



ASANAS

608 YOGA POSES



ASANAS

608 YOGA POSTURES

DHARMA MITTRA



NEW WORLD LIBRARY
NOVATO, CALIFORNIA



New World Library

14 Pamaron Way

Novato, California 94949

© 2003 by Here+There

Photographs © 2003 by Dharma Mittra

Asanas was produced in New York and London by Here+There

Editor: Joe Dolce • Editorial Advisor: Angela LaSpisa

Design: Caz Hildebrand

All rights reserved. This book may not be reproduced in whole

or in part,

stored in a retrieval system, or transmitted in any form or by

The material in this book is intended for education. Please

electronic, mechanical, or otherwise without written permission

Library of Congress Cataloging-in-Publication Data

Mittra, Dharma 1939-

Asanas : 608 yoga postures / by Dharma Mittra.

ISBN 1-57731-402-6 (pbk. :alk. paper)

1. Yoga — Pictorial works. I. Title.

RA781.7 .M552003

2002154288

613.7'046—dc21

First Printing, March 2003

ISBN 1-57731-402-6

Printed in Hong Kong

Distributed to the trade by Publishers Group West

CONTENTS

About This Book	8
Guidelines for Practice	10
Introduction	12
Sun Salutation & Hero Series	21
Standing Poses	47
Inversions	145
Floor & Supine Poses	258
Arm Balancing Poses	527
Twists & Seated Poses	596
Breathing & Cleansing Practises	642
Resting Poses	650
Biography	660
Glossary	662

DEDICATION

I offer my deepest thanks to:

Shri Swami Kailashananda Maharaj 108, my

Guru, my inspiration, my teacher, my father,

my everything in the Divine Practice,
~~my tireless and faithful Karma Yoga Ismrittee~~

Devi, aka Eva Grubler Vargas;

Angela LaSpisa my devoted student and angel

in disguise; all of my students past and

present who inspire me to serve and teach

my longtime students, initiated disciples, and

daily
certified teacher graduates who invest

themselves in passing on the tradition;

Krishna Das for his eternal love of chanting the

divine name, for his friendship, and for allowing

my home to be his; and most of all, to the

Supreme Lord for honoring me with human

birth and revealing to me my spiritual existence

and unity with God, thereby giving me the

opportunity to perform my prescribed duties in

a disinterested way, and to use reason and

discrimination to help maintain world order and

make spiritual progress in this lifetime with no

attachments to the fruits of my actions. He

whose heart gets purified through action without

~~Dharma-Miocra~~ Dharma-Miocra

uphold righteousness and live up to my initiate

name of Dharma, *Om Shantih Om*.

Om.
May we practice yoga so that
our bodies and minds are
purified. O Luminous One,
may we find a guru (spiritual
preceptor) to receive the right
guidance and knowledge. O
Imperishable,
Incomprehensible, Infinite
One, may we cross by Thy
Grace this ocean of birth and
death. May detachment be
our boat, strength be our
speed, the guru be our guide,
and thy light our destination,
so that we can safely cross
this ocean (of pain and
delusion) and return home
again. May we never leave
home again.

ABOUT THIS BOOK

This book is an extraordinary celebration of human achievement — extraordinary not only because one man possessed the grace and prowess to execute so many yoga postures, but because he also had the determination to photograph himself doing them.

For organizational purposes, *Asanas* groups the postures into eight broad sections. It would be a mistake to take those categories too literally because unlike other exercise regimes, yoga works on both the outside of the body and the inside. While a pose may appear to be a back stretch, it's likely to also be working the legs and arms, increasing the flow of blood to specific glands and organs, and clarifying the practitioner's relationship with the cosmos.

The majority of the photos were shot in 1984, when Dharma was 45 years old. In the years since, some of the original negatives were lost or damaged, thus when it came time to put this book together, Dharma had to photograph himself again. It was impossible to replicate the original lighting conditions, so the newer shots have a different, more sense quality. Perhaps it is testimony to the

rejuvenating powers of yoga, but the changes in Dharma's body, or in his ability to execute the poses, are barely visible.

One more thing: Only after spending months with Dharma, dissecting and categorizing each posture, did we realize that he had originated many of these postures himself. As a true yogi, he takes no credit for his achievement, stressing instead the value of egolessness, or in yogic terms, "no I." While he may insist that he did nothing to create the work, that the postures just flowed through him, we believe otherwise.

The Editors

GUIDELINES FOR PRACTICE

Relax on your back for two or three minutes before the first posture.

Do all postures very slowly, without pain or straining. Breathe through the nose in all positions (except *Shavasana*).

Do not over-hold the breath or over-inhale. Do not overhold any posture.

Break posture whenever it becomes uncomfortable.

Practice on an empty stomach, four hours after heavy food, two hours after light food, 10 to 15 minutes after liquids.

Before doing a posture check the illustration carefully for angles, shape, exact position of fingers, hands, arms, toes, ankles, legs, and head. Beginners should not practice without guidance.

If you are pregnant, or have recently had surgery, or have heart, spine, joint, or high blood pressure problems, ask the teacher which postures to avoid.

Do postures on a mat in a well-ventilated room.

Relax after every posture until fatigue has been eliminated.

If there isn't time to do all the poses, choose one standing, one abdominal, one or two forward and backward bends each, one twist, and one seated pose. Later, or the next day, do the remaining.

End *asana* practice with a relaxation pose, such as, *Shavasana*.

For rapid progress, be guided by a qualified teacher, not by books alone. Try to be a vegetarian and meditate at least five minutes daily. Be reverent and obedient to the teacher.

Be nice to all.

INTRODUCTION

When I first left the ashram of my guru, Swami Kailashananda, in 1975, I was very enthusiastic, in good shape, and spiritually intoxicated. I wanted to give the guru something in thanks as an act of devotion, so I set to work on the Master Yoga Chart of 908 Asanas.

At the time yoga wasn't as popular in the United States as it is now so I had to work out how to do many of the postures myself — some were explained in texts, but not all were illustrated. I gathered information from my guru, from books, and from students who had come from other teachers. I mounted a Nikon camera and a video camera with a monitor so I could see the correct angle when I was in the pose. Once in position I clicked with a wire remote, a little pump. In many poses I had to hold the pump in my mouth and activate it by biting. I had four seconds to spit it out before the flash popped.

Every morning I would shoot two or three rolls of film. I did about 1,300 postures in less than three months, then I cut them out and pinned them on a big ~~piece~~ ¹² piece of cardboard. I knew that if I made the chart, one day it would be a success, just like a painting that is done 100 years before it is recognized.

It is said that yoga takes the shape of all of creation.

There are an infinite number of poses — this is what makes yoga a living tradition.

Three thousand years ago yoga started with one meditative pose, Easy Lotus. The word *asana* originally meant “meditative posture.” Then the masters introduced Cobra Pose to keep the spine flexible. In their quest for physical health they developed the eight most important poses to insure the health of the body and glands. From there it grew. Even today dozens of new poses are created each year by true yogis all over the world. There are many different schools, each with their own variations, but basically all yoga comes from the same set of classic *asanas*. In the 35 years I have been teaching I have developed many poses, but in yoga no one puts his or her name on a pose because in reality I didn’t do anything. I am just a body through which the intuition has passed.

Many of the newer and more popular variations of yoga are geared to getting into a sweat and burning calories. They require a lot of movement and people tend not to worry about concentrating in the pose. The way I learned, you relax and concentrate on the third eye or, if you’re not feeling comfortable, on the point of stress. This calms you ~~down~~ down, helps diminish desires, and focuses energy. But here’s the truth: while there’s a different style for every kind of person, all yoga, if practiced properly, achieves the same ends.

Still, even with books like this, students should have a teacher available. The guru has gone the route. He or she knows the journey and is able to guide others. He or she will know which poses are good for you and which to avoid. As students grow spiritually and improve their mental patterns they'll attract better teachers. Unfortunately there are many certified yoga instructors today who don't know anything about yoga. But students needn't worry — everything has a divine purpose. Instructors who don't know anything attract students who don't deserve the truth yet. There is a natural order in the world.

Yoga is beneficial to so many physical conditions, but the ultimate reason to practice it is to find the truth. *Asanas* are only one part of an eight-stage process in the search for enlightenment. They prepare the body for meditation. The great yoga master Iyengar said, "My body is my altar, and my postures are the prayers." Only when you've learned the postures and the ways to control the mind, the breath, the senses, and the emotions, are you ready to enter the temple. Yoga means yoke, or union, with the spirit. Some people think, "I'm in this pose so I've achieved godliness." They're not even doing yoga yet. Unless you've surrendered to the Lord, or to the Divine Spirit, or to whomever you may call God, you're only doing something for yourself. To find that

union you must surrender. Then you can achieve *samadhi*, that deeper consciousness in which you become identified with the object of your concentration. You need to go beyond the individual mind and join the ocean of consciousness.

I know that sounds like a lofty ambition — most people come to class to improve their figures. But as they practice they gradually and automatically start changing their ideas. They start thinking more about the spirit. Automatically it begins to have another effect, something that's learned less from thought than through experience.

Students often ask me how they can go deeper into a posture. In a way they are asking the wrong question. Form, breath, and focus are much more important than range of motion. As long as you're aligned and breathing, don't worry about how far you can go.

That said, you must learn to relax in the pose in order to master it. The first few times you cross your legs in Lotus Pose, say, it's extremely painful. After a few weeks of practice, you'll be able to spend some minutes in it. Eventually you will feel comfortable.

As I mentioned before, there are eight basic poses that will give you everything you need for good physical health — they can all be made more challenging depending on your

flexibility. The basic eight are: *Shirshasana* (Head Stand); *Sarvangasana* (Shoulder Stand), *Bhujangasana* (Cobra, which leads into Bow Pose); *Paschimatanasana* (Full Back Stretch); *Matsyendrasana* (Spinal Twist); *Maha Mudra* (One Leg Back Stretch or Powerful Seal); *Siddhasana* (Easy Lotus); *Padmasana* (Lotus Pose). Unlike bodybuilding or other purely physical routines, yoga is a holistic practice. Each pose performs many functions, not all of them obvious, that can stimulate internal organs and glands, increase the flow of blood, reduce stress, and improve overall health. *Dhanurasana*, Bow Pose, is a good example. It bends the spine backwards, which develops its flexibility and elasticity. At the same time, the body is resting on the abdomen, stretching and relaxing muscles there, improving digestion and peristalsis. This can help chronic constipation and liver dysfunction. It also sends a rush of blood to the abdominal viscera. So while it may be classified as a Back Stretch pose, it also has a powerful effect on the internal organs. One classic yoga Back Stretch to expect benefits from is the *Urdhva Dhanurasana*. Expectations make you restless because if you fail to get what you expect, you feel miserable. Yoga practice is an act of adoration to the Lord — you do it because it has to

be done. If you have this mental attitude, your selfishness disappears and the benefits come.

In addition to practicing *asanas* there are other things you may want to do to hasten your development and achieve spiritual bliss.

- Use discrimination before any action, making sure your actions are honest, respectful, and right. Often students will automatically abandon meat, not because it's bad for the body, but because they don't want to participate in the violence of eating ~~the five *pranayama*~~ or breath control. The ancient masters believed that every life had a preordained or finite number of breaths in it. *Pranayama* was developed to extend the breath, and thus lengthen life. Most people practice *pranayama* in the morning, between 4 A.M. and 6 A.M., when the mind and senses are calm. After 4 P.M., once the body is warmed up from the day's movement, they do *asanas*. You ~~maintain a light diet — juices, fruits, salads~~ after 6 P.M. You'll have a good sleep and wake up refreshed. Your stomach must be empty during sleep because that's when the body repairs itself; with food in it the body is occupied with digestion so you wake up more tired than

when you went to sleep. That's why some Buddhist monks never eat before noon or after 4 P.M.

Essentially, if you control your mouth — what you put into it and what comes out of it — you've controlled much of your mind already.

Some people hope to reach higher states of consciousness from yoga and meditation. It's possible, but it requires much practice.

The old masters defined concentration as the ability to keep the mind on one point for twelve seconds without a break. Twelve concentrations — or two and half minutes — equal one meditation. Twelve meditations take a half hour. If you can concentrate without any break, if the flow of concentration is uninterrupted like oil pouring from a spout, then you've achieved the last state of yoga, *samadhi*, cosmic consciousness. Some yogis can enter *Avataras* as *prana* circulates through the body. As *prana* enters the body, the eyes close, the ears begin to hear the seven sounds, which are called the *state of Samkati*. These sounds are said to be the buzzing, crackling, and hissing of *kundalini* as *prana* travels up the spine. These sounds never mix with those from the outside. I have also felt the heat of

pure energy rising up my spine. I have never taken LSD, but the way people describe it, the sensation is comparable to that or to that of an orgasm. Not a sexual orgasm, but a rush of pure energy.

There is always an excuse not to do yoga and I've heard them all. "I'm not feeling well," "It's too cold (or too hot)," or "the city is too hectic and not a spiritual place." I think New York City is the best place to practice. Forgive my paraphrase, but as the song says, if you can achieve it here, you can do it anywhere. I know many yogis in India who can renounce the world, sit under the tree, and raise their kundalini because they have no distractions. But then they come here and get tempted by the world, cars, fame, women, money, and ... well that's why there are so many scandals around ~~Dharma Mittra~~ ~~March 1903~~ ~~March 1903~~ can overcome the temptations here, ~~March 1903~~ have mastered the senses.

SURYA-NAMASKARA
VIRA-PARAMPARA

SUN SALUTATION
& HERO SERIES

These series are excellent preparatory exercises for the more difficult postures. Usually a series initiates practice because the fast movements generate heat and loosen the muscles, which makes moving into deeper poses easier. They also set the tone for all yoga practice. With the series, as well as with all *asana* practice, you must be well grounded, disciplined, and determined to face life's challenges. The two series here are known as *vinnyasas*, which means a sequence of briefly held poses that flow into several actions simultaneously; each other. Each series stresses slightly different parts of the body. The Salutation to the Sun was the first series created by the masters —

gentle bend. It also represents the Lord in the physical plane. The Hero Series focuses more on the hips and legs. It's important to do the Hero on both the left and the right sides of the body.



