

Pose List from *Light on Yoga*¹

rating*#.page/pl.#	Sanskrit name	English name	Category
01*001.061/001	Tadasana or Samasthiti	Mountain or Equal standing)	standing
01*002.062/002	Vrkasana	Tree	standing
03*003.063/003 ff	Utthita Trikonasana	Extended triangle	standing
05*004.064/004 ff	Parivrtta Trikonasana ctrpse to 3	Revolving triangle	standing
04*005.066/008 ff	Utthita Parsvakonasana	Extended side stretch	standing
08*006.068/010 ff	Parivrtta Parsvakonasana	Revolving lateral angle	standing
03*007.069/012 ff	Virabhadrasana I	Warrior I	standing
01*008.072/015	Virabhadrasana II	Warrior II	standing
05*009.073/016 ff	Virabhadrasana III	Warrior III-continuation of I	standing
05*010.074/018 ff	Ardha Chandrasana	Half moon	standing
16*011.076/020 ff	Utthita Hasta Padangusthasana	Extended hand to big toe	standing
06*012.078/024 ff	Parsvottanasana	Intense stretch to the side	standing
04*013.081/029 ff	Prasarita Padottanasana I	Expanded leg stretch I	standing
04*014.084/035 ff	Prasarita Padottanasana II	Expanded leg stretch II	standing
04*015.085/037 ff	Parighasana	Gate	kneeling
03*016.087/040 ff	Ustrasana	Camel	kneeling
02*017.088/042	Utkatasana	Chair	standing
03*018.089/043 ff	Padangusthasana	Big toe	standing
06*019.091/045 ff	Padahastanasana	Foot on hand	standing
08*020.092/047 ff	Uttanasana	Intense stretch forward bend	standing
06*021.093/049	Urdhva Prasarita Ekapadasana	Upward extended one leg in forward bend	standing
09*022.094/050 ff	Ardha Baddha Padmottanasana	Half bound lotus intense forward bend	standing
01*023.097/056	Garudasana	Eagle	standing
08*024.098/057 ff	Vatayanasana	Horse	kneeling
01*025.099/060 ff	Salabhasana	Locust	prone
01*026.100/062	Makarasana (guessed rating)	Crocodile (variation of Salabhasana)	prone
04*027.101/063	Dhanurasana	Bow	prone
04*028.102/064 ff	Parsva Dhanurasana	Sideways bow	on side

¹ Iyengar, B.K.S. *Light on Yoga*. New York: Schocken Books, 1979.

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**May be practiced after eating (sitting upright in Baddha Konasana).

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01*029.104/066 ff	Chaturanga Dandasana	Four-limbed staff	prone
06*030.105/068 ff	Nakrasana	Crocodile	prone
01*031.107/072 ff	Bhujangasana I	Cobra	prone
01*032.108/074	Urdhva Mukha Svanasana	Upward facing dog	prone
05*033.110/075 ff	Adho Mukha Svanasana	Downward facing dog	inverted
02*034.111/078	Paripurna Navasana	Complete boat	seated
02*035.112/077	Dandasana	Staff	seated
02*036.112/079	Ardha Navasana	Half boat	seated
02*037.114/080 ff	Gomukhasana	Cow's face	seated
06*038.116/082 ff	Lolasana	Pendant (Pendulum)	seated
01*039.116/084	Siddhasana I	Siddha=inspired sage	seated
01*040.120/085 ff	Virasana	Hero	seated**
02*041.123/093 ff	Supta Virasana	Reclining hero	supine
02*042.125/097	Paryankasana	Couch (continuation of S. Virasana)	supine
04*043.126/098 ff	Bhekasana	Frog	prone
03*044.128/101 ff	Baddha Konasana	Bound angle	seated**
04*045.129/104 ff	Padmasana	Lotus	seated
04*046.132/106	Sanmukhi Mudra	Facing inwards	seated
04*047.133/107	Parvatasana	Mountain variation of lotus	seated
04*048.134/108	Tolasana	Scales	arm balance
01*049.135/109	Simhasana I	Lion I	seated
06*050.137/110 ff	Simhasana II	Lion II	seated
05*051.138/112 ff	Matsyasana	Fish	supine
06*052.140/115	Kukkutasana	Cock	arm balance
07*053.141/116	Garbha Pindasana	Embryo in the womb	seated
10*054.142/117	Goraksasana	Cowherd	knee balance
06*055.142/118 ff	Baddha Padmasana	Bound lotus	seated
06*056.144/120 ff	Yoga Mudrasana		seated
12*057.146/123 ff	Supta Vajrasana	Reclined thunderbolt	supine
05*058.147/125	Maha Mudra		seated
05*059.148/126 ff	Janu Sirsasana	Head to knee	seated
09*060.151/130 ff	Parivrtta Janu Sirsasana	Revolved head to knee	seated

