

IMPORTANT LEVEL 1 YOGA ASANAS

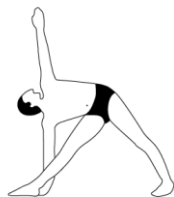
Practice the asanas as taught in class. Use props as taught in class.
Many asanas were taught as modified versions of the illustrated asanas shown below.



Tadasana
(Mountain)



Vrksasana I
(Tree)



Utthita Trikonasana
(Extended Triangle)



Ardha Chandrasana
(Half Moon)



Virabhadrasana II
(Warrior II)



Utthita
Parsvakonasana
(Extended Side Angle)



Virabhadrasana I
(Warrior I)



Utkatasana
(Powerful)



Parsvottanasana
(Intense Side)



Prasarita
Padottanasana I
(Extended Leg)



Adho Mukha
Svanasana
(Downward Facing
Dog)



Parvatasana in
Virasana
(Mountain in Hero)



Dandasana
(Staff)



Janu Sirsasana
(Knee Head)



Malasana
(Garland)



Triang Mukhaikapada
Paschimottanasana
(Three Limb Face
One Leg Extension of
Posterior Body)



Marichyasana I
(Marichi's pose)



Paschimottanasana
(Intense Extension of
Posterior Body)



Gomukhasana
(Face of Cow)



Bharadvajasana I
(Bharadvaja's pose)



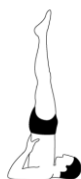
Supta Baddha
Konasana
(Supine Bound
Angle)



Baddha Konasana
(Bound Angle)



Supta
Padangusthasana I
(Supine Big Toe)



Salamba
Sarvangasana I
(Supported Whole
Body)



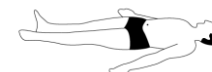
Halasana
(Plow)



Salamba Setu Bandha
Sarvangasana
(Supported Bridge)



Viparita Karani
(Inverted Lake)



Savasana
(Corpse)