

# Asana Assignment

Asana		
Balasana (Child - used in all quadrants as a rest)		
Sukhasana (Easy Seated)		
Ardha Padmasana (Half Lotus)		
Vajrasana (Thunderbolt)		
Bharmanasana (Table Top)		
Marjaryasana/Bitilasana (Cat / Cow)		
Dandayamna Bharmanasana (Balancing Table Top)		
Sucirandhrasana (Eye of the Needle)		
Uttana Shishosana (Extended Puppy)		
Apanasana (Knees to Chest)		
Ustrasana (Camel)		
Krounchasana (Heron)		
Ardha Ustrasana (Half Camel)		
Parighasana (Gate)		
Dhanurasana (Bow)		
Shalabasana (Locust)		
Urdhva Hastasana (Upward Salute)		
Adho Mukha Svanasana (Downward Facing Dog)		
Surya Namaskar (Classical Sun Salutation)		
Surya Namaskar A (Sun Salutation A)		
Surya Namaskar B (Sun Salutations B)		
Anjaneyasana (Crescent Lunge)		
Tadasana (Mountain)		
Uttanasana (Deep Forward Bend)		
Urdhva Uttanasana (Jack Knife)		
Kumbhakasana (Plank)		
Chaturanga Dandasana (Four Limbed Staff)		
Bhujangasana (Cobra)		
Urdhva Mukha Svanasana (Upward Facing Dog)		
Utkatasana (Chair)		
Virabhadrasana I (Warrior I)		
Virabhadrasana II (Warrior II)		
Viparita Virabhadrasana (Reverse Warrior)		
Parivrtta Anjaneyasana (Revolved Lunge)		
Utthan Pristhasana (Lizard)		
Utthan Pristhasana (Twisted Lizard)		
Eka Pada Koundinyasana II (Hurdler)		
Tri Pada Adho Mukha Svanasana (Three-Legged Down Dog)		
Urdhva Prasarita Eka Padasana (Standing Split)		
Prasarita Padottanasana (Wide Legged Standing Forward Bend)		
Parsvakonasana (Side Angle)		
Utthita Parsvakonasana (Extended Side Angle)		
Virabhadrasana III (Warrior III)		
Parsvotthanasana (Intense Side Stretch or Pyramid)		
Utpatah Pristhasana (Flying Lizard)		
Baddha Utthita Parsvakonasana (Bound Extended Side Angle)		

# **Asana Assignment**

Utthita Trikonasana (Extended Triangle)		
Eka Pada Rajakapotasana (Pigeon)		
Malasana (Garland or Squat)		
Ardha Pincha Mayurasana (Dolphin)		
Makara Adho Mukha Svanasana (Dolphin Plank)		
Padangusthasana (Foot to Toe)		
Padahasthasana (Foot to Hand)		
Vasisthasana (Side Plank)		
Camatkarasana (The Wild Thing)		
Ardha Chandrasana (Half Moon)		
Ardha Chandra Chapasana (Sugarcane)		
Baddha Malasana (Bound Garland)		
Tada Baddha Malasana (Standing Bound Garland)		
Parivrtta Surya Yantrasana (Sun Dial or Compass)		
Eka Hasta Bhujasana (Elephant Trunk)		
Astavakrasana (Eight Angle)		
Svarga Dvijasana (Bird of Paradise)		
Kakasana (Crow)		
Bakasana (Crane)		
Eka Pada Galavasana (Flying Crow)		
Padmasana (Lotus)		
Agnistambhasana (Fire Log)		
Parsva Bakasana (Side Crane)		
Devaduuta Panna Asana (Fallen Angel)		
Tittibhasana (Firefly)		
Maksikanagasana (Dragonfly)		
Hanumanasana (Monkey)		
Kapotasana (King Pigeon)		
Salamba Sirsasana (Supported Headstand)		
Sirsasana II (Tripod Headstand)		
Laghu vajrasana (Little Thunderbolt)		
Mayurasana, (Peacock)		
Pincha Mayurasana (Feathered Peacock)		
Vrschikasana (Scorpion)		
Gandabherundasana (Chin Stand)		
Adho Mukha Vrksasana (Handstand)		
Vrksasana (Tree)		
Utthita Hasta Padangusthasana		
Garudasana (Eagle)		
Natarajasana (Lord of the Dance)		
Dandasana (Staff)		
Paschimottanasana (Seated Forward Bend)		
Baddha Konasana (Bound Angle)		
Anantasana (Sleeping Vishnu)		
Tolasana (Scale)		
Kurmasana (Tortoise)		
Ananda Balasana (Happy Baby)		

# Asana Assignment

Virasana (Hero)		
Supta Virasana (Reclining Hero)		
Gomukhasana (Cow Faced)		
Marichyasana (Marichi)		
Janu Sirsasana (Head-of-the-Knee)		
Parivrtta Janu Sirsasana (Revolved Head-of-the-Knee)		
Parsva Upavistha Konasana (Side Seated Wide Angled)		
Anantasana (Reclining Leg Lift)		
Ardha Matsyendrasana (Half Lord of the Fishes)		
Bala Maksikanagasana (Baby Grasshoper)		
Supta Padangusthasana (Reclining Hand to Bid Toe)		
Upavistha Konasana (Seated Wide Legged Straddle)		
Navasana (Boat)		
Purvottanasana (Reverse Plank)		
Ardha Purvottanasana (Reverse Tabletop)		
Supta Kapotasana (Supine Pigeon)		
Supta Matsyendrasana (Supine Twist)		
Setu Bandha Sarvangasana (Bridge)		
Urdhva Dhanurasana(Upward Bow or Wheel)		
Salamba Sarvangasana (Supported Shoulder Stand)		
Halasana (Plow)		
Matsyasana (Fish)		
Uttanpadasana (Raised Leg)		
Supta Baddha Konasana (Goddess)		
Viparita Karani (Legs Up the Wall)		
Savasana (Corpse)		