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08*061.153/133 ff	Ardha Baddha Padma Paschimottanasana	Half bound lotus intense back stretch	seated
05*062.156/138	Trianga Mukhaikapda Paschimottanasana	Three-part intense back stretch	seated
10*063.158/140 ff	Krounchasana	Heron	seated
05*064.159/143 ff	Marichyasana I	Dedicated to Marichi I	seated
06*065.161/145 ff	Marichyasana II	Dedicated to Marichi II	seated
09*066.163/148 ff	Upavistha Konasana	Seated angle	seated
06*067.166/153 ff	Paschimottanasana	Intense back stretch	seated
09*068.170/163 ff	Parivrtta Paschimottanasana	Revolved intense back stretch	seated
03*069.173/167 ff	Urdhva Mukha Paschimottanasana I	Upward-facing intense back stretch I	buttocks balance
03*070.173/167	Ubhaya Padangusthasana	Both big toes	buttocks bal.
10*071.174/169 ff	Urdhva Mukha Paschimottanasana II	Upward-facing intense back stretch II	supine
01*072.176/171	Purvottanasana	Intense front stretch, supine	four limbs
11*073.177/172 ff	Akarna Dhanurasana	Ear bow	seated
04*074.179/176 ff	Salamba Sirsasana I	Supported head stand I	headstand
08*075.184/186 ff	Urdhva Dandasana	Staff headstand	headstand
05*076.190/192	Salamba Sirsasana II	Supported head stand II	headstand
08*077.192/193 ff	Salamba Sirsasana III	Supported head stand III	headstand
04*078.193/198	Baddha Hasta Sirsasana	Bound hand headstand	headstand
06*079.195/199 ff	Mukta Hasta Sirsasana	Free hand headstand	headstand
08*080.197/202 ff	Parsva Sirsasana	Side headstand	headstand
10*081.198/204 ff	Parivrttaikapada Sirsasana	Revolved one-legged headstand	headstand
11*082.199/208 ff	Eka Pada Sirsasana	One-legged headstand	headstand
12*083.202/210	Parsvaika Pada Sirsasana	Lateral one-legged headstand	headstand
06*084.203/211 ff	Urdhva Padmasana in Sirsasana	Lotus in headstand	headstand
07*085.203/213 ff	Parsva Urdhva Padmasana in Sirsasana	Lateral lotus in headstand	headstand
06*086.205/217 ff	Pindasana in Sirsasana	Embryo in headstand	headstand
02*087.205/219 ff	Salamba Sarvangasana I	Supported shoulder stand I	shoulder std.
03*088.214/235	Salamba Sarvangasana II	Supported shoulder stand II	shoulder std.
03*089.214/236	Niralamba Sarvangasana I	Unsupported shoulder stand I	shoulder std.
04*090.215/237	Niralamba Sarvangasana II	Unsupported shoulder stand II	shoulder std.
04*091.216/238 ff	Halasana	Plow	shoulder std.
01*092.220/245 ff	Karnapidasana	Ear pain	shoulder std.

