

VIKASA

200 Hour Teacher Training November 2016

MANUAL 2

ASANA

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INTRODUCTION TO THE ASANA SECTION

ABOUT POSTURE NAMES

Naming convention

Some asana are recognised with multiple names, therefore, in some instances, the multiple interpretations of the posture name have been included. If there is doubt as to the true origin of the posture name then the most commonly used or accepted name has been used.

The approach has been taken that there is no right or wrong with regards to posture naming, but rather that there are multiple interpretations of the original Sanskrit name, as well as modern posture creations.

Sanskrit name

If there is no Sanskrit name with the posture it is because there is no Sanskrit equivalent. This generally indicates that the posture is a modern creation, or such a variation of a traditional posture that there is no Sanskrit translation for it.

COMMON SANSKRIT WORDS IN ASANA NAMES

The following Sanskrit words are commonly used in posture (asana) names. Understanding these words will help you interpret, memorise and understand the Sanskrit versions.

Adho	=	Downward/down
Ardha	=	Half
Asana	=	Posture/pose
Baddha	=	Bound
Bandha	=	Lock
Drishti	=	View (line of sight)
Eka	=	One/single
Hasta	=	Hand
Mukha	=	Direction/facing
Pada	=	Foot
Parivrtta	=	Revolving/turning
Pashva	=	Side
Prana	=	Life force/breath
Supta	=	Reclining/leaning back
Urdvha	=	Upward/up
Utthita	=	Extended/stretched
Vichitra	=	Variegated/varied (Unique to Vikasa)

USING THE ASANA CATALOGUE

A



B

Crow Pose
Kakasana



V
P C



P



P

F



P

F ● ●

Crane

D — Bakasana

E — Write your asana notes here...

KEY

Asana

Asanas are displayed in the following order:

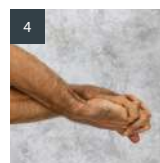
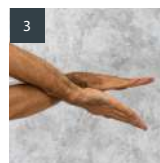
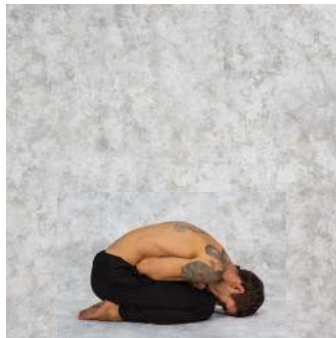
- A Primary Asana**
 - B Preparation, transition, variation or setup**
 - C Preparation, variations and setup indicators:**
 - P = Preparation asana
 - T = Transition
 - V = Variation
 - S = Setup
 - D Posture names**
 - In Sanskrit and English
 - E Writing area**
 - Space to write your own notes, cues, etc.
 - F Skill level indicator**
 - Colours Indicate the primary posture and the approximate skill level of each asana presented:
- Blue = Primary Posture**
 - Green = Easy**
 - Accessible to beginners
 - Yellow = Easy to Moderate**
 - Accessible to beginners but may be challenging for some.
 - Orange = Moderate**
 - Challenging for most beginners, comfortable for most experienced practitioners.
 - Red = Experienced**
 - Postures may not be doable for practitioners who have not mastered the moderate version. May even be challenging for experienced practitioners.

10

Warm up exercises



Shoulder Rotations in Thunderbolt Pose



Prayer Curls

Hand grip for Prayer Curls



●
Marjaryasana
Tiger Pose (Vikasa)



●
Knee to Forehead



Left view

●
Knee to Elbow



Right view



●
Tri Pada Adho Mukha Svanasana
Three legged downward dog



●
Knee to Elbow



Front view



●
Tadasana
Mountain/Standing



●
Mountain/Standing Arms up



●
Uttanasana
Standing Forward Bend



●
Urdhva Mukha Svanasana
Upward Facing Dog



●
Adho Mukha Svanasana
Downward Dog



●
Anjaneyasana
Low Lunge Pose



●
Anjaneyasana
Low Lunge Pose



●
Adho Mukha Svanasana
Downward Dog



●
Astangasana
Eight Limbed Pose
(Knees-Chest-Chin)