Surya-Namaskara — Pranamasana
Sun Salutation — Prayer Pose



Surya-Namaskara — Hasta-Uttanasana
Sun Salutation — 2 Raised Hands Pose



Surya-Namaskara — Uttanasana
Sun Salutation — Intense Stretch Pose



Surya-Namaskara — Ashva-Sanchalanasana
Sun Salutation → Equestrian Pose



Surya-Namaskara — Chaturanga-Dandasana
Sun Salutation — Plank Pose (Variation)



Surya-Namaskara — Ashtanga-Namaskara
Sun Salutation — Eight-Point Bow Pose



Surya-Namaskara — Bhujanagasana
Sun Salutation — Cobra Pose



Surya-Namaskara — Adho-Mukha-
Sun Salutation — Downward Facing Dog
Svanasana



Surya-Namaskara — Ashva Sanchalanasana
Sun Salutation → Equestrian Pose



Surya-Namaskara — Uttanasana
Sun Salutation — Intense Stretch Pose



Surya-Namaskara — Hasta-Uttanasana
Sun Salutation —₃Raised Hands Pose



Surya-Namaskara — Pranamasana
Sun Salutation — Prayer Pose



Vira-Parampara
Hero3 Series



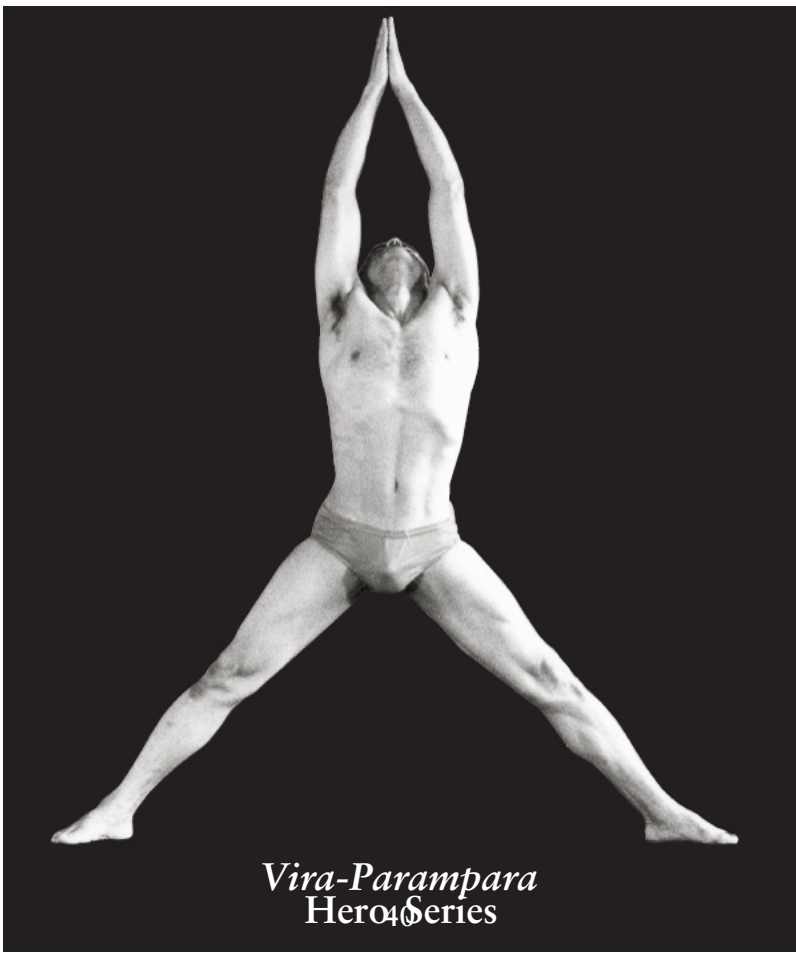
Vira-Parampara
Hero3 Series



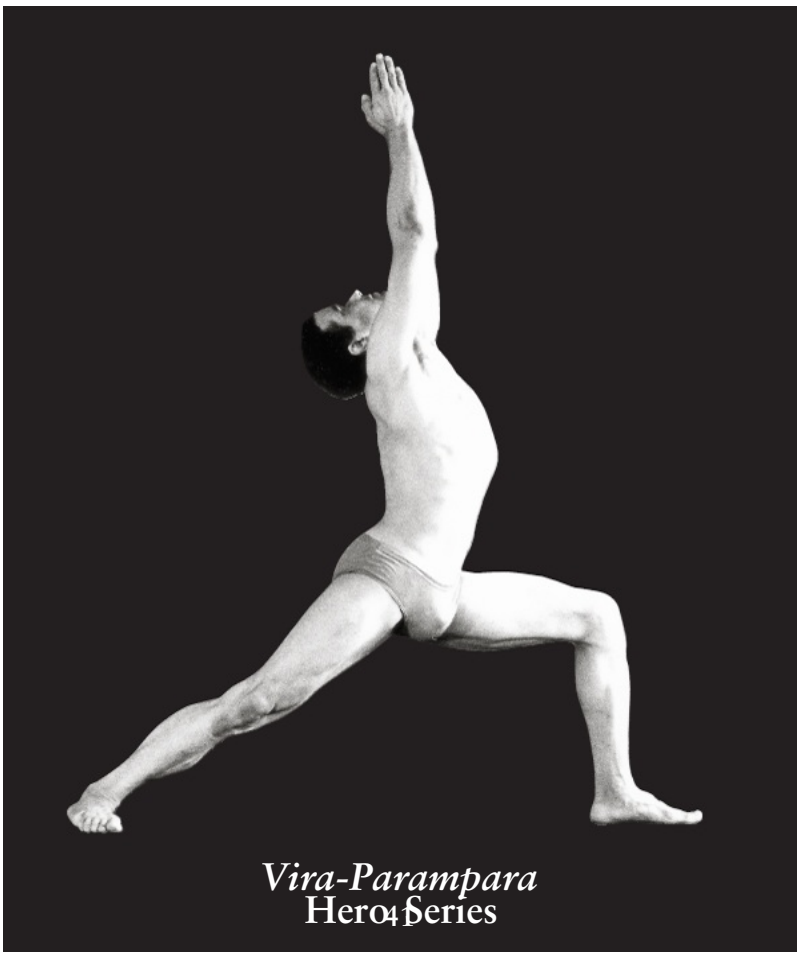
Vira-Parampara
Hero3 Series



Vira-Parampara
Hero3 Series



Vira-Parampara
Hero4Series





Vira-Parampara
Hero4Series



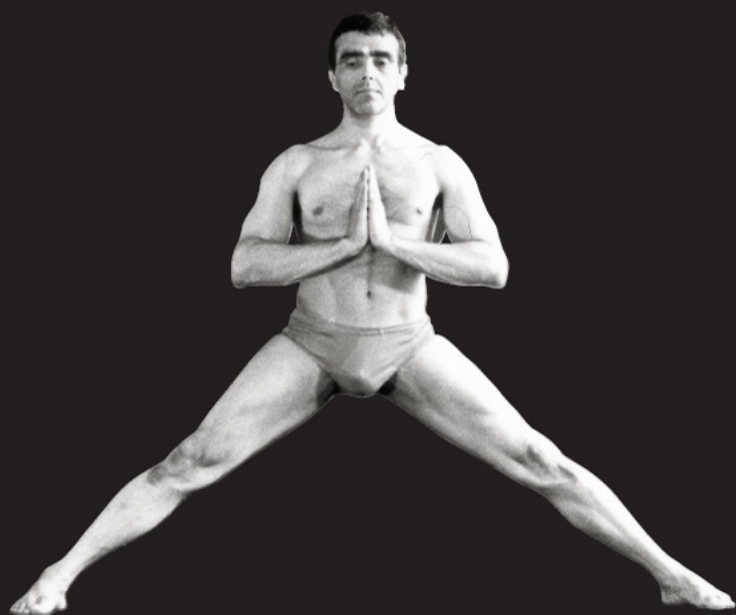
Vira-Parampara
Hero4Series



Vira-Parampara
Hero4 Series



Vira-Parampara
Hero4Series



Vira-Parampara
Hero4Series

STANDING POSES

During all poses you concentrate on the space between the eyebrows, the third eye, the seat of the mind. As you concentrate, your mind and thoughts slow down, cravings and desires diminish, and you reflect calm. This is a powerful way of adapting, mentally, physically and preparing yourself for meditation. As you move into a posture, your body manifests the physical form of the attitude and is associated with it. You bypass verbalness and rational understanding but you understand the closeness of yourself to someone or to some experience, a backbend will open your chest as well as your heart. If you're shy, backbends will help you greet the world with more

To master the balancing poses, it's useful to employ some physics. Move the body weight toward the toes, off the heels, then press the toes into the ground. If you picture yourself as a tightrope walker, you can gain further balance by going digging deep into the earth and hitting the spot where the floor corrects your posture. In a backstretch try gazing at a point on the ceiling.



Tadasana / Samasthitih
Mountain Pose ~~to~~ Steady Standing

Tadasana
Mountain Pose (Variation)





Tadasana
Mountain Pose (Variation)



Uttitha-Bhujangasana
Standing Cobra Pose



Virabhadrasana I
Warrior Pose₅₄ (Preparation)



Virabhadrasana I
Warrior Pose I



Virabhadrasana II
Warrior Pose II



Virabhadrasana III
Warrior Pose III



Yudhasana
Fighting Warrior Pose



Patanvrkshasana
Topplings Tree Pose



Ardha-Chandrasana
Half Moon Pose (Preparation)



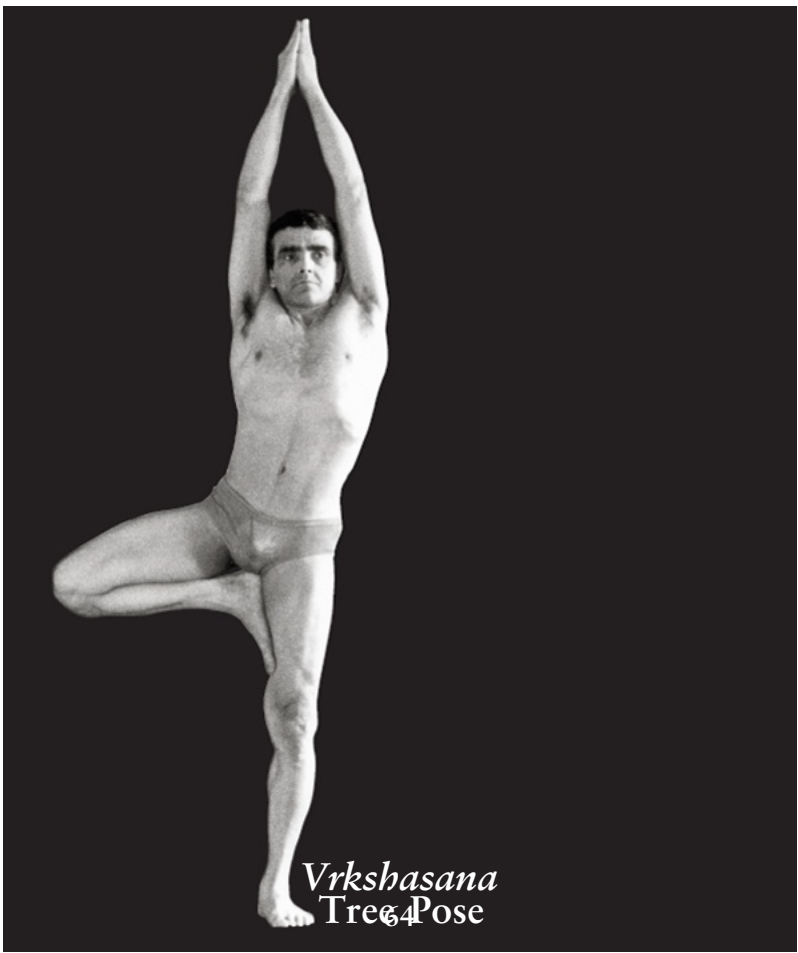
Ardha-Chandrasana
Half Moon Pose



Ardha-Chandrasana
Half Moon Pose (Variation)



Vrksasana
Tree Pose (Variation)





Vrkshasana
Tree Pose (Variation)



Utthita-Parshvasahita
Standing Leg Going to the Side Pose
(Representation)



Vrksasana
Tree Pose (Variation)



Vrksasana
(Tree Pose Variation)



Vrksasana
Tree Pose (Variation)



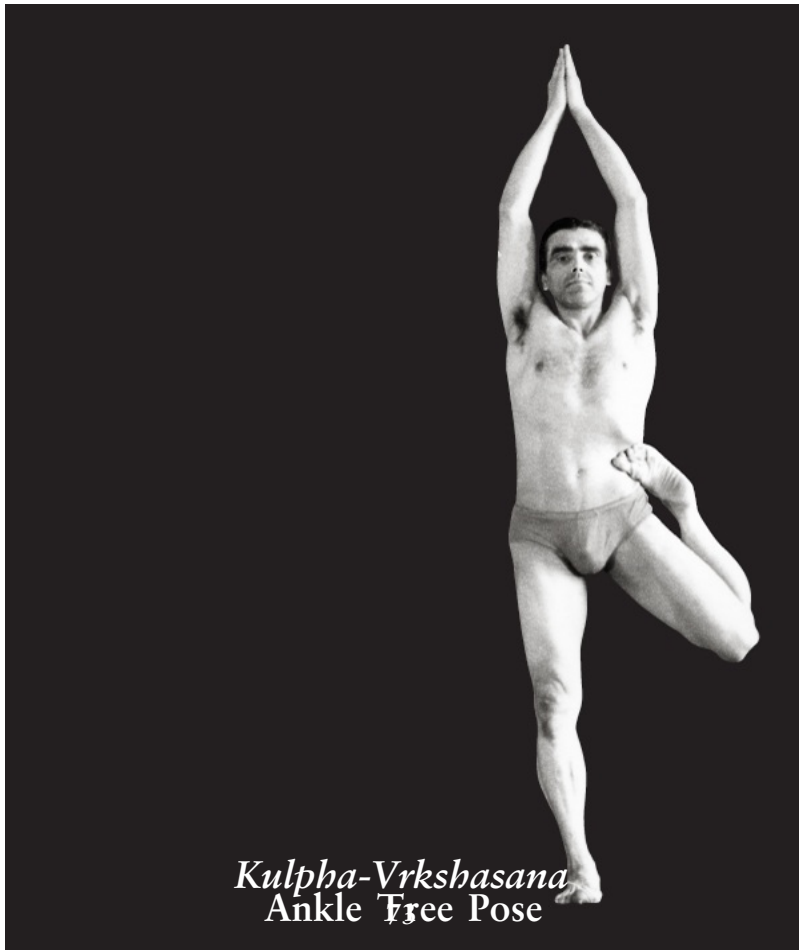
Vrksasana
Tree Pose (Variation)



