

Seated Meditation Poses:

1. Padmasana- Lotus Pose
2. Sukhasana- Easy Pose
3. Ardha Padmasana- Half Lotus Pose
4. Siddhasana- Sage or Accomplished Pose
5. Vajrasana- Thunderbolt Pose
6. Virasana- Hero Pose

Reclining Poses:

1. Supta Padangusthasana- Reclining Big Toe Pose
2. Parsva Supta Padangusthasana- Side Reclining Big Toe Pose
3. Parivrtta Supta Padangusthasana- Twisting Reclining Big Toe Pose
4. Jathara Parivartanasana- Stomach Turning Pose
5. Shavasana- Corpse Pose
6. Supta Virasana: Reclining Hero Pose

Surya Namaskar poses

1. Tadasana- Mountain Pose
2. Samasthiti - Equal Standing Pose (tadasana with hands in prayer)
2. Urdhva Hastasana- Upward Hands Pose
3. Uttanasana- Intense Stretch Pose or Standing Forward Fold
4. Vanarasana- Lunge or Monkey Pose
- 5 Adho Mukha Dandasana - Downward Facing Staff Pose
6. Ashtanga Namaskar (Ashtangasana)- Eight Limbs Touching the Earth
7. Chaturanga Dandasana- Four Limb Staff Pose
8. Bhujangasana- Cobra Pose
9. Urdhva Mukha Shvanasana- Upward Facing Dog Pose
10. Adho Mukha Shvanasana- Downward Facing Dog Pose

Standing Poses:

(‘Hip Open’ Standing Poses):

1. Trikonasana- Triangle Pose
2. Virabhadrasana II- Warrior 2 Pose
3. Utthita Parsvakonasana- Extended Side Angle Pose
4. Parivrtta Parsvakonasana- Twisting Side Angle Pose
5. Ardha chandrasana- Half Moon Pose
6. Vrksasana- Tree Pose

(‘Hip Closed’ Standing Poses):

7. Virabhadrasana 1- Warrior 1 Pose
8. Virabhadrasana 3- Warrior 3 Pose

9. Prasarita Padottanasana- Expanded Foot Pose
10. Parsvottanasana- Intense SideStretch Pose
11. Utkatasana- Powerful/Fierce Pose or 'Chair' Pose
12. Uttitha Hasta Padangustasana- Extended Hand to Big Toe Pose
13. Natarajasana- Dancer's Pose
14. Parivrtta Trikonasana- Twisting Triangle Pose

Hip and shoulder openers:

1. Eka Pada Raja Kapotasana- Pigeon Pose
2. Baddha Konasana- Bound Angle Pose
3. Supta Baddha Konasana- Reclining Bound Angle Pose
4. Gomukhasana- Cow Face Pose
5. Garudasana: Eagle Pose

Seated Forward Bends:

1. Janu Shirshasana- Head to Knee Pose
2. Triyanga Mukhaikapada (mukha eka pada) Paschimottanasana- Three Parts of Body Stretch
3. Upavishtha Konasana- Seated Angle Pose
4. Dandasana- Staff Pose
5. Paschimottanasana- Intense Stretch of Back Side Pose
6. Navasana- Boat Pose

Seated Twists:

1. Ardha Matsyendrasana 1- Half Lord of Fish Pose 1
2. Ardha Matsyendrasana 2- Half Lord of Fish Pose 2
3. Supta Bharadvajasana- Reclining Sage Pose (a.k.a Matsyangasana: 'Mermaid Pose')
4. Marichasana III- Sage Marichi's Pose

Backbends:

1. Ushtrasana- Camel Pose
2. Setu Bandha Sarvangasana- all limb lock pose/Bridge Pose
3. Dhanurasana- Bow Pose
4. Urdhva Dhanurasana- Full Bow Pose
5. Hanumanasana- Hanuman's Pose
6. Purvottanasana- Intense Stretch of East Side Pose
7. Shalabasana- Locust Pose
8. Matsyasana- Fish Pose

Inversions & hand balancing poses:

1. Viparita Karani Mudra- Inverted Action Seal Pose
2. Shirsasana- Headstand
3. Sarvangasana- All Limb Pose or Shoulderstand

4. Halasana- Plough Pose
5. Adho Mukha Vrksasana- Downward Facing Tree Pose or Handstand
6. Ashtavakrasana- Eight Crooks Pose (named after sage Ashtavakra) 8 Angle Pose
7. Bakasana/Kakasana- Crane/Crow Pose
8. * Mayurasana- Peacock Pose
9. * Pincha Mayurasana- Peacock Feather Pose

Pranayamas & Bandhas:

1. Kappala Bhati: Skull Shining Breath
2. Nadi Shodhana: Nadi Cleansing Breath or Alternative Nostril Breathing
3. Ujjayi Pranayama: Victory Breath
4. Viloma Pranayama: Sectional Breath or 'Against the Grain'
5. Dirgha Pranayama: Full Yogic Breath
6. Mula Bandha: Root Lock
7. Uddiyana Bandha: Abdominal Lock
8. Jalandhara Bandha: Throat Lock

Common words to know within asana names:

Padma: lotus
Ardha: half
Anga: limb
Vira: hero/warrior
Supta: reclining
Pada: foot
Padangustha: big toe
Parivrtta: twisted or revolved
Shirsa: head
Shava: corpse
Shvana: dog
Parshva: side
Kona: angle
Mukha: face
Urdhva: upward
Adho: downward