●
Uttanasana
Standing Forward Bend



●
Mountain/Standing Arms up



●
Tadasana
Mountain/Standing

Repeat other Side



Chandrasana
Crescent Moon Pose

Chandrasana
Crescent Moon
Pose



**Ardha
Mandalasana**
Half Circle Pose



**Standing
Arch
Extension**

**Standing
Shoulder
Lock I**



Rear view

**Standing
Shoulder
Lock I**



Front view

**Standing
Shoulder
Lock II**





Uttanasana
Standing Forward Bend



Ardha Uttanasana
Half Lift/Flat Back



Padahasthasana
Hand Under Foot Pose



Padangusthasana
Hand to Big Toe Pose



Uttanasana
Standing Forward Bend



Uttanasana
Standing Forward Bend



Baddha Parsva Konasana
Bound Side Angle Pose

Utthita Parsva Konasana
Extended Side Angle Pose



Utthita Parsva Konasana
Extended Side Angle Pose



Baddha Parsva Konasana
Bound Side Angle Pose



Front view

Baddha Parsva Konasana
Bound Side Angle Pose



Back view

Utthita Parsva Konasana
Extended Side Angle Pose



Prasarita Paddotanasana
Wide Legged Forward Bend



Hand position variations



● ●
Trikonasa
Triangle Pose

Chandrasana
Crescent Moon Pose



●
v

Baddha Trikonasana
Bound Triangle Pose



●
v



● ●
Parivrtta Trikonasa
Revolved Triangle Pose



●

18

Standing postures



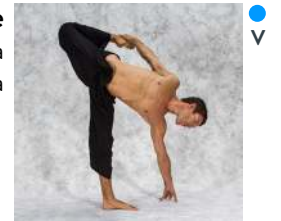
Ardha Chandrasana
Half Moon Pose



Front view



Sugarcane Pose
Chandra
Chapasana

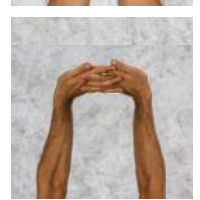


Warrior III
Virabhadrasana





Parsvottanasana
Pyramid Pose



Hand position variations



Parivrtta Padottanasana
Revolved Wide Legged Standing Forward Bend





Ustrasana
Camel





Vichitra Galavasana
Asana English

Sanchalanasana
Equestrian Pose



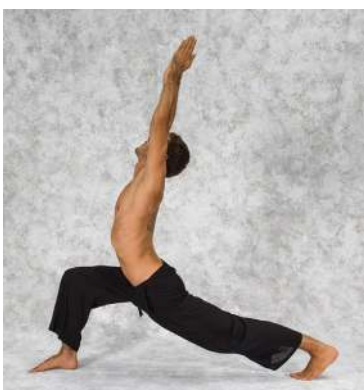
Ardha Humanasana
Half Front Split



Ardha Hanumanasana
Lifted Front Split



Hanumanasana
Front Splits



Anjaneyasana
Crescent Pose

Vichitra Anjaneyasana
Crescent Pose



Virabhadrasana II
Warrior II



Vichitra Virabhadrasana II
Warrior II





Utkatasana
Chair Pose



Parivrtta Utkatasana
Revolved Chair Pose

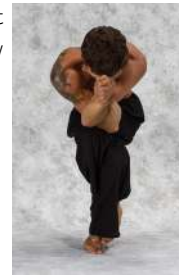


Vichitra Utkatasana
Chair Pose (variation)

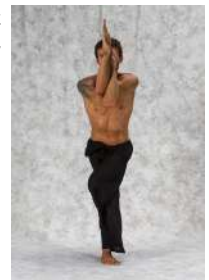


● ●
Garudasana
 Eagle Pose

Front view



Front view



● ●
Parivrtta Parsvakonasana
 Revolved Extended Side Angle



● ●
Kneeling Warrior





Utthan Pristhasana
Lizard Pose



Utthan Pristhasana
Lizard Pose



Utthan Pristhasana
Lizard Pose



Ankle grip



**Utthita Hasta
Padangustasana**
Standing Big Toe Pose



Utthita Parshvasahita
Stretched Sideward Pose

**Janu
Uddharasana**
Crescent
Pose



**Janu
Uddharasana**
Warrior II



**Dandayamana
Janusirasana**
Standing Head to
Knee Pose





Ardha Padmasana Vrksasana
Half Lotus Tree Pose



Ardha Baddha Padmottanasana
Half Bound Lotus Forward Bend



Natarajasana
Lord of the Dance Pose

Vrksasana
Tree Pose



Vrksasana II (Vichitra)
Tree Pose



V

Ardha Padmasana Vrksasana
Half Lotus Tree Pose



P

Vichitra Anjaneyasana
Crescent Pose



V

Chandra Chapasana
Lord of the Dance Pose



P

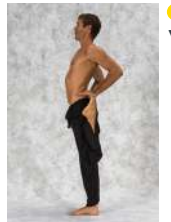
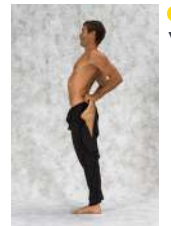
Lord of the Dance Pose
Ardha Chandra Chapasana