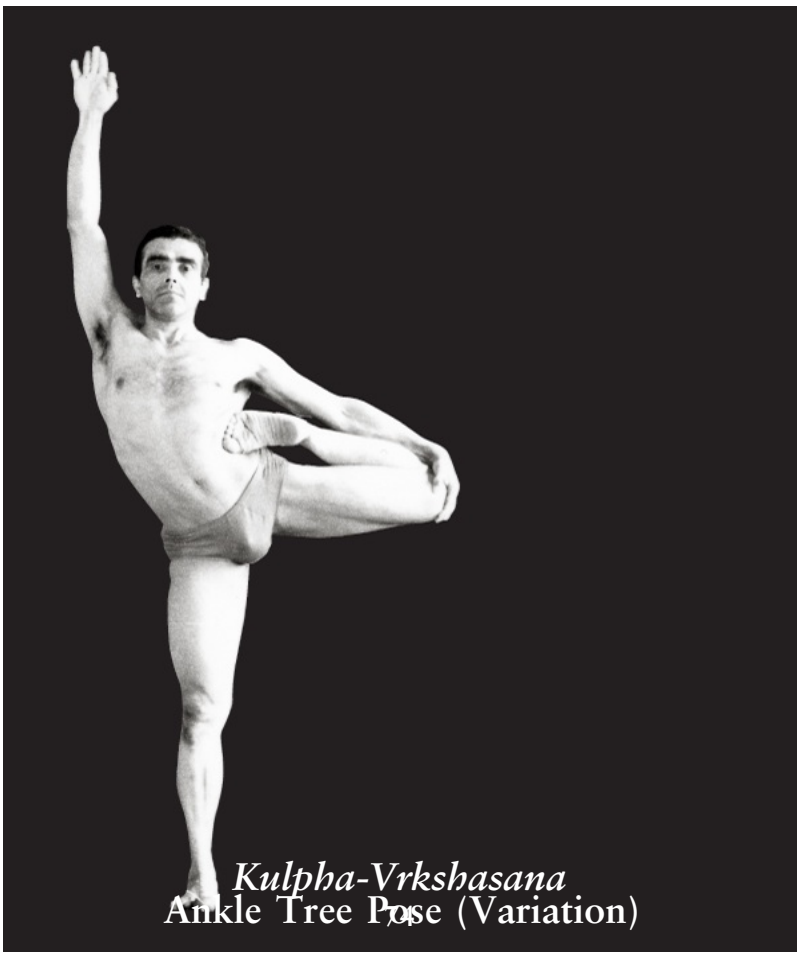
Uttitha-Vayu-Muktyasana
Standing Wind-Relieving Pose



Uttitha-Vayu-Muktyasana
Standing Wind Relieving Pose (Variation)



Kulpha-Vrkshasana
Ankle Tree Pose



Kulpha-Vrkshasana
Ankle Tree Pose (Variation)



Kulpha-Vrkshasana
Ankle Tree Pose (Variation)



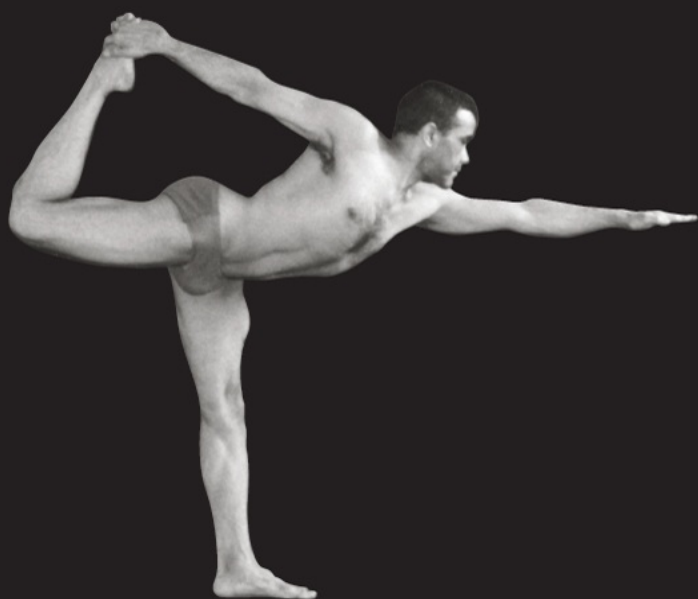
Natarajasana
Dancer's Pose (Preparation)



Natarajasana
Dancer's Pose (Preparation)



Natarajasana
Dancer's Pose



Natarajasana
Dancer's Pose (Variation)



Natarajasana
Dancer's Pose (Variation)



Natarajasana
Dancer's Pose (Variation)



Natarajasana
Dancer's Pose (Variation)



Natarajasana
Dancer's Pose (Variation)



Natarajasana
Dancer's Pose (Variation)



Yoganandasana
Yogananda's Pose



Yoganandasana
Yogananda's Rose (Variation)



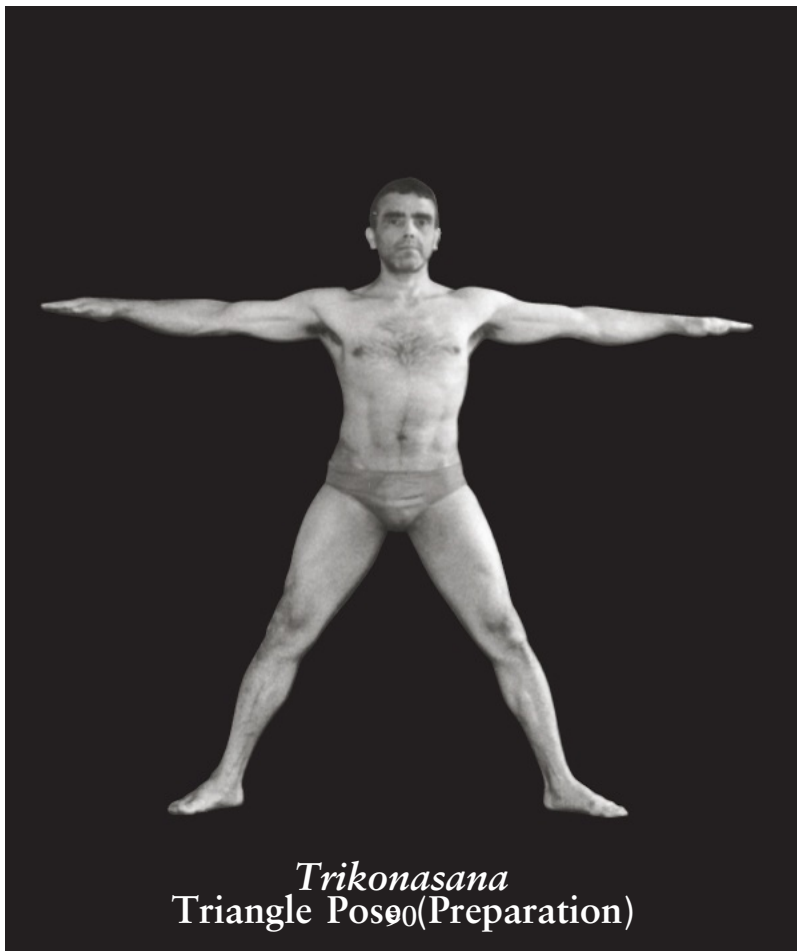
Natarajasana
Dancer's Pose (Variation)



Vishnu-Devanandasana
Vishnu-Devanda's Pose



Vishnu-Devanandasana
Vishnu-Devananda's Pose (Variation)



Trikonasana
Triangle Pose (Preparation)



Trikonasana
Triangle Pose



Trikonasana
Triangle Pose (Variation)



Parivrtta-Trikonasana
Revolving Triangle Pose



Parivrtta-Trikonasana
Revolving Triangle Pose (Variation)



Parivrtta-Trikonasana
Revolving Triangle Pose (Variation)



Parshvottanasana
Side Intense Stretch Pose (Preparation)



Parshvottanasana
Side Intense Stretch Pose



Parshvottanasana
Side Intense Stretch Pose (Variation)



Adho-Mukha-Svanasana
Downward Facing Dog Pose (Variation)



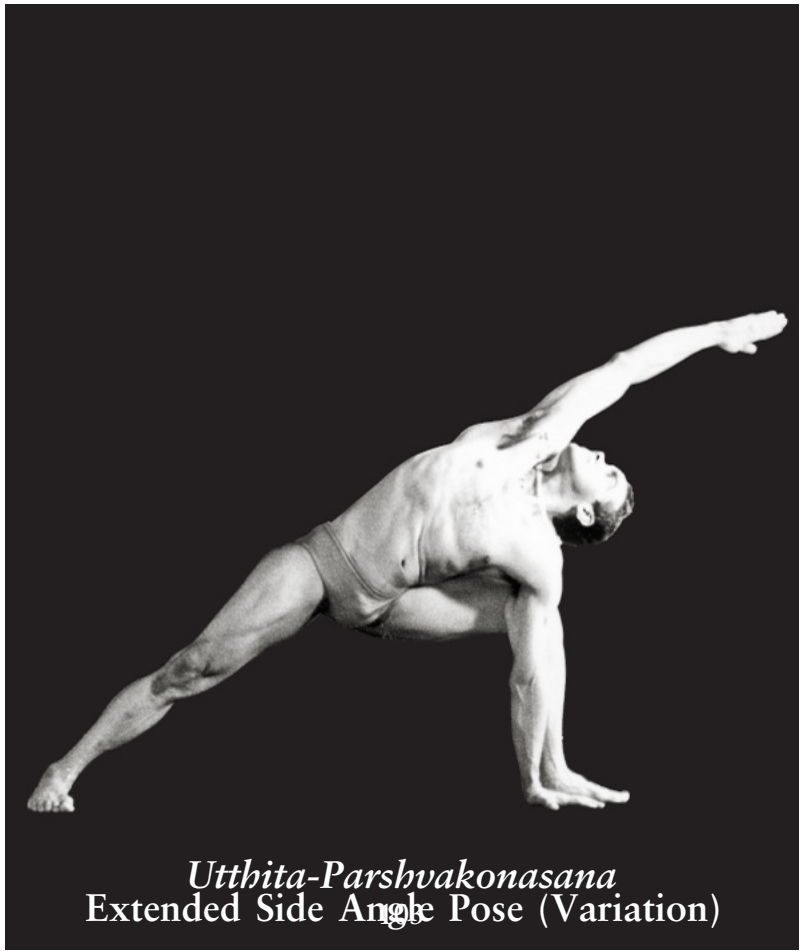
Utkatasana
Fierce Pose



Utkatasana
Fierce Pose (Variation)



Utthita-Parshvakonasana
Extended Side Angle Pose



Utthita-Parshvakonasana
Extended Side Angle Pose (Variation)



Parivrtta-Parshvakonasana
Revolving Side Angle Pose (Variation)



Garudasana
Eagle Pose



Vatayanasana
Horse Pose



Vatayanasana
Horse Pose (Variation)



Parighasana
Gate Pose



Uttanasana
Intense Stretch Pose (Preparation)



Uttanasana
Intense Stretch Pose (Preparation)



Uttanasana
Intense Stretch Pose (Variation)



Uttanasana
Intense Stretch Pose (Preparation)



Uttanasana
Intense Stretch Pose (Variation)



Uttanasana
Intense Stretch Pose



Uttanasana
Intense Stretch Pose (Variation)



Uttanasana
Intense Stretch Pose (Variation)



Uttanasana
Intense Stretch Pose (Variation)



Uttanasana
Intense Stretch Pose (Side View)



Uttanasana
Intense Stretch Pose / Stork (Variation)



Uttanasana
Intense Stretch Pose (Variation)



Uttanasana
Intense Stretch Pose (Variation)



Pada-Hastasana
Hand Under Foot Pose (Preparation)



Pada-Hastasana
Hand Under Foot Pose



Parivrtta-Uttanasana
Revolving Intense Stretch Pose



Parivrtta-Uttanasana
Revolving Intense Stretch Pose (Variation)



Uttitha-Tittibhasana
Standing Firefly Pose (Variation)



127



Ardha-Baddha-Padmottanasana
Half-Bound Lotus Intense Stretch Pose
(Variation)



Ardha-Baddha-Padmottanasana
Half-Bound Lotus Intense Stretch Pose



Prasarita-Padottanasana
Spread Out Leg Intense Stretch Pose
(Variation)



Prasarita-Padottanasana
Spread Out Leg Intense Stretch Pose
(Variation)



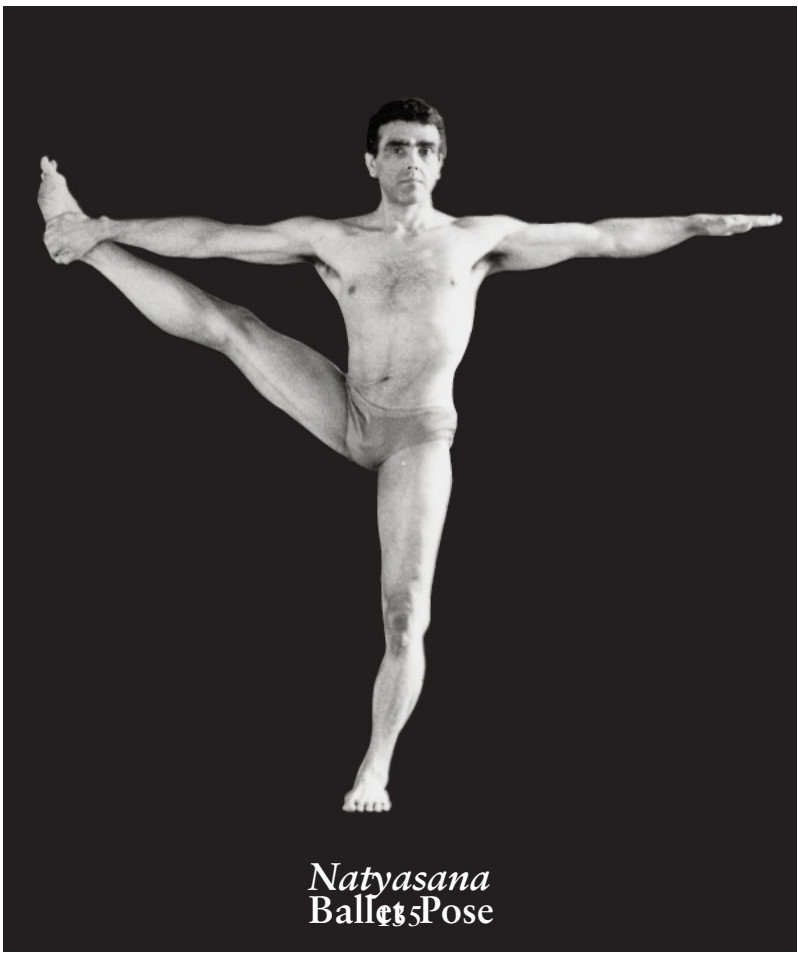
Prasarita-Padottanasana
Spread Out Leg Intense Stretch Pose
(Variation)



