sub-Categories

Backbend

Forward Bend

Lateral Bend

Twist

Balancing

Neutral

Boat, Half
Ardha Nāvāsana

Bound Angle
Baddha Koṇāsana

Bound Angle, Su...
Supta Baddha Koṇās...

Bow
Dhanurāsana

Bow (Preparation)

Bow, Half
Ardha Dhanurāsana

Difficulty

All Difficulties

Beginner

Intermediate

Expert

Box
Cakravākāsana

Box (Knee to For...

Box (Shoulder Str...

Box, One Legged

Bridge
Setu Bandha Sarvāṅ...

Bridge, One Legg...
Eka Pāda Setu Band...

Camel
Uṣṭrāsana

Cat
Marjaryāsana

Caterpillar

Chair
Utkaṭāsana

Chair (Prayer Ha...

Chair, Revolved
Parivṛta Utkaṭāsana

Chair, Revolved (...
Utthita Parivṛta Utkaṭ...

Chair, Bound Rev...
Parivṛta Baddha Utk...

Child's
Balāsana

Child's, Extended
Utthita Balāsana

Child's, Wide
Balāsana

Child's, Wide (Sid...

1 2 3 4 5 6 7