



Names of Basic Yoga Asanas

Most asanas are named in Sanskrit, with translations to English, and different English spellings of the same Sanskrit name are common (e.g., “Parsva Konasana” = “Parshvakonasana” and “Moola” = “Mula”). Here are common spellings for some basic asanas.

Asana = Posture, pose or seat

Kona = Angle

Trikonasana = Triangle pose
Upavistha Konasana = Seated angle pose
Baddha Konasana = Bound angle pose

Uttana = Intense stretch

Uttanasana = Intense stretch pose (standing forward fold)
Pascimottanasana = Intense back stretch (seated forward fold)
Purvottanasana = Intense front stretch

Parsva = Side

Parsva Konasana = Side angle pose
Parsvottanasana = Intense stretch to the side pose

Parivrtta = Rotated

Parivrtta Trikonasana = Rotated triangle pose
Parivrtta Parsva Konasana = Rotated side angle pose

Virabhadra was
a legendary
warrior

Virabhadrasana I
Virabhadrasana II
Virabhadrasana III

Danda = staff

Dandasana = staff pose
Chatturanga Dandasana = 4-limbed staff pose

Svana = dog

Urdhva Mukha Svanasana = Upward-facing dog pose
Adho Mukha Svanasana = Downward-facing dog pose

Dhanu = bow

Dhanurasana = Bow pose
Urdhva Dhanurasana = Upward bow pose

Other

Padmasana = Lotus pose
Tadasana = Mountain pose
Vrksasana = Tree pose
Savasana = Corpse pose
Utkatasana = Powerful or fierce or uneven pose
Navasana = Boat pose
Prasarita Padottanasana = Wide-legged standing forward fold
Bhugangasana = Cobra pose

Surya Namaskar = Solar salutation
Ujjayi Pranayama = Victorious breath