Prasarita-Padottanasana
Spread Out Leg Intense Stretch Pose
(Variation)



Parivrtta-Prasarita-Padottanasana
Revolving Spread Out Leg Stretch Pose





Nattyaasana
Ballet Pose (Variation)



Uttitha-Hasta-Padangushtasana
Standing Hand to Big Toe Pose (Preparation)



Utthita-Hasta-Padangushtasana
Standing Hand to Big Toe Pose



Uttitha-Hasta-Padangushtasana
Standing Hand to Big Toe Pose (Variation)



Utthita-Hasta-Padangushtasana
Standing Hand to Big Toe Pose (Variation)



Uttitha-Hasta-Padangushtasana
Standing Hand to Big Toe Pose (Variation)



Durvasana
Pose of the Sage Durva (Preparation)



Durvasana
Pose of the Sage Durva



Ruchikasana
Pose of the Sage Ruchika

144

INVERSIONS

145

Sometimes it's good to turn your world upside down. Inversions are poses in which the head is below the heart. By turning the body upside down, you reverse the flow of blood, draining the lower body of fluids while increasing the flow of fresh blood to the brain and to flexibility is limited. Head Stand, the King of all Asanas, increases circulation to the brain and the endocrine glands that regulate the immune system and hormonal production. People who suffer from sleep loss, memory loss, and sluggishness have found Shoulder Stand, the Queen of all Asanas, also rests the veins of the legs and, very importantly, lowers the internal organs. Because the organs are placed upside down, they

maximum benefits of yoga. When the neck presses against the chest, the thyroid gland is massaged and stimulated. It's a soothing pose for people who suffer from headaches, nasal disturbances, breathing problems, and depression. Five minutes a day in the winter and life will appear brighter, happier. For those with high or low blood pressure, Shoulder Stand inverts the organs more gently than Head Stand. It's also a little more comfortable — everyone can do this pose.



Shashankasana
Hare Pose



Shirshasana
Head Stand Pose (Preparation)



Shirshasana
Head Stand Pose (Preparation)



Shirshasana
Head Stand Pose (Preparation)



Ardha-Shirshasana
Half Head Stand Pose (Preparation)



Shirshasana
Head Stand Pose (Preparation)



Shirshasana
Head Stand Pose (Preparation)



Shirshasana
Head Stand Pose (Preparation)



Shirshasana
Head Stand Pose



Parshva-Shirshasana
Side Headstand Pose



Eka-Pada-Shirshasana
One Leg Head Stand Pose



Parivrttaikapada-Shirshasana
Revolving One Leg Head Stand Pose



Padma-Shirshasana
Lotus Pose (Preparation)



Padma-Shirshasana
Lotus Pose



Padma-Shirshasana
Lotus Pose (Side View)

46



Parshva-Padma-Shirshasana
Side Lotus Head Stand Pose



Pinda-Shirshasana
Embryo in Head Stand Pose



Shirsha-Padasana
Foot to Head Pose (Preparation)



Shirsha-Padasana
Foot to Head Pose (Preparation)



Shirsha-Padasana
Foot to Head Pose



Dwi-Pada-Viparita-Dandasana
Both Feet Inverted Staff Pose



Mandalasana Parampara – Dwi-Pada-
Circle Pose Series: Both Feet Inverted Staff
Viparita Dandasana



Mandalasana Parampara
Circle Rose Series



Mandalasana Parampara
Circle Pose Series



Mandalasana Parampara
Circle Pose Series



Mandalasana Parampara
Circle Rose Series



Mandalasana Parampara
Circle Pose Series



Mandalasana Parampara
Circle Rose Series



Mandalasana Parampara
Circle Pose Series



Eka-Pada-Viparita-Dandasana I
One Leg Inverted Staff Pose I



Eka-Pada-Viparita-Dandasana I
One Leg Inverted Staff Pose I (Variation)



Baddha-Hasta-Shirshasana
Bound Hands Head Stand Pose



Baddha-Hasta-Padma Shirshasana
Bound Hands Lotus Head Stand Pose



Salamba-Shirshasana
Supported Head Stand Pose



Salamba-Shirshasana
Supported Head Stand Pose (Front View)



Salamba-Shirshasana
Supported Head Stand Pose (Side View)



Salamba-Padma-Shirshasana
Supported Lotus Head Stand Pose



Salamba-Padma-Shirshasana
Supported Lotus Headstand Pose (Side View)



Eka-Hasta-Shirshasana
One Hand Head Stand Pose



Ardha-Salamba-Shirshasana
Supported Half Head Stand Pose



Eka-Pada-Salamba-Shirshasana
Supported One-Leg Head Stand Pose



Parshva-Salamba-Shirshasana
Supported Side Head Stand Pose



Niralamba-Shirshasana
Hands-Free Head Stand Pose



Niralamba-Shirshasana
Hands-Free Head Stand Pose (Variation)



Niralamba-Shirshasana
Hands-Free Head Stand Pose (Variation)



Niralamba-Padma-Shirshasana
Hands-Free Lotus Head Stand Pose



Niralamba-Padma-Shirshasana
Hands-Free Lotus Head Stand Pose
(Nirālamba)



Niralamba-Shirshasana
Hands-Free Head Stand Pose (Variation)



Eka-Pada-Niralamba-Shirshasana
Hands-Free Head Stand Pose (Variation)



Niralamba-Shirshasana
Hands-Free Head Stand Pose (Variation)



Niralamba-Padma-Shirshasana
Hands-Free Lotus Head Stand Pose
(Nirālamba)



Adho-Mukha-Vrkshasana
Downward Facing Tree Pose / Hand Stand
(Bhujangasana)



Adho-Mukha-Vrkshasana
Downward Facing Tree Pose / Hand Stand
(Preparation)



Adho-Mukha-Vrkshasana
Downward Facing Tree Pose / Hand Stand
(Representation)



Adho-Mukha-Vrkshasana
Downward Facing Tree Pose / Hand Stand



Adho-Mukha-Vrkshasana
Downward Facing Tree Pose / Hand Stand
(Variation)



Adho-Mukha-Vrkshasana
Downward Facing Tree Pose / Hand Stand
(Variation)



Adho-Mukha-Vrkshasana
Downward Facing Tree Pose / Hand Stand
(Variation)



Adho-Mukha-Vrkshasana
Downward Facing Tree Pose / Hand Stand
(Variation)



Eka-Hasta-Adho-Mukha-Vrkshasana
One-Hand Hand Stand Pose



Eka-Hasta-Padma-Adho-Mukha-Vrkshasana
One-Hand Lotus Hand Stand Pose



Shirsha-Pada-Eka-Hasta-Adho-Mukha-
Foot to Head One Hand Hand Stand Pose
Vikshasana



Vrschikasana
Scorpion Pose (Preparation)



Vrschikasana II
Scorpion Pose



Eka-Pada-Vrschikasana
One-Leg Scorpion Pose



Ardha-Vrschikasana
Half Scorpion Pose



Vrschikasana I
Scorpion Pose



Vrschikasana
Charging Scorpion Pose (Variation)



Vrschikasana
Scorpion Pose (Variation)



Padma-Vrschikasana
Lotus Scorpion Pose (Side View)



Padma-Vrschikasana
Lotus Scorpion Rose (Front View)



Pincha-Mayurasana
Peacock Feather Pose



Pincha-Mayurasana
Peacock Feather Pose (Variation)



Chakra-Bandhasana
Bound Wheel Pose (Preparation)



Chakra-Bandhasana
Bound Wheel Pose



Eka-Pada-Viparita-Dandasana II
One Leg Inverted Staff Pose II



Ardha-Sarvangasana
Half Shoulder Stand Pose



Ardha-Sarvangasana
Half Shoulder Stand Pose (Variation)



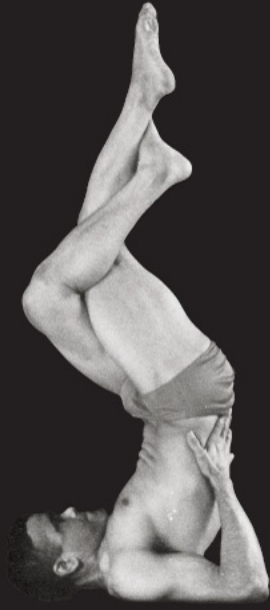
Sarvangasana
Shoulder Stand Pose



Sarvangasana
Shoulder Stand Pose (Variation)



Sarvangasana
Shoulder Stand Pose (Variation)



Sarvangasana
Shoulder Stand Pose (Variation)



Salamba-Sarvangasana
Supported Shoulder Stand Pose



Niralamba-Sarvangasana I
Unsupported Shoulder Stand Pose I



Niralamba-Sarvangasana II
Unsupported Shoulder Stand Pose II
(Presentation)



Niralamba-Sarvangasana II
Unsupported Shoulder Stand Pose II



Parshva-Sarvangasana
Side Shoulder Stand Pose



Setu-Bandha-Sarvangasana
Bridge Shoulder Stand Pose (Preparation)



Setu-Bandha-Sarvangasana
Bridge Shoulder Stand Pose (Preparation)



Setu-Bandha-Sarvangasana
Bridge Shoulder Stand Pose (Preparation)



Setu-Bandha-Sarvangasana
Bridge Shoulder Stand Pose (Preparation)



Setu-Bandha-Sarvangasana
Bridge Shoulder Stand Pose



Eka-Pada-Setu-Bandha-Sarvangasana
One-Leg Bridge Forming Pose



Padma-Sarvangasana
Lotus Shoulder Stand Pose



Padma-Sarvangasana
Lotus Shoulder Stand Pose



Urdhva-Padmasana
Upward Lotus Pose



Parshva-Padma-Sarvangasana
Side Lotus Shoulder Stand Pose



Padma-Mayurasana
Lotus Peacock Pose (Preparation)



Padma-Mayurasana
Lotus Peacock Pose



Halasana
Plough Pose (Preparation)



Halasana
Plough Pose



Halasana
Plough Pose (Variation)



Parshva-Halasana
Side Plough Pose



Parshva-Halasana
Side Plough Pose (Variation)



Karna-Pidasana
Ear Pressure Pose



Supta-Konasana
Reclining Angle Pose



Supta-Konasana
Reclining Angle Pose (Variation)



Salamba-Pindasana
Supported Embryo Pose



Pindasana
Embryo Pose



Parshva-Pindasana
Side Embryo Pose

FLOOR & SUPINE POSES

Many different types of poses have been included in this section: hip openers, seated forward bends, and the posealift, opening the hips. are among the most complex asanas in terms of mechanics, but they may be simplified so that even beginners can perform them and realize great benefits. Hip openers relieve lower back tension and sciatica, ease knee problems, and increase the flow of blood to the pelvis, bones and hamstrings, buttocks, and the lower back. Once the legs become more flexible, the pelvis can move more easily, thus reducing pressure on the lumbar (lower region) of the back and assist in stabilizing the whole body. *Paschimatanasana* stimulate internal organs including the spleen, liver, stomach, ²⁵⁹intestines, and



Janu-Shirshasana
Head-to-Knee Pose (Preparation)



Janu-Shirshasana
Head-to-Knee Pose (Preparation)



Janu-Shirshasana
Head-to-Knee Pose



Janu-Shirshasana
Head-to-Knee Pose (Variation)



Janu-Shirshasana
Head-to-Knee Pose (Variation)



Chalanasana
Twisting Pose



Parivrtta-Janushirshana
Revolving Head-to-Knee Pose



Parivrtta-Janu-Shrighana
Revolving Head-to-Knee Pose (Variation)



Maha Mudra
Powerful Seal



Ardha-Baddha-Padma-Paschimatasana
Half-Bound Lotus Back Stretch Pose
(Demonstration)



Ardha-Baddha-Padma-Paschimatasana
Half-Bound Lotus Back Stretch Pose



Tryanga-Mukhaikapada-Paschimatanasana
Three-Limbed Facing One-Foot Back Stretch
B



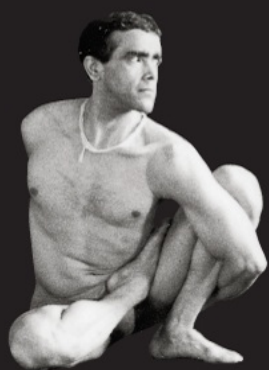
Marichyasana I
Pose of the Sage Marichi I (Preparation)



Marichyasana I
Pose of the Sage Marichi I



Marichyasana
Pose of the Sage 2 Marichi (Variation)



Marichyasana II
Pose of the Sage Marichi II (Preparation,
Front View)



Marichyasana II

Pose of the Sage Marichi II (Preparation, Rear View)



Marichyasana II
Pose of the Sage Marichi II



Paschimatanasana
Back Stretch Pose (Preparation)



Paschimatanasana
Back Stretch Pose



Paschimatanasana
Back Stretch Pose



Paschimatanasana
Back Stretch Pose



Paschimatanasana
Back Stretch Pose



Paschimatanasana
Back Stretch Pose



Paschimatanasana
Back Stretch Pose



Parivrtta-Paschimatanasana
Revolving Back Stretch Pose



Parivrtta-Paschimatanasana
Revolving Back Stretch Pose (Variation)



Skandasana
Pose of the Lord Skanda



Urdhva-Mukha-Paschimatanasana II
Upward Facing Back Stretch Pose II
(Repetition)



