



INBLOOM
· Y · O · G · A ·



108 Yoga Poses

SEATED / KNEELING

easy pose sukhasana	perfect pose siddhasana	cobble's pose badhira karnasana	fire log pose agni bhairava	half lotus pose padmasana	lotus pose padmasana	garland pose malasana	monkey pose hanumanasana	cow face pose gomukhasana
table pose bhujangasana	hero pose virasana	lion pose simhasana	gate pose pranayama	wide-legged seated upavistha	staff pose dandasana	seated forward bend paschimottasana	head-to-knee forward bend janu bhujangasana	three parts forward bend matsya bhujangasana
sage pose marichyasana	leg behind the back pose baddha padmasana	archer pose dhanurasana	sage pose marichyasana	leg behind the back pose baddha padmasana	archer pose dhanurasana	sage pose marichyasana	leg behind the back pose baddha padmasana	archer pose dhanurasana

FORWARD BENDS

half forward bend ardha utthirasana	forward bend utthirasana	hand-under-toe pose padahasthasana	down dog adho mukha svanasana	dolphin pose ardha pincha	puppy pose udhira	eight limbs pose asthanga	half pyramid pose ardha parivrtta	rabbit pose sasangasana

BACKBENDS

crescent lunge ardha chandrasana	standing backbend ardha dhruvasana	half locust ardha bhujangasana	locust pose bhujangasana	spine pose salamba bhujangasana	cobra pose bhujangasana	twisted cobra pose bhujangasana	upward facing dog urdhva mukha svanasana	pigeon pose eko pada prasarita padmasana
cat-cow pose bitilasana	cat pose catilopadipadham	tiger pose vyaghrasana	bow pose dhanurasana	fish pose matsya	bridge pose setu bandha	camel pose ustrasana	wheel pose urdhva dhanurasana	wheel pose urdhva dhanurasana

TWISTS

simple twist parivrita	bhairava's seated twist bhairava's seated	lord of the fishes lord of the fishes	half revolved twist ardha parivrita	twisted chair parivrita	reclined twist parivrita

CORE STRENGTHENING

low plank chaturanga	plank kumbhakasana	dolphin plank ardha mukha svanasana	upward plank parivrita	boat pose navasana

collette fischer | collettefischer@gmail.com | page 1

STANDING

half moon pose ardha chandrasana	high lunge utthita parivrita	extended side stretch parivrita	inverted side stretch utthita parivrita	warrior I ardha virasana	warrior II virasana	warrior III virasana	reverse warrior virasana	triangle pose trikonasana
wide-legged forward bend prasarita padmasana	pigeon pose urdhva padmasana	standing split ardha	mountain pose tadasana	chair pose utthirasana	chair pose utthirasana	chair pose utthirasana	chair pose utthirasana	chair pose utthirasana

INVERSIONS

reclined staff pose dhanurasana	shoulder stand salamba	plow pose sarvangasana	handstand adho	headstand sirsasana	forearm balance pincha

BALANCES

tree pose vrikasana	one-legged eagle pose ardha bhujangasana	extended hand-to-big-toe pose ardha bhujangasana	dancer pose natarajana	half lotus ardha padmasana	balancing bird bhujangasana	upright seated angle pose ardha bhujangasana	flowering lotus pose wikasana
crow pose bakasana	side crow pose parvata	scale pose bhujangasana	bound standing split ardha	pendant pose bhujangasana	finely pose bhujangasana	peacock pose bhujangasana	peacock pose bhujangasana

RESTORATIVE

happy baby pose bhujangasana	knee-to-chest pose ardha	reclined bound angle pose ardha	child's pose balasana	legs-up-the-wall pose vipasana	reclined pigeon pose ardha	reclined hand-to-big-toe pose ardha	reclined hero pose ardha	half frog pose ardha

collette fischer | collettefischer@gmail.com | page 2