






























Yoga Asana Chart © by Julie Lusk, M.Ed., E-RYT

Seated	Kneeling	Standing	Standing	Belly Down	Supine	Inverted
 Bound Angle Baddha Konasana	 Child Garbhasana	 Mtn. Goddess Devi Tadasana	 Warrior II Virabhadrasana II	 Boat Navasana	 Supine Child Supta Garbhasana	 Supported Shoulderstand
 Staff Dandasana	 Table	 Mountain Tadasana	 Lateral Angle Parsvakonasana	 Sphinx	 Supine Spinal Twist - Supta Matsyendrasana	 ½ Shoulderstand Ardha Sarvangasana
 Head to Knee Janu Shirshasana	 Pigeon Kapotasana	 Standing Squat/Chair Utkatasana	 Triangle Trikonasana	 Cobra Bhujangasana	 Bridge Setu Bandhasana	 Fish Matsyasana
 Posterior Stretch Paschimottasana	 Downward Dog Adho Mukha Shvanasana	 Warrior I Virabhadrasana	 Half Moon Ardha Chandrasana II	 Frog Mandukasana		
 Seated Spinal Twist Matsyendrasana		 Ardha Chandrasana I	 Tree Vrikshasana		Julie Lusk Yoga Asana Chart © WholesomeResources.com 513-576-6662 Drawings by KEOR	

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