Urdhva-Mukha-Paschimatanasana II
Upward Facing Back Stretch Pose II



Purvatanasana
Front Stretch Pose



Sukha-Matsyasana
Easy Fish Pose (Preparation)



Sukha-Matsyasana
Easy Fish Pose



Sukha-Matsyasana
Easy Fish Pose (Variation)



Ardha-Matsyasana
Half Fish Pose



Matsyasana
Fish Pose



Matsyasana
Fish Pose (Variation)



Matsyasana
Fish Pose (Variation)



Baddha Matsyasana
Bound Fish Pose



Urdhva-Matsyasana
Raised Fish Pose



Uttana-Padasana
Extended Leg Pose



Prapada-Paryankasana
Tiptoe Couch Pose (Preparation)



Prapada-Paryankasana
Tiptoe Couch Pose



Supta-Virasana
Sleeping Hero Pose (Preparation)



Supta-Virasana
Sleeping Hero Pose



Supta-Virasana
Sleeping Hero Pose (Variation)



Supta-Virasana
Sleeping Hero Pose (Variation)



Supta-Bhekasana
Reclining Frog Pose (Preparation)



Supta-Bhekasana
Reclining Frog Pose



Setu-Bandhasana
Bridge-Forming Pose (Preparation)



Setu-Bandhasana
Bridge-Forming Pose



Setu-Bandhasana
Bridge-Forming Pose (Variation)



Ardha-Baddha-Padma-Setu-Bandhasana
Half-Bound Lotus Bridge-Forming Pose
(Demonstration)



Ardha-Baddha-Padma-Setu-Bandhasana
Half-Bound Lotus Bridge-Forming Pose



Eka-Pada-Setu-Bandhasana
One-Leg Bridge Forming Pose



Ardha-Vayu-Muktyasana
Half Wind-Relieving Pose



Vayu-Muktyasana
Wind-Relieving Pose



Supta-Padangushtasana
Reclining Big Toe Pose (Preparation)



Supta-Padangushtasana
Reclining Big Toe Pose (Preparation)



Supta-Padangushtasana
Reclining Big Toe Pose



Supta-Padangushtasana
Reclining Big Toe Pose (Variation)



Supta-Padangushtasana
Reclining Big Toe Pose (Variation)



Supta-Padangushtasana
Reclining Big Toe Pose (Variation)



Supta-Trivikramasana
Reclining Vishnu Pose



Bhairavasana
Formidable Shiva Pose



Anantasana
Infinity Pose (Preparation)



Anantasana
Infinity Pose (Preparation)



Anantasana
Infinity Pose



Anantasana
Infinity Poses (Variation)



Dwi-Pada-Anantasana
Two-Leg Infinity Pose



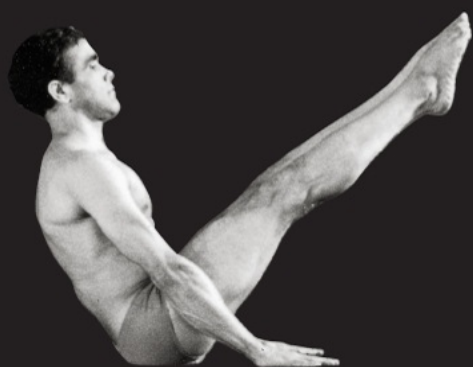
Jathararasana
Abdominal Lift Pose



Ardha-Navasana
Half Boat Pose



Paripurna-Navasana
Complete Boat Pose



Salamba-Navasana
Supported Boat Pose



Salamba-Navasana
Supported Boat Pose (Variation)



Salamba-Navasana
Supported Boat Pose (Variation)



Ubhaya-Padangushtasana
Both Feet Big Toe Pose



Urdhva-Mukha-Paschimatanasana I
Upward Facing Back Stretch Pose (Front
View)



Urdhva-Mukha-Paschimatanasana I
Upward Facing Back Stretch Pose (Side View)



Upavishta-Konasana
Seated Angle Pose (Variation)



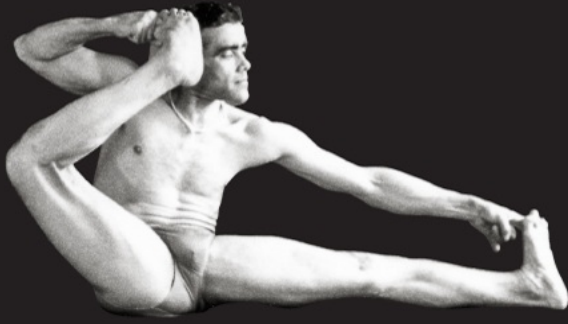
Upavishta-Konasana
Seated Angle Pose (Variation)



Krounchasana
Heron Pose (Preparation)



Krounchasana
Heron Pose



Akarna-Dhanurasana
Shooting Bow Pose



Akarna-Dhanurasana
Shooting Bow Pose (Variation)



Akarna-Dhanurasana
Shooting Bow Pose (Variation)



Dandasana
Staff Pose

54



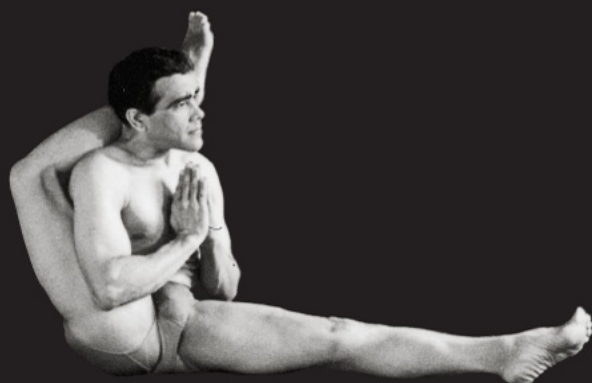
Sukha-Chakorasana
Comfortable Partridge Pose



Chakorasana
Partridge Pose



Chakorasana
Partridge Pose (Variation)



Eka-Pada-Shirshasana
One Leg Behind the Head Pose



Viranchyasana
Pose of the Lord Viranchi



Viranchyasana
Pose of the Lord ~~Vir~~anchi (Variation)



Omkarasana
Om Pose



Sukha-Garbha-Pindasana
Easy Embryo is the Womb Pose



Garbha Pindasana
Embryo in the Womb Pose



Viranchyasana
Pose of the Lord ~~Viranchi~~ (Variation)



Dwi-Pada-Shirshasana
Balancing Tortoise Pose



Ardha-Shalabhasana
Half Locust Pose



Shalabhasana
Locust Pose (Variation)



Makarasana
Crocodile Pose



Navasana
Boat Pose (Preparation)



Navasana
Boat Pose



Vyaghrasana
Tiger Pose

63



Vyaghrasana
Tiger Pose (Variation)



Vyaghrasana
(Tiger Pose Variation)



Vyaghrasana
Tiger Pose (Variation)



Vyaghrasana
Tiger Pose (Variation)



Vyaghrasana
(Tiger Pose Variation)



Vyaghrasana
(Tiger Pose Variation)



Uddhiyana-Marjaryasana
Abdominal Cat Lift A



Uddhiyana-Marjaryasana
Abdominal Cat Lift B



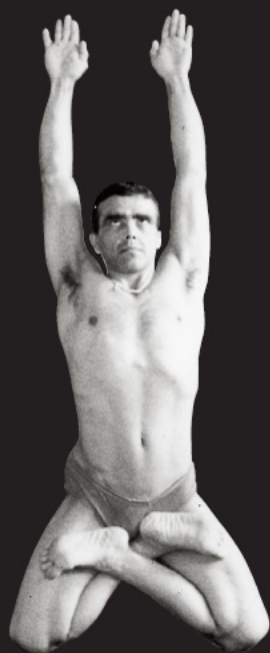
Marjaryasana
Cat Stretch Pose A



Marjaryasana
Cat Stretch Pose B



Gorakhasana
Pose of the Lord Goraksha



Gorakshasana
Pose of the Lord ~~Goraksha~~ (Variation)



Gorakhasana
Pose of the Lord ~~Goraksha~~ (Variation)



Gorakhasana
Pose of the Lord ~~Goraksha~~ (Variation)



Gorakhasana
Pose of the Lord ~~Goraksha~~ (Variation)



Gorakhasana
Pose of the Lord ~~Goraksha~~ Goraksha (Variation)



Hanumanasana
Pose of the Lord Hanuman (Preparation)



Hanumanasana
Pose of the Lord Hanuman / Leg-Split Pose



Hanumanasana
Pose of the Lord Hanuman / Leg-Split Pose
(Variation)



Kailashasana
Pose of the Lord Kailasha (Preparation)



Kailashasana
Pose of the Lord Kailasha



Hanumana-Namaskara
Hanuman Salutation Pose



Yajnasana
Christ's Cross Pose (Front View)



Yajnasana
Christ's Cross Pose (Side View)



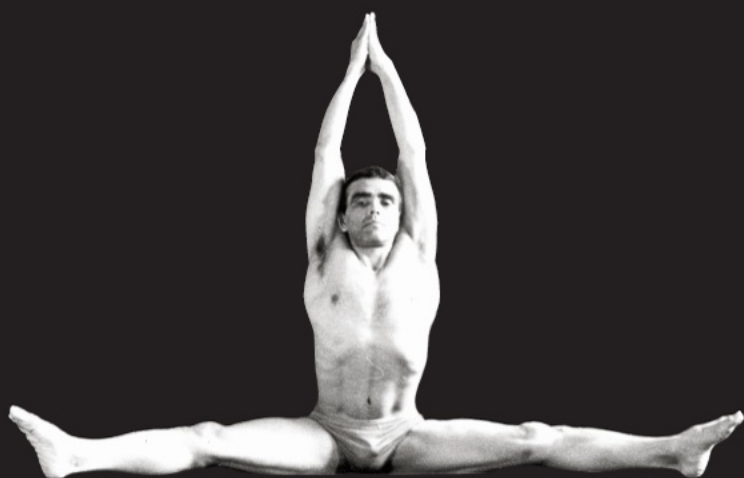
Baddha-Yajnasana
Bound Christ's Cross Pose (Front View)



Baddha-Yajnasana
Bound Christ's Cross Pose (Side View)



Samakonasana
Even Angle Pose



Samakonasana
Even Angle Pose (Variation)



Samakonasana
Even Angle Pose (Variation)



Raja-Hanumanasana
King Leg-Split Pose (Preparation)



Raja-Hanumanasana
King Leg-Split Pose (Preparation)



Raja-Hanumanasana
King Leg-Split Pose (Preparation)



Raja-Hanumanasana
King Legs Split Pose



Parshva-Upavishta-Konasana
Side Seated Angle Pose



Parivrtta-Upavishta-Konasana
Revolving Seated Angle Pose



Kurmasana
Tortoise Pose (Front View)



Kurmasana
Tortoise Pose (Side View)



Kurmasana
Tortoise Pose (Rear View)



Upavishta-Konasana
Seated Angle Pose (Variation)



Upavishta-Konasana
Seated Angle Pose (Variation)



Tarasana
Star Pose



Sukha-Supta-Kurmasana
Easy Sleeping Tortoise Pose (Preparation)



Sukha-Supta-Kurmasana
Easy Sleeping Tortoise Pose



Supta-Kurmasana
Sleeping Tortoise Pose



Yoganidrasana
Yogic Sleep Pose



Yoganidrasana
Yogic Sleep Pose (Variation)



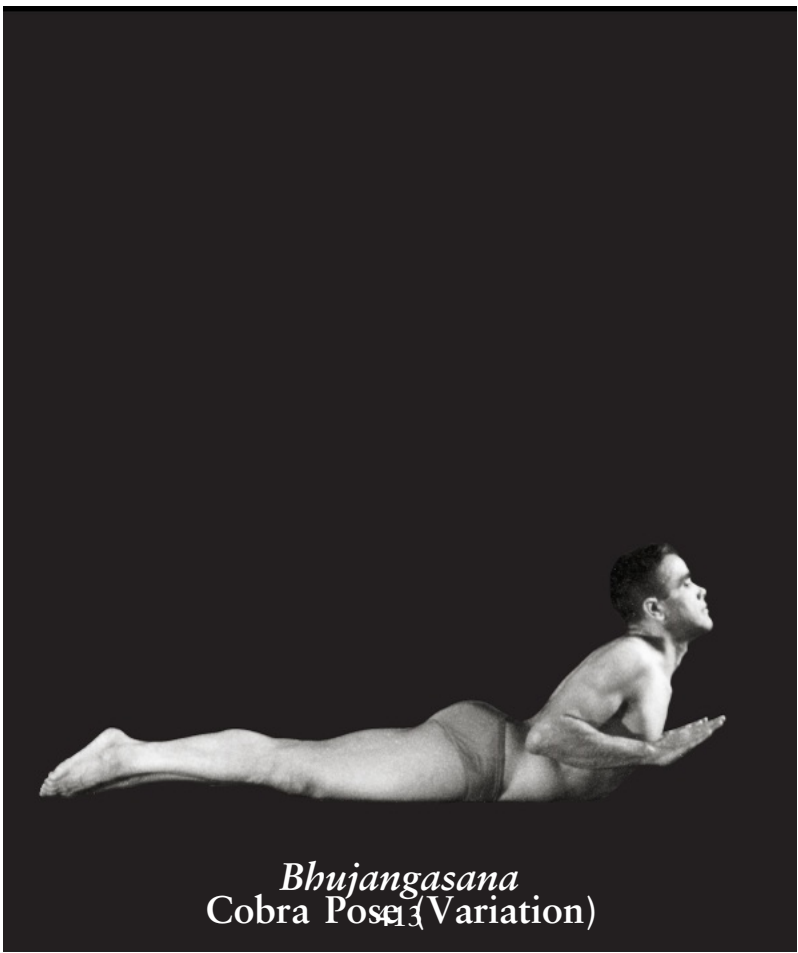
Gupta-Padmasana
Hidden Lotus Pose



Vira-Tolasana
Hero Scale Pose



Bhujangasana
Cobra Pose (Preparation)





Bhujangasana
Cobra Pose



Urdhva-Mukha-Svanasana
Upward Facing Dog Pose



Eka-Pada-Raja-Bhujangasana
One-Leg King Cobra Pose (Preparation)



