



LISTING OF POSTURES IN YOGASTICKMEN PACK 2

1. Adho Mukha Svanasana 5 (Downward Facing Dog 5)
2. Adho Mukha Vrksasana (Headstand Pose)
3. Bakasana (Crane or Crow Pose)
4. Bharadvajasana I (Bharadvajas Twist Pose I)
5. Bitilasana (Cow Pose)
6. Dandasana (Staff Pose)
7. Halasana 3 (Plough Pose 3)
8. Krauncasana (Heron Pose)
9. Kumbhakasana (Plank Pose)
10. Malasana (Basic Squat Pose)
11. Marichyasana I (Sages Pose)
12. Mayurasana (Peacock Pose)
13. Padahasthasana (Foot to Hand Pose)
14. Parighasana (Gate Pose)
15. Paripurna Navasana (Boat Pose)
16. Parivrtta Janu Sirsasana (Revolved Head to Knee Pose)
17. Parivrtta Sukhasana (Easy Pose with Spinal Twist)
18. Paschimottanasana 2 (Seated Forward Bend Pose)
19. Prasarita Padottanasana (Standing Wide Leg Forward Bend)
20. Purvottanasana (Inclined Plane Pose)
21. Salamba Sirsasana (Supported Headstand Pose)
22. Sphinx Pose
23. Sukhasana 1 (Easy Pose 1)
24. Sukhasana with Side Bend (Easy Pose with Side Bend)
25. Supta Baddha Konasana 1 (Reclined Bound Angle Pose 1)
26. Supta Padangusthasana (Reclined Big Toe Pose)
27. Surya Namaskar A Position 4 (Lunge Pose)
28. Trikonasana 3 (Triangle Pose 3)
29. Upavista Konasana (Seated Angle Pose)
30. Urdhva Hastasana 4 (Upward Salute Pose 4)
31. Urdhva Prasarita Padasana (Single/ Double Leg Raises)
32. Ustrasana 2 (Camel Pose 2)
33. Uttanasana 5 (Standing forward Bend Pose 5)
34. Utthita Parsvakonasana (Extended Side Angle Pose)
35. Vajrasana 1 (Thunderbolt Pose 1)
36. Vasisthasana (Side Plank Pose)
37. Viparita Karani (Legs Up The Wall Pose)
38. Virabhadrasana III (Warrior III Pose)
39. Viralasana (Cat Pose)
40. Virasana (Hero Pose)