

# Yoga Positions

Put yourself in one of these 68 Hatha Yoga positions and relax.

O A C W C T S E A T E D F O R W A R D B E N D A D R T D I  
O T O O N S U T O L D E I T L D A R L A E V W F L P T K N  
N R C N C H I L D S P O S E E W G T A E U E H F R W D A T  
C A I R E K T O G N W S H A U O T S W O B D R A W P U R E  
H I O O O L E R T W E L D H A L F S P I N A L T W I S T N  
C S E I T C E R C S X B E S O P S U O I C I P S U A R I S  
S E E R G S O G E N T L D B E G N U L W O L O D E A A W E  
L D E R I A A D G L E W R R R W I D O B A D M E E P C E S  
T H O A B R M P I E N E H O A E O U H N O R O B R R U D P  
D A E W G S E N H L D E O S T W P A K S O E U M G D I C R  
R N O S N D E W D N E K L N N O R E H G N I N I L C E R E  
O D E S I W G E U I D F I W D A P O O L L W T L B W C P A  
N T U L N O A H C P S T A N D I N G F O R W A R D B E N D  
E O A A I L T R E N I R W V G C T R L E F W I U D I O W L  
O B O E L S A R D N D T A O I P A A C E E D N O E I O O E  
E I I S C N N D O F E J D E P E I L L H G N R F S C R S G  
I G A N E D I O A T A G P X E K I G T E T E K E I D O O S  
W T N O R O M C E S N C L T R N N P E R V S U O O P S I T  
D O R I A F I F T I G W I E I A U A B O U N U F T E W I R  
N E D T L N F W C O L I O N E S D S L G N D T C R D P D E  
A N E A G R I A H C E L G D G I G V D P E H E D O A A H T  
T O H T S S F B W S H B I E E D E C S G E F L P T L E E C  
S E R U T D H O O A O S L D C D O N P F R D W R N A S T H  
R E C L R R G P P U D G T T T M I G I E E T I I D O A W P  
E L G A E S F N N E N S O R P R O S P E R O U S P O S E K  
D F W S F F M D V A N D I I O Y H F P R G D T E B W N C S  
L P G U A W A L I T S A A A U E E E D U C A S L S R O T O  
U I P T D N O R N O N I N N S C L K W E N P L D B C N E E  
O N S O G V T C B G O S A G G Y E N N D R U E B A E T E S  
H N G L E N G R L O N C O L L L O R D O F T H E D A N C E  
S S E R A A T E L G C A M E L E E D C A M N P D E N D O O

AUSPICIOUS POSE	HEAD STAND	RECLINING BIG TOE
BHARADVAJA'S TWIST	HEAD-TO-KNEE	RECLINING
BOUND ANGLE	FORWARD BEND	BOUND ANGLE
BRIDGE	HERO	RECLINING HERO
CAMEL	HERON	REVOLVED
CHAIR	INTENSE SPREAD	SIDE ANGLE
CHILD'S POSE	LEG STRETCH	REVOLVED TRIANGLE
COBRA	LEGS-UP-THE-WALL	SALUTATION SEAL
COCKEREL	LION	SEATED
CORPSE POSE	LOCUST	FORWARD BEND
COW FACE	LORD OF THE DANCE	SHOULDER STAND
CRANE	LORD OF THE FISHES	SIDE PLANK
CROCODILE	LOTUS	STAFF POSE
CROW	LOW LUNGE	STANDING
DOWNWARD-FACING	MONKEY	FORWARD BEND
DOG	MOUNTAIN	THUNDERBOLT
DOWNWARD-FACING	NOOSE	TIED LOTUS
TREE	ONE-LEGGED	TORTOISE
EAGLE	KING PIGEON	TREE
EXTENDED	OPEN ANGLE	TRIANGLE
SIDE ANGLE	PEACOCK	UPSIDE-DOWN
EXTENDED TRIANGLE	PERFECT POSE	TORTOISE
FISH	PLANK	UPWARD BOW
FOUR-LIMBED STAFF	PLOW	UPWARD-FACING DOG
FULL BOAT	PROSPEROUS POSE	WARRIOR
HALF MOON	RAISED HAND	WHEEL
HALF SPINAL TWIST	TO BIG TOE	