SUP YOGA

1 **Lotus Pose**
Padmasana

2 **Mountain**
Tadasana

3 **Tree**
Vriksasana

4 **Chair**
Utkatasana

5 **Half Forward Bend**
Half Uttanasana

6 **Child's Pose**
Balasana

7 **Half Lord of the Fishes**
Ardha Matsyendrasana

8 **Cat**
Marjaryasana

9 **Cow**
Bitilasana

10 **Warrior I**
Virabhadrasana I

11 **Standing Forward Fold**
Uttanasana

12 **Standing Half Forward Bend**
Ardha Uttanasana

13 **Warrior II**
Virabhadrasana II

14 **Downward-facing Dog**
Adho Mukha Svanasana

15 **High Lunge**
Crescent Lunge

16 **Three-Legged Down Dog**
Eka Pada Adho Mukha Svanasana

17 **Low Lunge**
Anjaneyasana

18 **Revolved Chair**
Parivrtta Utkatasana

19 **Cobra**
Bhujangasana

20 **Bow**
Dhanurasana

21 **Locust**
Salabhasana

22 **Plank**
Kumbhakasana

23 **Upward Facing Dog**
Urdhva Mukha Svanasana

24 **Downward-facing Dog**
Adho Mukha Svanasana

25 **Seated Forward Bend**
Paschimottanasana

26 **Bridge Pose**
Setu Bandha Sarvangasana

27 **Supine Twist (both sides)**
Supta Matsyendrasana

28 **Corpse**
Savasana

29 **Triangle (left & right side)**
Utthita Trikonasana

30 **Warrior III**
Virabhadrasana III

31 **Side Angle Pose**
Utthita Parsvakonasana

32 **Upward Salute**
Urdhva Hastasana

33 **Mountain Pose with Prayer Hands**
Tadasana