

ASANA	Benefits	Contraindications
BOAT - Paripurna Navasana (pah-ree-POOHR-nah-nah-VAH-sah-nah)	Strengthens core, low and mid back. strengthens quadriceps and hip flexors, improves balance.	
BOUND PIGEON - Eka Pada Rajakapotasana (ECK-ha-PAH-dah-RAH-jah-kah-poh-TAH-sah-nah) * This is an advanced pose	Stretches quadriceps, hips, chest, biceps and shoulders. Improves balance.	
BOUND TRIANGLE - Baddha Trikonasana (bad-hah-trih-koh-nah-sah-nah) *This is an advanced pose	Strengthens the lower body, stretches the shoulders and groin.	
BOW - Dhanurasana (DAH-noo-RAH-sah-nah)	Stretches quads, chest and shoulders, strengthens glutes, hamstrings and spine.	
BUTTERFLY IN REPOSE - Baddha Konasana (bah-dah-koh-NAH-sah-nah)	Stretches the adductors and spine, and aids relaxation.	
CAMEL - Ustrasana (oohs-TRAH-sah-nah)	Strengthens core and glutes, stretches hip flexors and abdominals, opens rib cage and front of body.	
CHILD'S POSE- Mudhasana (moo-DAH-sah-nah) - And EXTENDED CHILD'S POSE Salaam (sah-LAHM)	Lengthens the spine, stretches the muscles at the front of the lower leg, as well as the lats, promotes relaxation.	
CORPSE - Savasana (sah-VAH-sah-nah)	Relaxation and restoration	
DEAD BUG/HAPPY BABY	Stretches the inner thighs and deep into the pelvis, is a hip opener. This is a conservative inversion, which can improve circulation. The ancients believed that inversion poses had anti-aging benefits.	
DOWNWARD FACING DOG - Adho Mukha Svanasana (AH-doh-MOO-kah-Shvah-Nah-sah-nah)	Strengthens upper body, increases bone density in wrists, stretches shoulders, hamstrings and calves, and lengthens spine.	
DOWNWARD FACING DOG WITH LEG UP - Adho Mukha Svanasana II (AH-doh-MOO-kah-Shvah-Nah-sah-nah)	Stretches the hip flexors, hamstrings and calves, strengthens glutes, builds upper body strength.	
EXTENDED ANGLE - Utthita Parsvakonasana (oot-HEE-tah- par-shvah-tah-NAH-sah-nah)	Core and lower body strengthener; stretches groin and lats.	
EXTENDED SIDEWAYS - Parsvottanasana (par-shvoh-tah-NAH-sah-nah)	Stretches the hamstrings, low back, chest and anterior shoulder girdle.	
FINGER TO BIG TOE - Utthita Hasta Padanguthasana (oot-HEE-tah-ah-stah-pah-don-goo-STHA-sah-nah) *This is an advanced pose	Strengthens legs, stretches groin and hamstrings, strengthens postural muscles and improves balance.	
FOUR LIMBED STICK - Chaturanga Dandasana. (cha-tah-RON-ga Don-DAH-sah-nah)- transition pose	Strengthens arms, legs and abdominals.	
HALF FISH - Ardha Matsyasana (AR-dah-mat-see-YAH-sah-nah)	This is a good counter-pose for inversions. Opens chest, stretches front of shoulders.	<i>*If you have glaucoma or neck issues, avoid this pose.</i>
HERO - Virasana (vee-RAH-sah-nah)	Stretches quadriceps, muscles of the ankles. Soothes tired legs and is a meditative pose.	
KNEE STIRS	Releases lower back, loosens hips.	
LEGS SPREAD WIDE - Prasarita Padottanasana I (prah-sah-REE-tah Pah-doh-tah-NAH-sah-nah)	Stretches hamstrings, hips and adductors, lengthens spine.	
LOCUST - Salabhasana (sah-lah-BAH-sah-nah)	Increases range of motion and flexibility. Strengthens spine, improves core and pelvic stability and opens the front of the torso.	