Eka-Pada-Raja-Bhujangasana
One-Leg King Cobra Pose (Preparation)



Raja-Bhujangasana
King Cobra Pose



Raja-Bhujangasana
King Cobra Pose (Variation)



Padma-Bhujangasana
Lotus Cobra Pose (Preparation)



Padma-Bhujangasana
Lotus Cobra Pose



Padma-Bhujangasana
Lotus Cobra Pose (Rear View)



Rajakapotasana
King Pigeon Pose (Preparation)



Rajakapotasana
King Pigeon Pose (Preparation)



Sukha-Rajakapotasana
Easy King Pigeon Pose



Rajakapotasana
King Pigeon Pose (Preparation)



Rajakapotasana
King Pigeon Pose (Preparation)



Rajakapotasana
King Pigeon Pose



Eka-Pada-Shirsha-Rajakapotasana
One Leg to Head Pigeon Pose



Bhekasana
Frog Pose



Dhanurasana
Bow Pose



Dhanurasana
Bow Pose (Variation)



Dhanurasana
Bow Pose (Variation)



Dhanurasana
Bow Pose (Variation)



Dhanurasana
Bow Pose (Variation)



Eka-Pada-Dhanurasana
One Leg Bow Pose



Eka-Pada-Dhanurasana
One Leg Bow Pose (Variation)



Dur-Dhanurasana
Difficult Bow Pose (Preparation)



Dur-Dhanurasana
Difficult Bow Pose



Eka-Pada-Dhanurasana
One-Leg Bow Pose (Variation)



Kamalasana
Pose of the Goddess Kamala



Gherandasana
Pose of the Sage Gheranda (Left View)



Gherandasana
Pose of the Sage Gheranda (Right View)



Gherandasana
Pose of the Sage Gheranda (Variation)



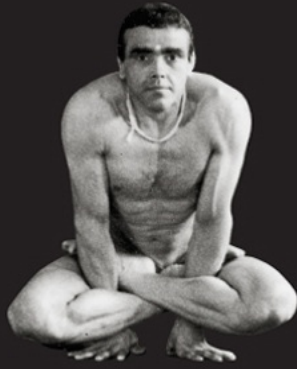
Gherandasana
Pose of the Sage Gheranda (Variation)



Gherandasana
Pose of the Sage Gheranda (Variation)



Gherandasana
Pose of the Sage Gheranda (Variation)



Kukkutasana
Cock Pose



Malasana
Garland Pose (Preparation)



Malasana
Garland Pose



Malasana
Garland Pose (Variation)



Upavistha-Prapadasana
Crouching Heel Pose



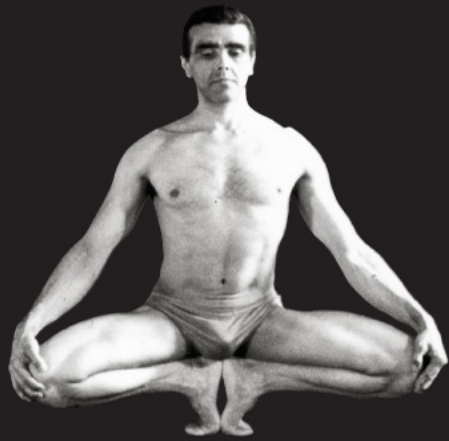
Prapadasana
Tiptoe Pose (Preparation)



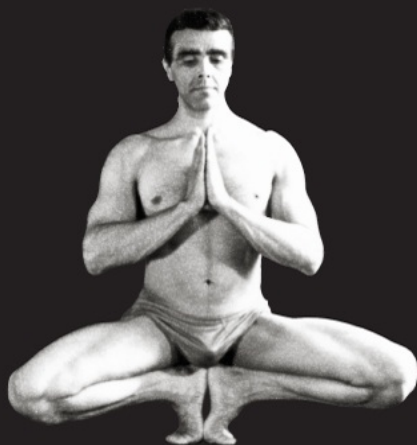
Prapadasana
Tiptoe Pose (Front View)



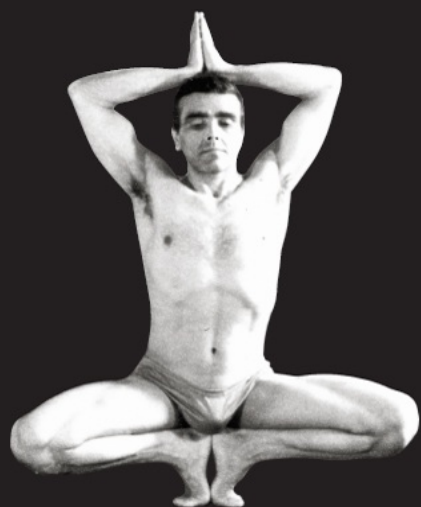
Prapadasana
Tiptoe Pose (Side View)



Prapadasana
Tiptoe Pose (Preparation)



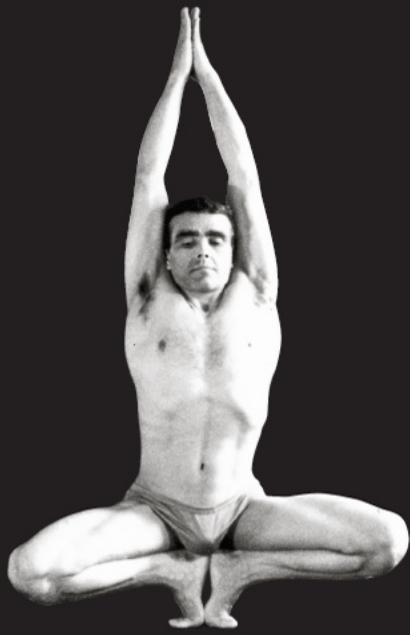
Prapadasana
Tiptoe Pose



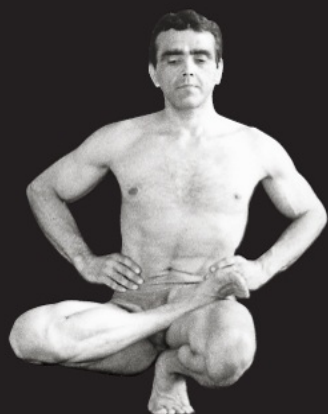
Prapadasana
Tiptoe Pose (Preparation)



Prapadasana
Tiptoe Pose (Variation)



Prapadasana
Tiptoe Pose (Variation)



Ardha-Baddha-Padma-Prapardasana
Half-Bound Lotus Tip Toe Pose (Preparation)



Ardha-Baddha-Padma-Prapardasana
Half-Bound Lotus Tiptoe Pose



Prapadasana
Tiptoe Pose (Variation)



Prapadasana
Tiptoe Pose (Variation)

364



Prapadasana
Tiptoe Pose (Variation)



Prapadasana
Tiptoe Pose (Variation)



Prapada-Setu-Bhandasana
Tiptoe Bridge Forming Pose



Ushtrasana
Camel Pose (Variation)



Ushtrasana
Camel Pose (Variation)



Ushtrasana
Camel Pose



Kapotasana
Pigeon Pose (Preparation)



Kapotasana
Pigeon Pose (Preparation)



Kapotasana
Pigeon Pose (Preparation)



Kapotasana
Pigeon Pose



Kapotasana
Pigeon Pose (Variation)



Laghu-Vajrasana
Graceful Thunderbolt Pose



Laghu-Chakrasana
Little Wheel Pose (Variation)



Laghu-Chakrasana
Little Wheel Pose



Laghu-Chakrasana
Little Wheel Pose (Variation)



Eka-Pada-Kapotasana
One-Leg Pigeon Pose (Preparation)



Eka-Pada-Kapotasana
One-Leg Pigeon Pose



Eka-Pada-Kapotasana
One-Leg Pigeon Pose (Variation)



Eka-Pada-Kapotasana
One-Leg Pigeon Pose (Variation)



Eka-Pada-Kapotasana
One-Leg Pigeon Pose (Variation)



Valakhilyasana
Pose of the Heavenly Spirits



Raja-Valakhilyasana
Kingly Pose of the Heavenly Spirits



Eka-Pada-Rajakapotasana
One-Leg King Pigeon Pose (Preparation)



Eka-Pada-Rajakapotasana
One-Leg King Pigeon Pose



Eka-Pada-Rajakapotasana
One-Leg King Pigeon Pose (Variation)



Kapyaasana
Monkey Pose



Gaivasana
Chain Pose (Preparation)



Gaivasana
Chain Pose (Preparation)



Gaivasana
Chair Pose



Gaivasana
Chain Pose (Variation)



Kuntasana
Spear Pose



Kuntasana
Spear Pose



Kulphasana
Ankle Stretch Pose



Ganda-Bherundasana
Formidable Face Pose (Preparation)



Ganda-Bherundasana
Formidable Face Pose



Ganda-Bherundasana
Formidable Facet Pose (Side View)



Ganda-Bherundasana
Formidable Faces Pose (Front View)



Ganda-Bherundasana
Formidable Face Pose (Variation)



Ganda-Bherundasana
Formidable Face Pose (Variation)



Ganda-Bherundasana
Formidable Face Pose (Variation)



Ganda-Bherundasana
Formidable Face Pose (Variation)



Viparita-Shalabhasana
Inverted Locust Pose (Preparation)



Viparita-Shalabhasana
Inverted Locust Pose



Viparita-Shalabhasana
Inverted Locust Pose



Viparita-Shalabhasana
Inverted Locust Pose (Variation)



Viparita-Shalabhasana
Inverted Locust Pose (Variation)



Viparita-Shalabhasana
Inverted Locust Pose



Viparita-Shalabhasana
Inverted Locust Pose (Variation)



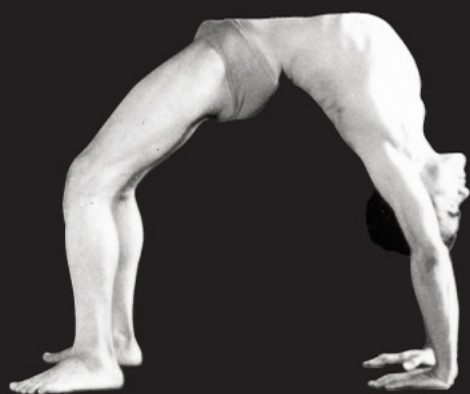
Viparita-Shalabhasana
Inverted Locust Pose (Variation)



Urdhva-Dhanurasana
Raised Bow Pose (Preparation)



Urdhva-Dhanurasana
Raised Bow Pose (Preparation)



Urdhva-Dhanurasana
Raised Bow Pose



Eka-Pada-Urdhva-Dhanurasana
One-Leg Raised Bow Pose (Preparation)



Eka-Pada-Urdhva-Dhanurasana
One-Leg Raised Bow Pose



Eka-Pada-Urdhva-Dhanurasana
One-Leg Raised Bow Pose (Variation)



Himalayasana
Himalaya Pose (Preparation)



Himalayasana
Himalaya Pose



Pada-Shirsha-Urdhva-Dhanurasana
Foot to Head Raised Bow Pose



Pada-Shirsha-Urdhva-Dhanurasana
Foot to Head Raised Bow Pose (Variation)



Chakrasana
Wheel Pose (Preparation)



Chakrasana
Wheel Pose



Purna-Chakrasana
Full Wheel Pose

ARM BALANCING POSES

Arm poses require a great deal of strength and an extra dose of *tapas*. *Tapas*, or angry determination, is a positive attitude, much like what the Zen masters summon when sitting in meditation for hours. It involves faith, fortitude, and determination. With difficult poses I like to recall the words of the late Swami Satchidananda. "A yogi is like a surfer who knows how to balance beyond the mind because the personal self is always resistant. big rolling wave because he knows how to enjoy it without getting caught in it." They are particularly useful for people who spend their days writing or drawing at computers and who are vulnerable to repetitive stress syndrome.



Hansasana
Swan Pose



Mayurasana
Peacock Pose



Mayurasana
Peacock Pose (Variation)



Mayurasana
Peacock Pose (Variation)



Padma-Mayurasana
Lotus Peacock Pose



Padma-Mayurasana
Lotus Peacocks Pose (Variation)



Padma-Mayurasana
Lotus Peacocks Pose (Variation)



Kakasana
Crow Pose (Preparation)



Kakasana
Crow Pose



Parshvakakasana
Side Crow Pose (Preparation)



Parshvakakasana
Side Crow Pose



Bakasana
Crane Pose



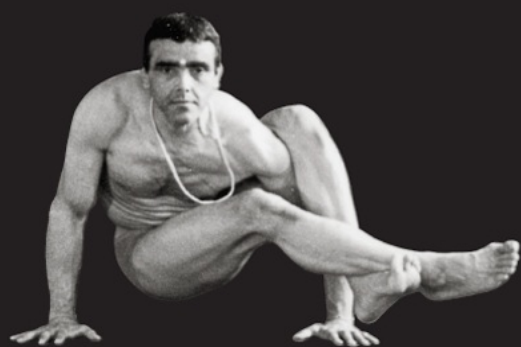
Bakasana
Crane Pose₄ (Variation)



Bakasana
Crane Pose (Variation)



Bakasana
Crane Pose (Variation)



Vakrasana
Crooked Pose (Preparation)



Vakrasana
Crooked Pose



Dwi-Pada-Koundinyasana
Two-Leg Pose of the Sage Koundinya
(Demonstration)



Dwi-Pada-Koundinyasana
Two-Leg Pose of the Sage Koundinya
(Nirritika)



Dwi-Pada-Koundinyasana
Two-Leg Pose of the Sage Koundinya



Galavasana
Pose of the Sage Galava



Eka-Pada-Galavasana
One-Leg Pose of the Sage Galava
(Rejuvenation)



Eka-Pada-Galavasana
One-Leg Pose of the Sage Galava
(Rejuvenation)



Eka-Pada-Galavasana
One-Leg Pose of the Sage Galava



Eka-Pada-Koundinyasana II
One-Leg Pose of the Sage Koundinya II
(Reconstruction)



Eka-Pada-Koundinyasana II
One-Leg Pose of the Sage Koundinya II



Eka-Pada-Koundinyasana II
One-Leg Pose of the Sage Koundinya II
(Nirritika)



Eka-Pada-Bakasana
One-Leg Crane Pose (Preparation)



Eka-Pada-Bakasana
One-Leg Crane Pose



Urdhva-Kukkutasana
Raised Cock Pose (Preparation)