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02*093.221/247 ff	Supta Konasana	Reclined angle	shoulder std.
04*094.222/249	Parsva Halasana	Lateral plough	shoulder std.
05*095.223/250	Eka Pada Sarvangasana	One-foot shoulder stand	shoulder std.
06*096.225/251	Parsvaika Pada Sarvangasana	Lateral one-foot shoulder stand	shoulder std.
09*097.226/252 ff	Parsva Sarvangasana	Lateral shoulder stand	shoulder std.
10*098.227/256 ff	Setu Bandha Sarvangasana	Bridge in shoulder stand	shoulder std.
11*099.229/260	Eka Pada Setu Bandha Sarvangasana	One-legged bridge in shoulderstand	shoulder std.
04*100.230/261	Urdhva Padmasana in Sarvangasana	Lotus in shoulderstand	shoulder std.
07*101.231/262 ff	Parsva Urdhva Padmasana in Sarvangasana	Lotus in shoulderstand, twisting to either side	shoulder std.
25*102.231/267	Uttana Padma Mayurasana	Lotus in shoulderstand peacock	shoulder std.
05*103.234/269	Pindasana in Sarvangasana	Embryo in shoulderstand	shoulder std.
08*104.234/270 ff	Parsva Pindasana in Sarvangasana	Lateral embryo in shoulderstd.	shoulder std.
05*105.237/274 ff	Jathara Parivartanasana	Turning the belly	supine twist
01*106.240/276 ff	Urdhva Prasarita Padasana	Leg lift	supine
04*107.242/280 ff	Chakrasana	Wheel	topsy turvy
13*108.244/284 ff	Supta Padangusthasana	Leg stretch sequence	supine
09*109.246/288 ff	Anantasana	Lateral leg stretch	on side
09*110.248/291 ff	Uttana Padasana	?	supine
14*111.249/293 ff	Setu Bandhasana	Bridge	supine
01*112.251/297,300	Bharadvajasana	Simple twist (text & pictures!)	seated twist
02*113.253/299,298	Bharadvajasana II	Half lotus twist	seated twist
10*114.254/301 ff	Marichyasana III	Dedicated to Marichi? III	seated twist
11*115.257/305 ff	Marichyasana IV	Dedicated to Marichi? IV	seated twist
08*116.259/307 ff	Ardha Matsyendrasana I	Half lord of the fishes	seated twist
08*117.262/317 ff	Malasana	Garland	squat
02*118.266/322 ff	Malasana II	Garland II menstrual relief	squat
15*119.267/323 ff	Pasasana	Noose	squat twist
19*120.270/330 ff	Ardha Matsyendrasana II	Half lord of the fishes II	seated twist
22*121.271/332 ff	Ardha Matsyendrasana III	Half lord of the fishes III	seated twist
38*122.273/334 ff	Paripurna Matsyendrasana	Full lord of the fishes digestion	seated twist
13*123.276/340 ff	Astavakrasana	Eight-crooks	arm balance
05*124.278/344	Eka Hasta Bhujasana	One hand-arm	arm balance

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04*125.279/345	Dwi Hasta Bhujasana	Two hand-arm	arm balance
08*126.280/346 ff	Bhujapidasana	Shoulder squeeze	arm balance
09*127.282/351 ff	Mayurasana	Peacock	arm balance
10*128.284/355	Padma Mayruasana	Lotus peacock	arm balance
10*129.284/356	Hamsasana	Swan	arm balance
12*130.285/357	Pincha Mayrasana	Peacock fan	arm bal. inv.
15*131.287/358	Sayanasana	Peacock fan on elbows	arm bal. inv.
10*132.287/359	Adho Mukha Vrksasana	Downward facing tree	arm bal. inv.
14*133.288/360 ff	Kurmasana	Tortoise	seated for. bd.
14*134.291/368	Supta Kurmasana	Final stage of tortoise	seated for. bd.
15*135.292/369 ff	Eka Pada Sirsasana (cycle follows)	Leg behind head	seated leg str.
16*136.294/372	Skandasana	See plate 135	seated for. bd.
22*137.295/373	Buddhasana	See plate 373	seated leg str.
22*138.296/374	Kapilasana	See plate 374	seated for. bd.
16*139.296/375	Bhairavasana	See plate 375	seated leg str.
19*140.297/376 ff	Kala Bhairavasana	Side stretch, frwd leg beh. head	arm bal leg st
20*141.298/379 ff	Chakorasana	Moonbeam bird	arm balance
21*142.299/381 ff	Durvasasana	Angry sage	standing
18*143.301/384 ff	Ruchikasana (last pose in cycle)	To the sage Ruchika	stand'g for bd
19*144.302/386 ff	Viranchyasana I	To the creator Virancha I	seated leg str.
10*145.304/388	Viranchyasana II	To the creator Virancha II	seated leg str.
18*146.304/389 ff	Yoganidrasana	Yoga sleep	supine str.
24*147.307/392 ff	Dwi Pada Sirsasana	Vertical yoga sleep	butt balance
22*148.308/394 ff	Tittibhasana	Firefly	arm balance
18*149.309/396 ff	Vasisthasana	To the sage Vasistha	arm bal leg st
19*150.311/399 ff	Kasyapasana	To the sage Kasyapa	arm bal leg st
20*151.313/401 ff	Visamitrasana	To the sage Visvamitra	arm bal leg st
09*152.315/404 ff	Bakasana	Crane	arm balance
16*153.318/412 ff	Parsva Bakasana	Crane to the side	arm balance
18*154.320/417 ff	Urdhva Kukkutasana	Upward (strutting) cock	arm balance
24*155.322/424 ff	Parsva Kukkutasana	Strutting cock to the side	arm balance
16*156.325/427 ff	Galavasana	To the sage Galava	arm balance

