



LISTING OF POSTURES IN YOGASTICKMEN STARTER PACK 1

1. Adho Mukha Svanasana (Downward Facing Dog)
2. Apanasana (Knees to Chest Pose)
3. Ardha Chandrasana (Half Moon Pose)
4. Ardha Matsyendrasana (Half Spinal Twist 1)
5. Baddha Konasana (Bound Angle Pose)
6. Balasana (Childs Pose)
7. Bhadrasana (Auspicious Pose)
8. Bhujangasana (Cobra Pose)
9. Dhanurasana (Bow Pose)
10. Dwi Pada Pitham (Bridge Pose)
11. Garudasana (Eagle Pose)
12. Gomukhasana 1 (Cow Face Pose)
13. Halasana (Plough Pose)
14. Hamstring Pose
15. Janu Sirsasana (Head to Knee Pose)
16. Jathara Parivrtta (Supine Half Spinal Twist)
17. Matsyasana (Fish Pose)
18. Natarajasana (The Dancer)
19. Padmasana (Lotus Pose)
20. Parsvakonasana (Side Angle Pose)
21. Parsvottanasana 1 (Side Angle Stretching Pose)
22. Paschimottanasana (Seated Forward Bend Pose)
23. Salabhasana (Locust Pose)
24. Sarvangasana (Shoulderstand Pose)
25. Savasana (Corpse Pose)
26. Sirsasana (Headstand Pose)
27. Sukhasana (Easy Pose)
28. Supta Virasana 1 (Reclined Hero Pose)
29. Tadasana (Mountain Pose)
30. Trikonasana 2 (Triangle Pose)
31. Urdhva Dhanurasana (Wheel Pose)
32. Urdhva Mukha Svanasana (Upward Facing Dog Pose)
33. Ustrasana (Camel Pose)
34. Utkatasana (Chair Pose)
35. Uttanasana 1 (Standing Forward Bend Pose)
36. Vajrasana (Thunderbolt Pose)
37. Viparita Karani Mudra (Full Legs Up the Wall Pose)
38. Virabhadrasana I (Warrior I Pose)
39. Virabhadrasana II (Warrior II Pose)
40. Vrksasana (Tree Pose)