Urdhva-Kukkutasana
Raised Cock Pose (Preparation)



Urdhva-Kukkutasana
Raised Cock Pose (Front View)



Urdhva-Kukkutasana
Raised Cock Pose (Rear View)



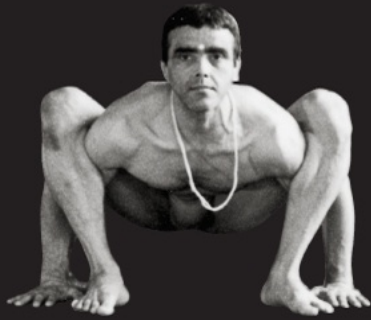
Parshva-Kukkutasana
Side Cock Pose (Preparation)



Parshva-Kukkutasana
Side Cock Pose



Omkarasana
Om Poses (Variation)



Bhujapidasana
Squeeze the Shoulders Pose (Preparation)



Bhujapidasana
Squeeze the Shoulders Pose (Front View)



Bhujapidasana
Squeeze the Shoulders Pose (Side View)



Bhujapidasana
Squeeze the Shoulders Pose (Variation)



Bhujapidasana
Squeeze the Shoulders Pose (Rear View)



Tittibhasana
Firefly Pose (Preparation)



Tittibhasana
Firefly Pose (Side View)



Tittibhasana
Firefly Pose



Raja-Kurmasana
King Tortoise Pose (Front View)



Raja-Kurmasana
King Tortoise Pose (Side View)



Raja-Kurmasana
King Tortoise Pose (Variation)



Raja-Kurmasana
King Tortoise Pose (Rear View)



Tolasana
Scale Pose



Lolasana
Pendukung Pose



Kulphasana
Ankle Stretch Pose



Vasishthasana
Pose of the Sage Vasishtha (Preparation)



Vasishthasana
Pose of the Sage Vasishtha (Preparation)



Vasishthasana
Pose of the Sage Vasishtha (Preparation)



Vasishthasana
Pose of the Sage Vasishtha



Kala-Bhairavasana
Shiva Pose (Preparation)



Kala-Bhairavasana
Shiva Pose



Kala-Bhairavasana
Shiva Posses (Variation)



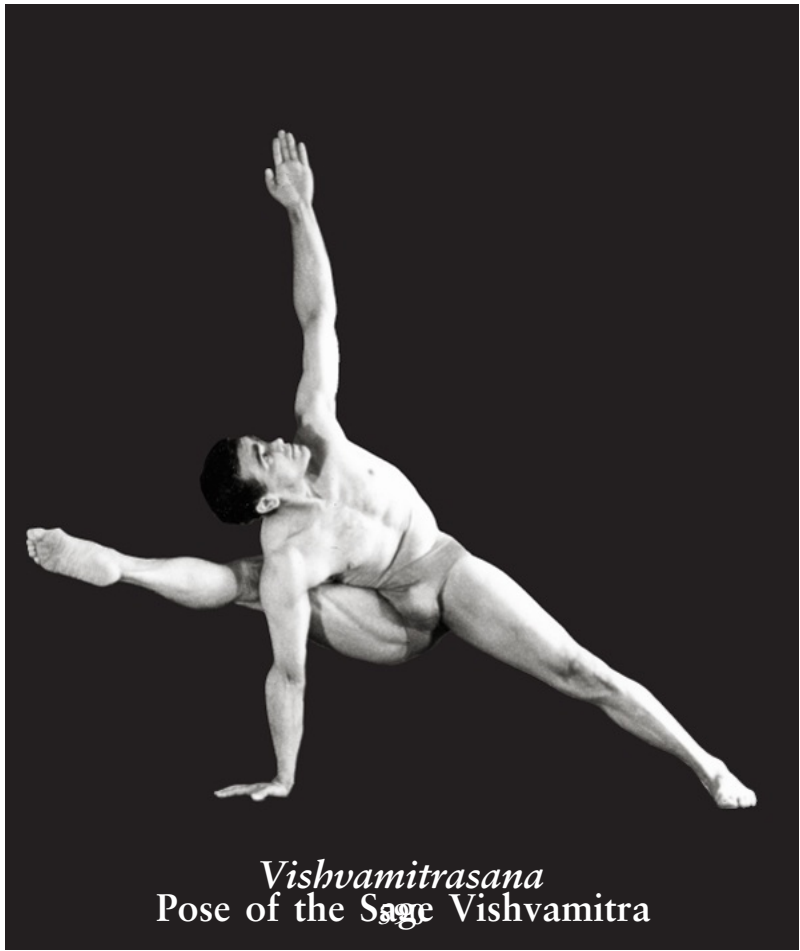
Vishvamisraasana
Pose of the Sage Vishvamisra (Preparation)



Vishvamisraasana
Pose of the Sage Vishvamisra (Preparation)



Vishvamitrasana
Pose of the Sage Vishvamitra (Preparation)



Vishvamisraasana
Pose of the Sage Vishvamitra



Vishvamitrasana
Pose of the Sage Vishvamitra (Variation)



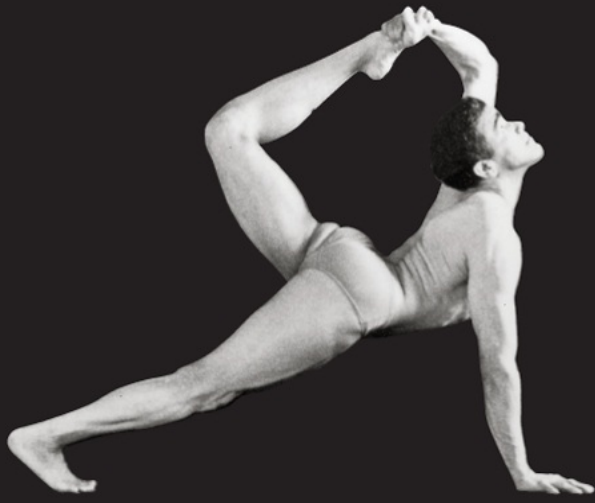
Kashyapasana
Pose of the Sage Kashyapa



Kashyapasana
Pose of the Sage Kashyapa (Rear View)



Kapinjalasana
Raindrop-Drinking Bird Pose



Kapinjalasana
Raindrop-Drinking Bird Pose (Variation)

TWISTS & SEATED POSES

Imagine the internal organs as sponges that are full of liquid and you will understand the powerful impact of the twisting poses. The twist first wrings and squeezes the organs, then flushes them with fresh blood and oxygen. It's a natural and powerful way to detoxify organs and glands and boost the health of the entire body. It also keeps the back supple and increases circulation in the muscles and discs around the spine. One tip: When doing a twist, try to extend legs and increase inhalation, then exhale. If you can't do Full Lotus, *Sitavriksha* is an excellent alternative. Remember, the purpose of all seated poses is to find comfort when you can sit for an hour and meditate, quieting



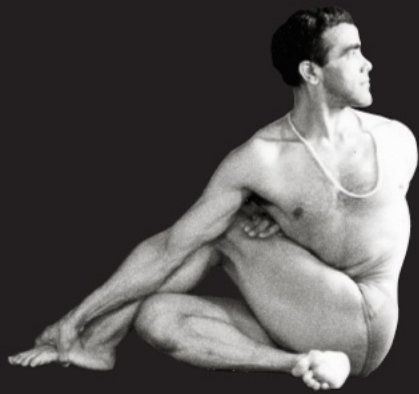
Sukha-Matsyendrasana
Easy Spinal Twist (Preparation)



Sukha-Matsyendrasana
Easy Spinal Twist



Ardha-Matsyendrasana
Half Spinal Twist (Preparation)



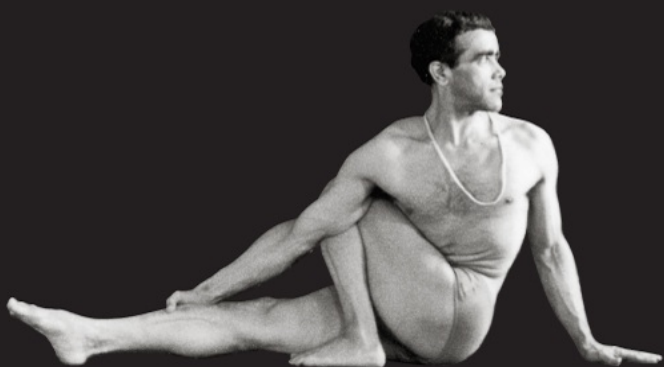
Ardha-Matsyendrasana
Half Spinal Twist



Ardha-Matsyendrasana
Half Spinal Twist (Rear View)



Paripurna-Matsyendrasana
Full Spinal Twist (Preparation)



Marichyasana III
Pose of the Sage Marichi III (Preparation)



Marichyasana III
Pose of the Sage Marichi III



Marichyasana IV
Pose of the Sage Marichi IV (Preparation)



Marichyasana IV
Pose of the Sage Marichi IV



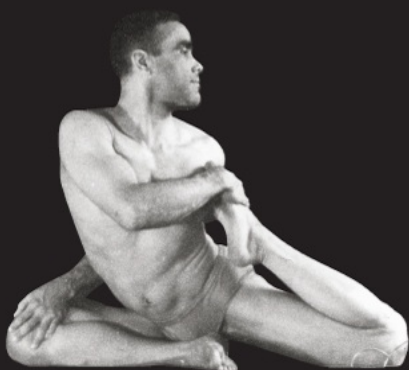
Bharadvajasana
Pose of the Sage Warrior Bharadvaja
(Reverent Pose)



Bharadvajasana
Pose of the Sage Warrior Bharadvaja



Bharadvajasana
Pose of the Sage Warrior Bharadvaja (Rear
View)



Vamadevasana
Pose of the Sage Vamadeva (Preparation)



Vamadevasana
Pose of the Sage Vamadeva



Prapada-Matsyendrasana
Spinal Twist in Tiptoe Pose



Pashasana
Noose Pose (Preparation)



Pashasana
Noose Pose (Front View)



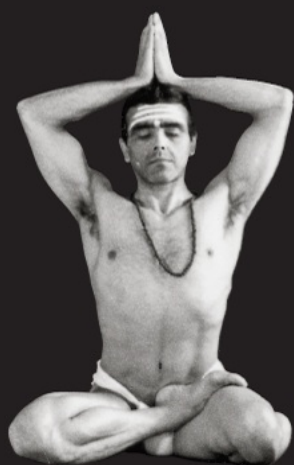
Pashasana
Noose Pose (Rear View)



Virasana
Hero Pose (Preparation)



Virasana
Hero Pose



Virasana
Hero Pose (Variation)

61



Simhasana
Lion Pose



Padma Simhasana
Lion Pose



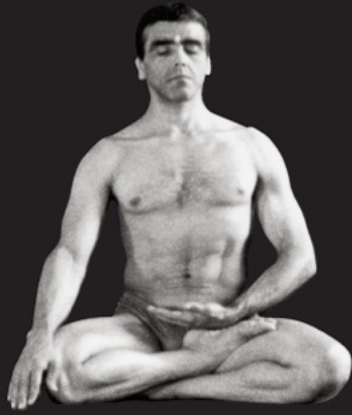
Mandukasana
Frog Pose



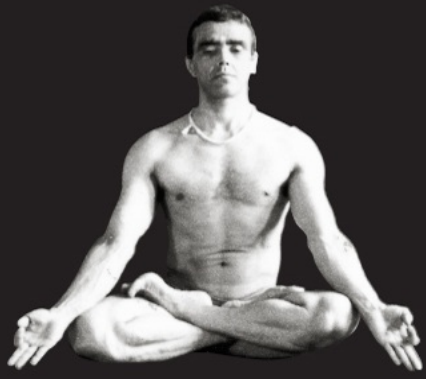
Sukhasana
Easy Pose



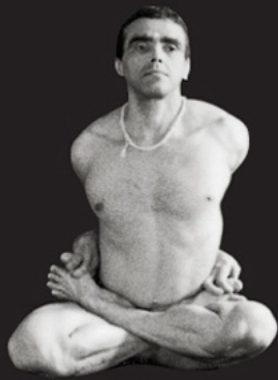
Siddhasana
Accomplished Pose



Ardha-Padmasana
Half-Lotus Pose



Padmasana
Lotus Pose



Baddha-Padmasana
Bound Lotus Pose (Front View)



Baddha-Padmasana
Bound Lotus Pose (Rear View)



Yogasana
Yoga Pose



Yoga Mudra
Yogic Seal (Preparation)



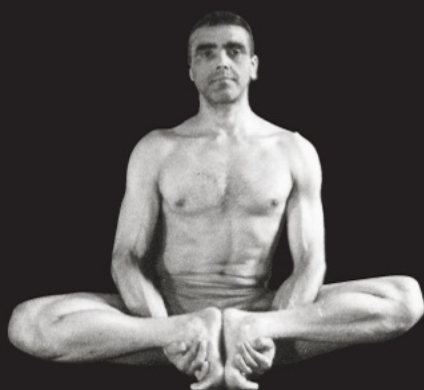
Yoga Mudra
Yogi Seal



Yoga Mudra
Yogic Seal (Variation)



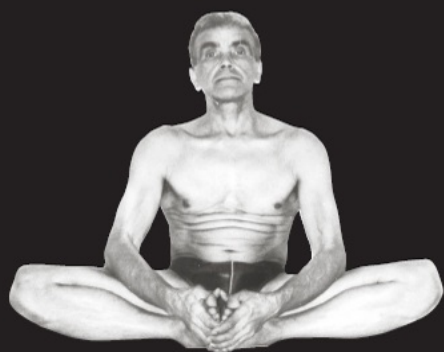
Yoga Mudra
Yogic Seal (Side View)



Mulabandhasana
Root Lock Pose (Preparation)



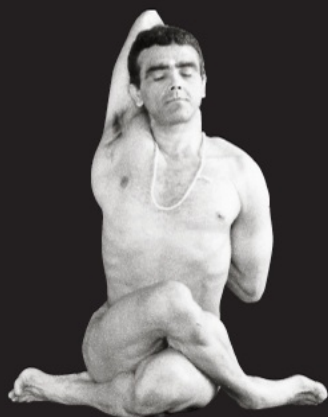
Mulabandhasana
Root Lock Pose



Baddha-Konasana
Bound Angle Pose



Baddha-Konasana
Bound Angle Pose (Variation)



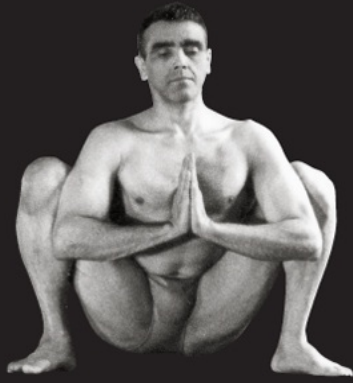
Gomukhasana
Cowface Pose (Front View)



Gomukhasana
Cowface Pose (Rear View)



Leg Cradle
640



Squatting
641

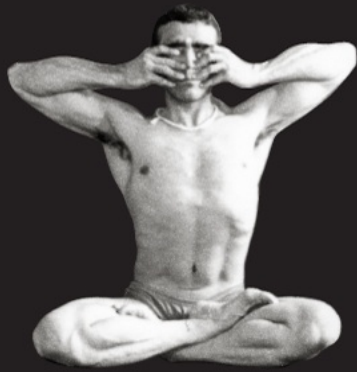
BREATHING & CLEANSING PRACTICES

Pranayama is the rhythmic control of the breath that drives that vital force up the spine through all the chakras, opening consciousness. *Pranayama* is not an asana, yet it is the most important practice in yoga. Following *Akasha* (space), *Prana*, which means breath or life force, was the second creation in the universe. It is the energy that animates everything, even thought. The breathing exercises in the following pages are just a few of the many techniques used in pranayama. In nostril breathing practices like *Kalandhara* and *Bandhyana* are very powerful, enabling you to control your

tips of the thumb and index finger touching, prevents dissipation of ~~The~~ energy. The cleansing techniques are called *kriyas* and they function to physically rid the system of impurities. The *dhautis* (washing methods) are employed prior to pranayama to maximize its full benefits. When practicing *kriyas* it's essential to be guided by an experienced teacher.