V



Standing Half Frog



Spider Pose Variations



Spider I



Spider II



Spider III



Spider IV



Spider V



Spider VI



Spider Variation I



Spider Variation II



Swastika Pose

Supta Pose



Hand position



Skandasana
Deep Side Lunge





Pistol Squat Pose



Reverse Pistol Squat Pose



Malasana
Garland Pose (Yogic Squat)





Gomukhasana
Cow Face Pose



Side view



Gomukhasana
Cow Face Pose



Front view



Krounchasana
Heron Pose



P

V



P

V



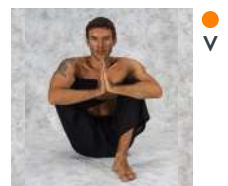
Akarna Dhanurasana
Archer's Pose



Akarna Dhanurasana Vichitra
Archer's Pose Variation



Foot Under Armpit Seated Twist





Eka Pada Rajakapotasana
One-legged King Pigeon Pose



Eka Pada Rajakapotasana
One-legged King Pigeon Pose
(Full Pigeon)



Vamadevasana
Half Lord of the Fish Pose





Baddha Konasana
Bound Angle Pose



Front view

Side view



Supta Baddha Konasana
Reclining Bound Angle Pose

Side view



Front/side view



Parivrtta Baddha Konasana
Revolved Bound Angle Pose



Janu Sirsasana
Head to Knee Pose



Ardha Baddha Padma Paschimottanasana
Half Bound Lotus Seated Forward Bend Pose



Triang Mukha Eka Pada Paschimottasana
Folded Leg Forward Bend





Back view



Mandukasana
Frog Pose



Parivrtta Mandukasana
Revolved Frog Pose



Front view



Front view



Kurmasana
Tortoise Pose



Side view



Supta Kurmasana
Reclining Tortoise Pose





Ardha Matsyendrasana
Half Lord of the Fish Pose



Back view



Front view



**Baddha Ardha
Matsyendrasana**
Bound Half Lord of
the Fish Pose



Parivrtta Padmasana
Revolved Lotus Pose



**Ardha
Matsyendrasana**
Half Lord of the
Fish Pose



Left view



Right view



Marichyasana
Pose Dedicated to the Sage Marichi



Parivrtta Surya Yantrasana
Compass Pose

Krounchasana
Heron Pose



Shoulder Stretching



Ardha Purvottanasana
Half Upward Plank Pose



Ardha Purvottanasana
Half Upward Plank Pose



Ardha Purvottanasana
Half Upward Plank Pose



Side view



**Internal
Rotation
Shoulder
Stretch**



Front view

Seated Meditation Positions



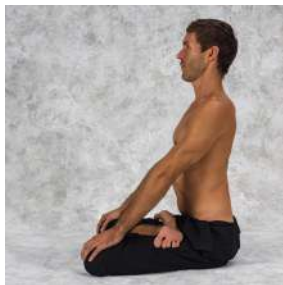
Sukhasana
Easy Pose



Vichitra Sukhasana
Easy Pose Variation



Ardha Padmasana
Half Lotus Pose



Padmasana
Lotus Pose



Siddhasana
Accomplished Pose



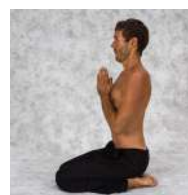
Siddhasana
Accomplished Pose



Swastikasana
Auspicious Pose



Vajrasana
Diamond Pose



Hero Pose Variations



●
Virasana
Hero Pose



●
Virasana V1
Hero Pose



● ●
Virasana V2
Hero Pose



● ●
Parivrtta Virasana
Revolving Hero Pose



●
Parivrtta Virasana V2
Revolving Hero Pose (with
Spine Twist)



●
Parivrtta Vajrasana V3
Revolving Diamond Pose



●
Supta Virasana
Reclining Hero Pose



●
Supta Virasana V1
Reclining Hero Pose



●
Supta Virasana V2
Reclining Hero Pose

Lotus Variations



Padmasana
Lotus Pose



Padmasana
Lotus Pose (Morning Evening
Mudra)



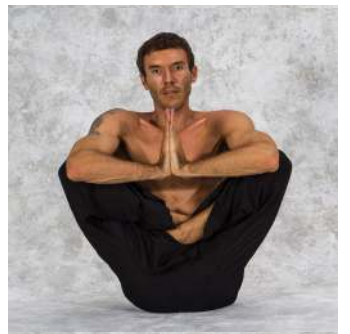
Padmasana
Lotus Pose (with Evening Mudra)



