



Listing of Postures in Yogastickmen® 100s Pack

1	Adho Mukha Svanasana (Down Dog)	51	Padmasana (Lotus Pose)
2	Adho Mukha Svanasana 5 (Modified Down Dog)	52	Parighasana (Gate Pose)
3	Adho Mukha Vrskasana (Handstand Pose)	53	Paripurna Navasana (Boat Pose)
4	Alternate Kne to Chest Pose	54	Parivrtta Janu Sirsasana (Revolved Head to Knee Pose)
5	Anjayenasana (Crescent Moon Pose)	55	Parivrtta Sukhasana (Easy Pose with Spinal Twist)
6	Apanasana (Knees to Chest Pose)	56	Parsvakonasana (Side Angle Pose)
7	Ardha Adho Mukha Svanasana (Half Down Dog)	57	Parsvottanasana 1 (Side Angle Stretching Pose)
8	Ardha Chandrasana (Half Moon Pose)	58	Paschimottanasana (Seated Forward Bend Pose)
9	Ardha Matsyendrasana (Half Spinal Twist 1)	59	Paschimottanasana 2 (Modified Seated Forward Bend Pose)
10	Ardha Uttanasana 2 (Half Standing Forward Bend)	60	Prasarita Padottanasana (Standing Wide Leg Forward Bend)
11	Baddha Konasana (Bound Angle Pose)	61	Purvottanasana (Inclined Plane Pose)
12	Bakasana (Crane or Crow Pose)	62	Rock the Baby Pose
13	Balasana (Childs Pose)	63	Salabhasana (Locust Pose)
14	Bhadrasana (Auspicious Pose)	64	Salamba Sirsasana (Supported Headstand Pose)
15	Bharadvajrasana I (Bharadvajras Twist Pose I1)	65	Sarvangasana (Shoulderstand Pose)
16	Bhekasana (Frog Pose)	66	Savasana (Corpse Pose)
17	Bhujangasana (Cobra Pose)	67	Sirsasana (Headstand Pose)
18	Bitilasana (Cow Pose)	68	Sphinx Pose
19	Crocodile Pose	69	Sukhasana (Easy Pose)
20	Dandasana (Staff Pose)	70	Sukhasana 1 (Easy Pose 1)
21	Dandasana 5 (Modified Staff Pose)	71	Sukhasana with Side Bend (Easy Pose with Side Bend)
22	Dhanurasana (Bow Pose)	72	Supta Baddha Konasana 1 (Reclined Bound Angle Pose 1)
23	Dolphin Pose	73	Supta Padangusthasana (Reclined Big Toe Pose)
24	Dwi Pada Pitham (Bridge Pose)	74	Supta Virasana 1 (Reclined Hero Pose)
25	Dwi Pada Pitham 3 (Modified Bridge Pose)	75	Surya Namaskar A Position 4 (Lunge Pose)
26	Garudasana (Eagle Pose)	76	Tadasana (Mountain Pose)
27	Gomukhasana 1 (Cow Face Pose)	77	Trikonasana 2 (Triangle Pose)
28	Halasana (Plough Pose)	78	Trikonasana 3 (Triangle Pose 3)
29	Halasana 3 (Modified Plough Pose)	79	Upavista Konasana (Seated Angle Pose)
30	Hamstring Stretch	80	Urdhva Dhanurasana (Wheel Pose)
31	Hamstring_Quadriцеп Stretch	81	Urdhva Hastasana 4 (Upward Salute Pose 4)
32	Happy Baby Pose	82	Urdhva Mukha Svanasana (Upward Facing Dog Pose)
33	High Lunge	83	Urdhva Prasarita Padasana (Single/ Double Leg Raises)
34	Hip Extension	84	Ustrasana (Camel Pose)
35	Hip Flexion	85	Ustrasana 2 (Camel Pose 2)
36	Janu Sirsasana (Head to Knee Pose)	86	Utkatasana (Chair Pose)
37	Jathara Parivrtta (Supine Half Spinal Twist)	87	Uttanasana 1 (Standing Forward Bend Pose)
38	Kneeling Back Arch	88	Uttanasana 5 (Standing forward Bend Pose 5)
39	Kneeling Hamstring Stretch	89	Utthita Parsvakonasana (Extended Side Angle Pose)
40	Kneeling Prayer Pose	90	Vajrasana (Thunderbolt Pose)
41	Krauncasana (Heron Pose)	91	Vajrasana 1 (Thunderbolt Pose 1)
42	Kumbhakasana (Plank Pose)	92	Vasisthasana (Side Plank Pose)
43	Kurmasana (Tortoise Pose)	93	Viparita Karani (Legs Up The Wall Pose)
44	Low Lunge	94	Viparita Karani Mudra (Full Legs Up the Wall Pose)
45	Malasana (Basic Squat Pose)	95	Virabhadrasana I (Warrior I Pose)
46	Marichyasana I (Sages Pose)	96	Virabhadrasana II (Warrior II Pose)
47	Matsyasana (Fish Pose)	97	Virabhadrasana III (Warrior III Pose)
48	Mayurasana (Peacock Pose)	98	Viralasana (Cat Pose)
49	Natarajasana (The Dancer)	99	Virasana (Hero Pose)
50	Padahastanasana (Foot to Hand Pose)	100	Vrksasana (Tree Pose)