

# Basic Asana Glossary

A simple reference of commonly used yoga poses



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# How to Use This Glossary

This glossary is designed as a **teaching aid**.

Teachers may use it to:

- Reference pose names
- Help students recognize common shapes
- Share simple explanations without overwhelm



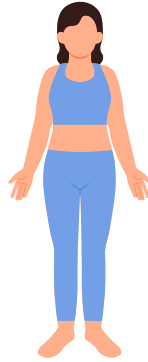
## Always Remember

*It is not a substitute for instruction. All poses are optional and adaptable.*

# Standing Poses

## Mountain Pose (Tadasana)

A neutral standing position often used to begin or reset during class. Encourages awareness of posture and breath.



## Forward Fold (Uttanasana)

A gentle forward bend from standing that allows the upper body to release toward the legs.



## Warrior II (Virabhadrasana II)

A strong standing pose that builds focus and presence while encouraging a wide, grounded stance.



# Seated & Floor Poses

## Seated Cross-Legged (Sukhasana)

A simple seated position often used for breathwork, centering, or rest.



## Seated Forward Fold (Paschimottanasana)

A forward fold from a seated position that invites stillness and gentle release.



## Butterfly Pose (Baddha Konasana)

A seated pose with the soles of the feet together, often used to gently open the hips.



# All-Fours & Prone Poses

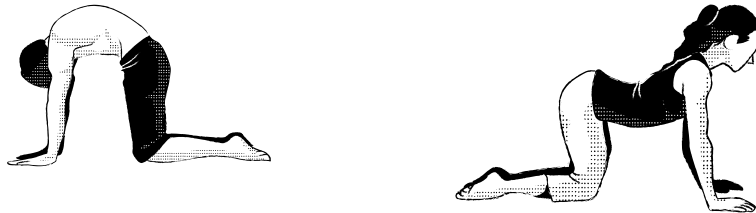
## Tabletop (Bharmanasana)

A hands-and-knees position commonly used as a transition or foundation for other movements.



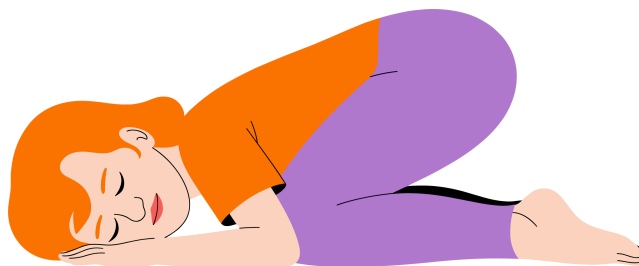
## Cat-Cow (Marjaryasana-Bitilasana)

A gentle movement between two shapes that encourages spinal mobility and breath awareness.



## Child's Pose (Balasana)

A resting pose that allows the body to settle and recover at any point in class.



# Supine & Restorative Poses

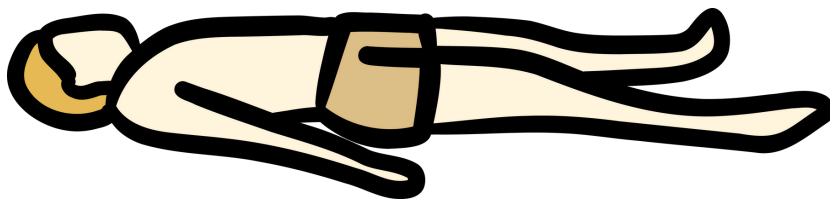
## Supine Rest (Constructive Rest)

A resting position on the back with knees bent, often used for relaxation or grounding.



## Final Rest (Savasana)

A full-body rest at the end of class, allowing time for stillness and integration.



**\*Note:** Poses names and shapes may vary across traditions.

**Disclaimer:** This glossary is provided for general educational purposes only. It is intended to support teaching and student understanding, not to replace instruction or provide medical guidance.