Padmasana
Lotus Pose



Gorakshasana
Cowherd Pose



Garbha Pindasana
Womb Embryo Pose



Yoga Mudrasana
Lotus Pose



Yoga Mudrasana
Lotus Pose



Yoga Mudrasana
Lotus Pose



Garbha Pindasana
Womb Embryo Pose



Top view



Lotus Intense Spine Twist



Side view



Lotus Intense Spine Twist



Parivrtta Janu Sirsasana III
Revolved Head to Knee Pose III



Parivrtta Janu Sirsasana II
Revolved Head to Knee Pose II



Parivrtta Janu Sirsasana I
Revolved Head to Knee Pose I



Parivrtta Upavistha Konasana IV
Revolved Seated Wide Angle Pose IV



Parivrtta Upavistha Konasana I
Revolved Seated Wide Angle Pose I



Parivrtta Upavistha Konasana II
Revolved Seated Wide Angle Pose II



Parivrtta Upavistha Konasana III
Revolved Seated Wide Angle Pose III



Urdhva Upavistha Konasana
Upward Facing Wide Angle Pose



Upavistha Konasana
Wide Angle Seated Forward Bend



Supta Konasana
Reclining Angle Pose



Parsva Upavistha Konasana
Side Seated Angle Pose



Upavistha Konasana I
Wide Angle Seated Forward Bend I



Upavistha Konasana II
Wide Angle Seated Forward Bend II



Upavistha Konasana III
Wide Angle Seated Forward Bend III



P

Adho Mukha Svanasana
Downward Facing Dog



P

Adho Mukha Svanasana
Downward Facing Dog



V

Tri Pada Adho Mukha Svanasana
Three Legged Downward Facing Dog



V

Tri Pada Adho Mukha Svanasana V1
Three Legged Downward Facing Dog



V

Tri Pada Adho Mukha Svanasana V2
Three Legged Downward Facing Dog



Urdhva Mukha Svanasana
Upward Facing Dog



● ●
Bitilasana
Cow Pose



● ●
Marjaryasana
Tiger Pose



●
Extended Plank

Marjaryasana
Cat Pose:



●
v

Batilasana
Cow Pose



●
v



●
v



●
v



●
Extended Sideways Plank



Bhujangasana
Cobra Pose



Sphinx Pose



Sphinx Pose



Urdhva Mukha Svanasana
Upward Facing Dog Pose



Mandukasana
Frog Pose



Angle view



Transversal Split



Dhanurasana
Bow Pose

Dhanurasana
Bow Pose



Bhekasana
Frog Pose



Bhekasana
Frog Pose



Spinx Pose



Supta Bhekasana
Reclining Frog Pose



● ●
Vichitra Vrschikasana
 Scorpion Pose Variation



● ●
Vrschikasana
 Scorpion Pose



● ●
Vrschikasana II
 Scorpion Handstand

Vichitra Vrschikasana
 Scorpion



●
 v

Vichitra Vrschikasana
 Scorpion



●
 v

Shoulder stretching Variations



Shoulder Stretch (External rotation)



Front view



Hand Grip



Shoulder Stretch (Internal rotation)



Opposite side view



Shoulder Stretch (Internal rotation)



Side view



● ●
Sarvangasana
 Locust Pose



●
 V



●
 V



●
 V



● ●
Eka Pada Salabhasana
 One Legged Locust Pose



●
 V



●
 V



● ●
Ardha Bhujangasana
 Baby Cobra Pose (with Attention Mudra)