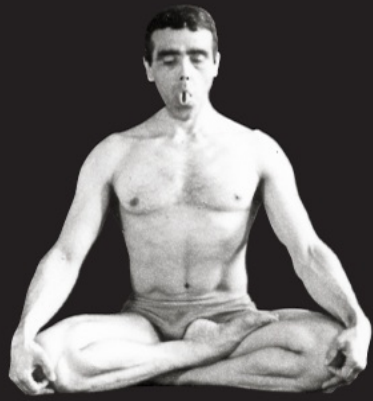
Nadi Vibrator-Pranayama
(Side View)



Nadi Vibrator-Pranayama
(Front View)



Jalandhara-Bandha
Chin Lock



Shitali-Kumbhaka
Cooling Retention of Inhalation



Sutra-Neti
String Neti / Nasal Cleansing

RESTING POSES

650

All restorative poses can be held for five to 30 minutes since they don't create any undue tension, sensation, or strain. *Shavasana*, Corpse Pose, is the pose of total relaxation, and the only pose in which a yogi breathes through the mouth. Beginners often skip this pose at the end of practice but they are missing one of yoga's most powerful moments. With every breath you allow awareness to enter the deepest parts of yourself. Used as a relieving pose between more challenging asanas, it gently stretches the hips, thighs, and ankles, relaxes the body, helps lower blood pressure, and rebalances the entire system. Try to breathe fully into the back of the torso to deepen the intake of oxygen. In all these benefits, fifteen minutes is



Garbhasana
Child's Pose (Variation)



Garbhasana
Child's Pose



Makarasana
Crocodile Pose



Parshva-Shavasana
Side Corpse Pose



Supta-Madhyasana
Reclining Waist Pose (Preparation)



Supta-Madhyasana
Reclining Waist Pose



Shavasana
Corpse Pose



BIOGRAPHY

Sri Dharma Mittra is one of the most accomplished yogis in the West. He has spent most of his life serving humanity, helping students achieve radiant health and spiritual development through yoga practice.

Dharma was born in 1939 in the state of Minas Gerais, Brazil. In 1964, following a career in the Brazilian Air Force, he moved to New York City to study yoga with his teacher Sri Swami Kailashananda, also known as Yogi Gupta. After intense study and practice of the eight limbs of yoga, he was accepted into the family of Bramacharia as a *sannyasin* — one who renounces the world in order to realize God. In 1975 he left his guru's ashram to found the Yoga Asana Center of New York City, now known as the Dharma Yoga Center. He teaches classic Hatha-Raja-Ashtanga yoga and embodies the virtues of the discipline: kindness, patience, humility, fortitude, righteousness, humor, selfless service, *ahimsa* (non-killing), compassion, and understanding for all. Like many early masters, much of his teaching is imparted nonverbally;

it is said that students can feel the truth and make rapid improvements simply by being in his presence.

Dharma has initiated tens of thousands of people into yoga practice, and has taught many well-known yogis practicing today. He is known as “the Teacher’s Teacher” and “the Rock of Yoga.”

In 1984 Dharma meticulously photographed himself in more than 1,300 yoga poses, then cut and pasted 908 of the images onto the Master Yoga Chart, offering it to his Guru and to all yoga aspirants. Today this masterpiece hangs in ashrams and centers worldwide, where it is used as a teaching tool and an inspiration for all *sadabhkas* (seekers of truth). *Asanas* is his first book.

GLOSSARY

Adhara: A support.

Adho-mukha: Face downwards.

Ajna-Chakra: The nerve plexus between the eyebrows. The third eye. The seat of the soul.

Ananda: Bliss.

Anga: Limbs, points.

Angustha: The big toe.

Archa: Half.

Asana ("seat"): A physical posture; the third limb of yoga; originally this meant "meditation posture."

Ashta: Eight.

Ashtanga-yoga ("eight-limbed union"): The eightfold yoga of Patanjali, consisting of moral discipline (*yama*), self-restraint (*niyama*), posture (*asana*), breath control (*pranayama*), sensory

inhibition (*pratyahara*), concentration (*dharana*), meditation (*dhyana*), and ecstasy.

Ayama: Lengthening to expansion (extension).

Baddha: Bound.

Baka: A crane.

Bandha: A bond; a posture in which certain organs or body parts are

bound together.

Bhadrakali: Goddess.

Bhuja: The shoulder

Bhujanga: A serpent or cobra.

Bindu: Seed, point. The creative potency of anything where all energies are

concentrated.

Chakras: Wheel, third eye. Literally, the wheel of a wagon; metaphorically, one of the psycho-energetic centers of

the subtle body in which flows. The seven chakras are: *mūlādharā* at the base of the spine, *svādhisthāna* at the navel, *anāhata* at the heart, *viśuddha* at the throat, *ājñā* in the middle of the head and *sahasrā* at the top of the head.

Chakora: A type of bird (Greek *chakora*).
 Chakradaga: churn.
 Chandra: The moon.
 Chatur: Four.
 Chin-mudra ("consciousness seal"): A hand gesture in meditation, which is formed by bringing the tips of the index finger and the thumb together, while the remaining fingers are kept straight.

Danda: A staff, stick.

Dhanu: A bow.
 Dharma ("bearer"): A term signifying law, virtue, righteousness.
 Drishti ("View" or "sight"): Yogic gazing, such as at the tip of the nose or the spot between the eyebrows.
 Dwi-hasta: Two hands.
 Dwi-pada: Two feet.
 Ek-leg: One leg.
 Ganda: The cheek or side of the face including the temple.
 Garcha: An infant.
 Garuda: An eagle.
 Go: A cow.
 Goraksha: Cowhead.
 Guru: ("he who is heavy, weighty"): A spiritual teacher.
 Hansa: Swan/gander; also refers to the breath as it moves within the body.

Hatha Yoga	of the thumb. The
(“Forceful Yoga”):	symbol of true
a major branch of	Kalpavriksha. A
yoga, developed	process of sharp,
by Goraksha and	quick inhalations
other adepts c.	and exhalations
1000 C.E., and	Kapota. A bird or
emphasizing the	that leads to the
physical aspects of	Karma. “action”):
the transformative	Activity of any
path, notably	kind, including
postures (<i>asana</i>),	ritual acts; said to
cleansing	be binding only so
techniques	long as engaged in
(<i>śādhana</i>) and	Kama. The ear.
Hasta. The hand	Khevari-mudra
and	(“space-walking
Jalandhara-bandha:	seal”): The Tantric
A posture where	practice of curling
the neck and sun;	the tongue back
“Ha” means	against the upper
throat and	palate in order to
contracted and the	Koma. An angle.
chin is rested in	Kriya. A cleansing
the thick knot	Krodha. A fever.
between	Krodha. A fever.
the collar	Kriya: A cleansing
bones.	Krodha: A cock.
abdomen,	Kulpha: The ankle.
stomach.	Kunta: A spear;
Hand	Kurma: A tortoise.
gesture	
in which the tip of	
the	
index finger	
touches the tip	

Lalata: The forehead; also the center of the forehead.	where the body from the anus to the navel is contracted and lifted toward the spine, heard through the practice of nada yoga.
Lota: A pot.	Nadigachokama (60-day channel cleansing"): The practice of purifying the conduits through breath control.
Madhya: Middle (of the body).	Nakara: A crocodile.
Makara: A crocodile.	Namaskarama). Worship; salutation.
Mala: A wreath.	Nataraj: Name of Shiva as the cosmic dancer.
Mandala: A circular design.	Natya: Dancing.
Manoharizangra: A sacred sound or phrase that has a transformative effect on the mind of the individual receiving it.	Nauli: A process in which the abdominal muscles and organs are made to move vertically and laterally in a surging motion.
Mantra: A sacred sound or phrase that has a transformative effect on the mind of the individual receiving it.	Niravichin.
Meru-danda: The spinal column.	
Mrita: Dead, a corpse.	
Mudra: A seal or sealing posture.	
Mukha: Face.	
Mukta: Free.	
Mula: Root; a posture	

Ojas (“vitality”): The subtle energy produced through practice, especially the discipline of ~~chakra~~ ~~the~~ original ~~trachya~~ ~~acharya~~).
 Padma: The lotus.
 Padma: The big leg.
 Padma: A lotus.
 Parampara: A succession.
 Parivarta: Bolt lock on a revolver.
 Parivarta: Revolving.
 Parivartana: Turning around; revolving.
 Parivartana-pada: With one leg turned the side, flank; lateral.
 Parvata: A mountain.
 Paryanka: A bed.
 Pasha: A noose.
 Paschima: West; the backside of the body.
 Pincha: Squeeze.
 Pincha: The chin; a feather.

Pinda: A fetus, embryo; intelligence, wisdom.
 Prana: Breath, life, vitality, wind, energy, strength.
 Prana: A person who practices.
 Prana: Breath control, consisting of conscious inhalation (*puraka*), retention (*pranah*), and exhalation (*pranah*).
 Prana: Spread out; stretched out.
 Purva: East; the front of the body.
 Purvottana: An intense stretch of the front side of the body.
 Raja Yoga (“Royal Yoga”): Union with Supreme Spirit by becoming ruler of one’s own mind.
 Raja: Another name for a king.
 Raja: King.
 Raja: With eight-fold path of yoga.

Salamba: With	Simha: A lion.
Sama: Same, equal,	Sthiti: Stability.
even, upright.	Sukha: Easy,
Samadhi (“putting	Supta: Sleeping.
together”): The	Surya: The sun.
ecstatic or state	Sutra (“thread”): A
in which the	work consisting of
meditator	aphoristic
becomes one	statements, such
with the (the whole	as Patanjali’s
of meditation”): A	Yoga-Sutra.
Samsara: A	Tada: A dot.
recurring.	Tan: To stretch or
(“confluence”):	Tapas (“glow/heat”):
The finite world	A burning effort
of change, as	that involves
Sandhya: Shaking.	purification, self-
Samsara: Reality	discipline and
of truth”): The	Titi: A fine fly.
practice of	Tolana: Weighing.
frequenting the	Trikona: A triangle.
good company of	Ubhaya: Both.
Sarva: All, whole	Uddiyana: A yogic
Saranga: The whole	lock in which the
of the disciples.	diaphragm is lifted
Satya: A bridge.	high up in the
Shalabha: A locust.	thorax and the
Shava: A corpse.	abdominal organs
Shirsha: The head.	Upavistha: Seated.
	toward the spine.

Urdhva: Raised,	but the mind remains
Urdhva mukha:	fully conscious.
Upward facing.	Yoga-sutra:
Ushtra: A camel.	Classical work on
Utkata: Powerful.	yoga by Patanjali,
Uttana: An intense	consisting of 185
Urdhva raised up,	aphorisms on
extended,	yoga and divided
Urdhva hooked.	into four parts
Vatayana: A horse.	dealing with
Vayu: The wind;	Samadhi, the
Vatayana Going	means by which
progressively.	yoga is attained,
Viparita: Inverted,	the powers the
Viparita Adhero.	Yogi or yogini: One
Vrksha: A tree.	who follows the path
Vrschika: A	of yoga.
Vrschika Tortoise or	quest, and the
Union,	state of
communion.	absolution.
Derived from <i>yuj</i> ,	
Yoga meaning to join or	
posture; a seal.	
Yogananda: A great	
yogi of the 20th	
century.	
Yoga-nidra: Yogic	
sleep where the	
body is at rest	



MASTER YOGA CHART OF 908

ONE OF A KIND
MASTERPIECE BY POSTURES DHARMA MITTRA

60 x 43 inches • Price \$30.00 plus \$8.00 S&H in the U.S.A.

Call for shipping outside the U.S.A. and for wholesale.

Dharma Yoga Center 297 Third Ave. @ 23rd Street N.Y.C. N.Y.

Call us at: 212-889-0160 or 212-677-4075

Workshops \Retreats\Teacher Training

dharmamittra@dharma-yoga.com

www.dharmayogacenter.com or www.yogaasanaposter.com



NEW WORLD
LIBRARY
is dedicated to publishing books and
cassettes that

inspire and challenge us to improve

the quality
For a complete catalog, contact:
of our lives and our world. Our

New World Library
books and cassettes
14 Ramalou Way
Newport, California 94849
are available in bookstores

everywhere.
Phone: (415) 884-2100

Fax: (415) 884-2199

Or call toll-free: (800) 972-6657

Catalog requests: Ext.50

Ordering: Ext. 52

E-mail: escort@nwlib.com
www.newworldlibrary.com