

TriYoga Basics

108 Yogasanas

1. Ankle Rotations K/A



2. Basic Squat A



3. Bridge Roll 1 K



4. Bridge Roll 2 K



5. Bridge Roll 3 K /Bridge A



6. Butterfly A

7. Cat K

8. Cat Bow 1 K

9. Cat Bow 2 K

10. Cat Tuck K

11. Child 1 A



12. Child 2 A



13. Cobra 1 Boat K/A



14. Cobra 1 K

15. Cobra 2 Lift K



16. Cradle A



17. Eagle Twist A



18. Earthtouch

19. Eye Movements K/A



20. Extended Cat K



22. Extended Child A



23. Extended Facedown K

24. Extended Frog A



25. Extended Partial Recline K



26. Extended Penguin



27. Facedown K



28. Facedown-Rest A



29. Forward Salute 1 K

30. Free Seat K/A



31. Free Seat Forward Bend



32. Gate 1 A



33. Gate 2 A



34. Gate Lift K



35. Gentle Warrior K/A



36. Half Boat K



37. Half Locust K/A



38. Half Pyramid K



39. Half Spider A



40. Half Tortoise K

41. Half Tortoise Forward Bend A



42. Half Tortoise Twist A



43. Hip Rotations K



44. Hip Side Stretch A



45. Inverted Roll 1 K



46. Inverted Roll 2



47. Inverted Roll 3 K



Wall –Supported Shoulderstand A

48. Knees to Chest K/A



49. Knees to Chest 1



50. Leg Lift K/A



51. Leg Stretch A



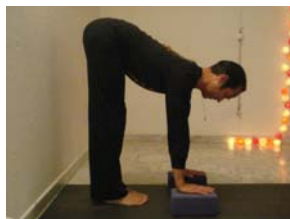
52. Legs 90 Degrees A



53. L-Seat K



54. Monkey K



55. Mountain A



56. Mountain Heel Press K/A



57. Natural Seat K



58. Neck Movements K/A



59. One Knee to Chest A



60. Palm Tree K/A



61. Partial Recline A



62. Prep: Cat Bow 1 K

63. Prep: Cradle K



64. Prep Eagle Twist K



65. Prep: Gate Lift K



66. Prep: Half Locust K



67. Prep: Half Tortoise Twist K



68. Prep: Hip Side Stretch K



69. Prep: Palm Tree K



70. Prep: Pyramid Lift K



71. Prep: Reclined Twist K



72. Prep: to Lower K



73. Pyramid 1 K



74. Pyramid 1 Sway K



75. Pyramid Lift K



76. Raised Standing 1 K/A



78. Raised Wall Lift K/A



79. Reclined Butterfly A



80. Reclined Extended Tree A



81. Reclined Free Seat A



82. Reclined Tortoise Seat A



83. Reclined Tree A



84. Reclined Twist K/A



85. Relaxed Spider K



86. Roll to Side K



87. Runner K



88. Side Warrior 1 A



89. Side Warrior 2 A



90. Side Warrior Gate 1 A



91. Side Warrior Gate 2 A



92. Sphinx A



93. Spider A



94. Squat 1 A



95. Standing



96. Tortoise 1 A



97. Tortoise 2 A



98. Tranquility A



99. Triangle 1 A



100. Triangle 2 A



101. Upward Salute 1 K



102. V-Stretch A



103. Wall Chair A



104. Wall Hang 1 K/A



105. Wall Lift K



106. Warrior Gate A

107. Waterfall A



108. Wide Squat A

