



Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Ūrdhva Dhanurāsana	Wheel Pose	3rd 4th 5th	
Matsyāsana	Fish Pose	4th 5th	
Dvipāda Pītham	Two-Footed Pose	4th 5th	
Setu Bandhāsana Sarvāṅgāsana	Bridge Pose	4th 5th	


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Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Pūrvatānāsana	East Stretching Pose	3rd	
Ekapāda Rājapotaśana	King Pigeon Pose	4th	
Salabhāsana	Locust Pose	1st 3rd 4th	
Ardha Śalabhāsana	Half Locust Pose	1st 3rd 4th	



Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Salabhāsana (Vimanāsana Variation)	Locust Pose	1st 3rd 4th	
Ūrdhva Mukha Śvānāsana	Upward Dog Pose	4th 5th	
Ardha Utkaṭāsana	Half Squat Pose	1st 4th	
Uṣṭrāsana	Camel Pose	2nd 4th 5th	

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Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Ekapāda Uṣṭrāsana	One Leg Camel Pose (or Lunge)	3rd 4th	
Viparīta Daṇḍāsana	Inverted Stick Pose	4th 5th	
Vīrabhadrāsana I	Warrior I Pose	1st 4th	
Supta Vīrāsana	Reclined Hero Pose	2nd 5th	




Arm Balancing Backbends

Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Mayūrāsana	Peacock Pose	3rd	
Piñcha Mayūrāsana	Forearm Stand	4th 6th	
Adho Mukha Vṛkṣāsana	Handstand	1st 4th	

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Balancing Standing Backbends

Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Naṭarājāsana	Dancer's Pose	4th	

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Extensions

Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
i.e. Padmāsana Siddhāsana Sukhāsana Svastikāsana	All Seated Poses	1st 4th 6th	
Daṇḍāsana	Staff Pose	1st 3rd 5th	
Caturaṅga Daṇḍāsana	Four Limbs Stick/Staff Pose	3rd	
Gomukhāsana	Cow Face Pose	4th 6th	

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Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Baddha Koṇāsana	Bound Angle Pose	1st 3rd 5th	
Mahāmudrā	Supreme Seal	1st 5th 6th	
Ūrdhva Prasārita Pādāsana	Upward Spread Foot Pose	3rd 4th 5th	
Adho Mukha Śvānāsana	Downward Dog Pose	1st 3rd 4th	


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Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Tāḍākamudrā	Reclining Arms Over Head Legs Straight Seal	1st 3rd 5th	
Taḍāsana	Mountain Pose	1st 4th	
Vīrabhadrāsana II	Warrior II Pose	1st 6th	
Vīrāsana	Hero Pose	1st 6th	



Inversions

Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Sīrṣāsana and variations	Headstand	5th 6th	
Sarvāṅgāsana and variations	Shoulderstand	5th 6th	