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21*157.327/431 ff	Eka Pada Glavasana	Galavasana, one leg extended	arm balance
22*158.330/434 ff	Dwi Pada Koundinyasana	To the sage Koundinyasana, 2	arm balance
23*159.332/439 ff	Eka Pada Koundinyasana I	To the sage Koundinyasana I, 1	arm balance
24*160.334/442 ff	Eka Pada Koundinyasana II	To the sage Koundinyasana II, 1	arm balance
26*161.336/444 ff	Eka Pada Bakasana I	Crane, one leg extended I	arm balance
25*162.338/448 ff	Eka Pada Bakasana II	Crane, one leg extended II	arm balance
19*163.340/453 ff	Yogadandasana	Staff of a Yogin (crutch)	knee str, twst
21*164.343/457 ff	Supta Bhekasana	Reclining frog	supine str
32*165.344/459 ff	Mulabandhasana	Root lock	lock
15*166.346/464 ff	Vamadevasana I	To sage Vamadevasana (Siva) I	lock/twist
15*167.347/466	Vamadevasana II	To sage Vamadevasana (Siva) II	lock/twist
39*168.348/467 ff	Kandasana	Knot, bulbous root	seated
36*169.352/472 ff	Hanumanasana	King of the monkeys	splits
38*170.354/477	Samakonasana	Same angle	splits
39*171.356/478	Supta Trivikramasana	Reclined (name of Visnu)	splits
07*172.357/479 ff	Urdhva Dhanurasana I	Upward bow I	backbend
15*172a.359/483 ff	Urdhva Dhanurasana II	Upward bow II	backbend
26*173.361/488 ff	Viparita Chakrasana in Urdhva Dhanurasana	Reversed wheel (from backbend to handstand)	backbend
12*174.365/501 ff	Eka Pada Urdhva Dhanurasana	Upward bow, one leg raised	backbend
21*175.367/503 ff	Kapotasana	Pigeon	backbend
23*176.372/513	Laghu Vajrasana	Beautiful thunderbolt	backbend
24*177.373/514 ff	Dwi Pada Viparita Dandasana	Two-footed inverted staff	backbend
26*178.377/521	Eka Pada Viparita Dandasana I	One-footed inverted staff	backbend
29*179.378/522 ff	Eka Pada Viparita Dandasana II	One-footed inverted staff	backbend
31*180.379/524	Chakra Bandhasana	Chakra lock	backbend
27*181.381/525 ff	Mandalasana	Wheel	backbend
32*182.386/536 ff	Vrschikasana I	Scorpion I	backbend/bal
33*183.386/538	Vrschikasana II	Scorpion II	backbend/bal
28*184.389/539 ff	Eka Pada Rajakapotasana I	One legged king of pigeons I	backbend
45*185.391/543 ff	Valakhilyasana	Named for Valakhilya	backbend
29*186.392/545	Eka Pada Rajakapotasana II	One legged king of pigeons II	backbend
30*187.393/546	Eka Pada Rajakapotasana III	One legged king of pigeons III	backbend

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40*188.394/547	Eka Pada Rajakapotasana IV	One legged king of pigeons IV	backbend
37*189.396/550	Bhujangasana II	Cobra (Serpent) II	backbend
38*190.397/551 ff	Rajakapotasana	King of pigeons	backbend
43*191.399/553 ff	Padangustha Dhanurasana	Foot big-toe bow	backbend
44*192.403/558 ff	Gherandasana I	Sage; combo Bhekasana & P. Dhanurasana	backbend
46*193.405/563 ff	Gherandasana II	Sage; combo Baddha Padm & P. Dhanurasana	backbend
44*194.408/567	Kapinjalasana	Partridge (Chataka bird); combo Vasisthasana & P. Dhanurasana	backbend/bal
52*195.409/568 ff	Sirsa Padasana	Head foot	backbend/inv
56*196.411/571 ff	Ganda Bherundasana	Formidable cheek (bird)	backbend/inv
58*197.416/584	Viparita Salabhasana	Reverse locust	backbend/inv
60*198.418/585 ff	Tiriang Mukhottanasana	Oblique face stretch	backbend/std
58*199.419/587 ff	Natarajasana	Lord of the dance (Shiva)	backbend/std
00*200.422/592	Savasana/Mrtasana	Corpse	supine

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