PIGEON - Rajakapotasana (rah-jah-kha-poh-TAH-sah-nah)	This pose is a deep stretch for the hip. As pictured in A, it extends the spine and lengthens the front of the torso. As pictured in B, It lengthens the	<i>* If you have knee or hip problems, avoid Pigeon Pose.</i>

	spine and stretches the muscles of the back.	
PLANK- transition pose	Strengthens upper body and core.	
PLOUGH POSE - Halasana (ha-LAH-sah-nah) * This is an advanced pose.	This is an inversion pose. Stimulates the nervous system and spine and promotes mental relaxation	<i>*If you have upper back, lower back or neck issues, hypertension or glaucoma, avoid Plough pose.</i>
REVERSE WARRIOR	Strengthens legs, hips and abdominals, stretches forward side of body and hip adductors.	
REVOLVED TRIANGLE - Parivrtta Trikonasana (Pah-VRIH-tah Trih-koh-NAH-sah-nah)	Strengthens and improves mobility in the core, especially the obliques. Creates flexibility in the hips and hamstrings.	
RUNNERS LUNGE - This is a transition pose	Stretches the calf and hip flexors.	
SEATED FORWARD BEND - Pascimottasana (pah-shee-moh-TAH-sah-nah)	Stretches the spine, lats and hamstrings, and aids relaxation.	
SEATED SPINE TWIST - Ardha-Matsyendrasana (AR-dah -mahts-yehn-DRAH-sah-nah)	Stretches the low back and hip; opens the chest.	
SHOULDER BRIDGE - Setu Bandha Sarvangasana (SAY-too-bahn-dah-SAHR-vahn-GAH-sah-nahd)	Strengthens glutes and hamstrings, quads and back, opens chest and ribs, stretches hip flexors, quadriceps and front of shoulders.	
SHOULDER STAND - Sarvangasana (SAHR-vahn-GAH-sah-nah) * This is an advanced pose.	This is an inversion pose. Strengthens the core stabilizers, improves circulation.	<i>*If you have upper back or neck issues, hypertension or glaucoma, avoid the shoulder Stand.</i>
SPINE PREP - Spine Prep is sometimes referred to as a transition pose, or a pose whose main purpose is to link one pose to the next.	Lengthens and strengthens spinal erector muscles and stretches hamstrings.	
STAFF POSE - Dandasana (dahn-DAH-sah-nah)	Teaches proper alignment and posture in a sitting, upright position; stretches hamstrings; tool for assessing student strength and flexibility levels for more challenging exercises in a seated position; base for many other poses.	
STANDING FORWARD BEND- Uttanasana I (ooh-tah-NAH-sah-nah)	Increases flexibility of hamstrings; stretches back; increases spine and hip flexibility.	
THE MOUNTAIN - Tadasana (tah-DAH-sah-nah)	Establishes posture and stability in a standing position; strengthens legs, torso and scapular stabilizers.	
TREE POSE - Vriksasana (vrik-SAH-sah-nah)	Strengthens legs, stretches groin and hamstrings, strengthens postural muscles and improves balance.	
TRIANGLE - Trikonasana (trih-koh-NAH-sah-nah)	Creates flexibility in the hips; strengthens legs and ankles; lengthens hamstrings; opens the chest.	
UPWARD FACING DOG - Urdhva Mukha Svanasana (OORD-vah-MOO-kah-shvah-NAH-sah-nah)	Strengthens the back, stretches the chest and shoulders, improves flexibility through the rectus abdominus and low back.	
WARRIOR I - Virabhadrasana (vee-rab-hah-DRAH-sah-nah)	Strengthens lower body. Stretches hips and lats.	
WARRIOR II - Virabhadrasana II (vee-rab-hah-DRAH-sah-nah)	Strengthens legs and hips; stretches groin, intrinsic muscles used for scapular, torso and pelvis stabilization.	
WARRIOR III - Virabhadrasana III (vee-rab-hah-DRAH-sah-nah)	Strengthens feet, ankles, legs, abdominals and spine; improves balance.	