●
 V



●
 V

Supported Headstand Variations



● ●
Salamba Sirsasana
Supported Headstand



●
S

Setup (starting) /
positions



●
S



●
V



●
V



●
V



●
V



●
Mukta Hasta Sirsasana A
Tripod Headstand



●
Mukta Hasta Sirsasana B
Tripod Headstand B



●
**Urdhva Padmasana
Sirsasana**
Lotus in Tripod Headstand

Forearm Stand Variations



Pincha Mayurasana
Feathered Peacock Pose



Setup (starting) position



Ardha Pincha Mayurasana
Dolphin Pose



Vrischikasana
Scorpion Pose

Shoulder Stand Variations



Sarvangasana
Shoulder Stand

**One Legged
Shoulder
Stand**
Eka Pada
Sarvangasana





Chakrasana /Urdhva Dhanurasana
Wheel Pose / Upward Bow Pose



Loha Setu Bandhasana
Iron Bridge Pose





● ●
Setu Bandhasana
Bridge Pose



●
V
P
S



●
V



●
V



●
V



● ●
Halasana
Plough Pose



Karnapidasana
Deaf Man Pose



Jathara Parivartanasana
Core Twist



Side view



Side view



Supta Dandasana



Hand position





● ●
Kapotasana
 King Pigeon



●
 V



●
 P



●
 P



●
 P



● ●
Matsyasana
 Fish Pose



●
 V



●
 V



● ●
Paripurna Navasana
 (Full) Boat Pose

**Urdhva Mukha
 Paschimottanasana**
 Upward Facing Intense
 West Stretch



●
 V

Navasana
 Boat Pose



●
 V



●
 V



●
 V

Navasana
 Low Boat Pose



●
 V



●
 V



●
 P



Purvottanasana
Upward Plank Pose



Eka Pada Purvottanasana
One Legged Upward Plank Pose



Eka Pada Ardha Purvottanasana
One Legged Half Reverse Table Top Pose



Ardha Purvottanasana
Half Upward Plank Pose





Dwi Pada Sirsasana
Both Legs Behind Head Pose



Ananda Balasana
Happy Baby Pose



● ●
Supta Konasana
 Reclining Angle Pose



● ●
Supta Parivrtta Hasta Padangusthasana
 Reclining Revolved Big Toe Pose



●
 v



●
 v

Supta Padangusthasana
 Reclining Big Toe Pose



●
 v

Supta Hasta Padangusthasana
 Reclining Big Toe Pose



●
 v



●
 v



●
 v



●
 v



●
 v



● ●
Ardha Chandrasana
Half Moon Pose



●
S



●
S



●
S

Side Plank Variations



Vasisthasana
Side Plank Pose (Variation)



Visvamitrasana
Pose of Visvamitra





●
v



●
v



●
v



●
v



●
v



●
v

Vasisthasana
Side Plank Pose



● ●
Bakasana
 Crane

Kakasana
 Crow Pose



●
 V



●
 P



●
 P



●
 P



●
 V
 P



●
 V

Low Bakasana



● ●
Padma Bakasana
 Crane Pose in Lotus



●
 V

Front view



●
Lolasana
Pendant Pose (Full)



●
V
P



●
V
P



●
V
P



●
V
P



●
V
P



Bhujapidasana
Shoulder Pressing Pose



Side view



Eka Pada Bakasana
One legged Crow Pose

Eka Pada Galavasana
Flying Pigeon Pose




v



 
Brahmacharyasana
Floating Stick Pose





V
P
Brahmacharyasana
Iron Plough




V
P
Brahmacharyasana One Leg
Floating Stick Pose One Leg
(Hand)





V
P
Brahmacharyasana One Leg
Floating Stick Pose One Leg
(Fist)




V
P
Brahmacharyasana Knees
Floating Stick Pose (Knees)




V
Advanced Brahmacharyasana
Advanced Floating Stick
Pose



Top view



Eka Pada Koundinyasana II
One Legged Sage Koundinya's Pose



Side view



Front view



Left and right view



Left and right view



One Legged Sage Koundinya's Pose with Spine Twist



Side view



Maksikanagasana
Dragonfly Pose



Side view



Astavakrasana
Eight Angled Pose



**Parsva
Bakasana**
Side Crow





●
Mayurasana
Peacock Pose



●
V



●
S



●
S



●
S



Sarvangasana
Shoulder Stand

**Scorpion
Handstand**





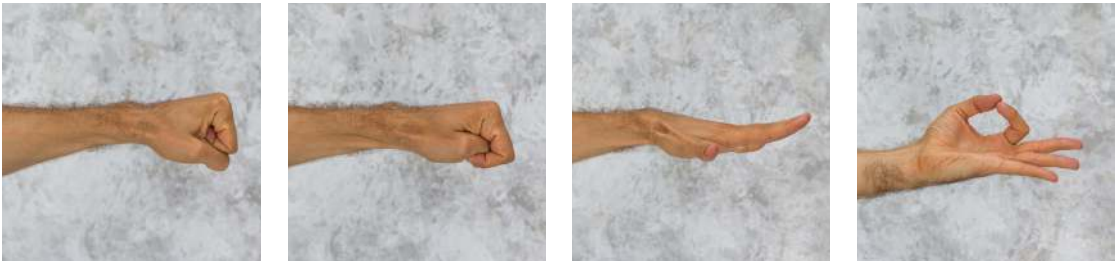
Savasana
Dead Body Pose/Corpse Pose



Balasana
Child's Pose



Prostration







Nadi Sodana
Alternate Nostril Breathing



Finger position



