



INBLOOM  
•Y•O•G•A•



Yoga Practice Journal	Date:	Time:
Intentions:	Things I Am Grateful For:  •  •  •	
INHALE.  EXHALE.  REPEAT.	5 Poses Practiced in Class (optional)	
	COMMENTS	
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	See Reverse Side for Poses	



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## 108 Yoga Poses

### SEATED / KNEELING

easy pose sukhasana	perfect pose siddhasana	cobble's pose baddhi kerosana	fire log pose agasthyasana	half lotus pose padmasana	lotus pose padmasana	garland pose malasana	monkey pose hanumanasana	cow face pose gomukhasana
table pose bhajarangasana	hero pose virasana	lion pose simhasana	gate pose pranayamasana	wide-legged seated forward bend upavistha karnasana	seated forward bend dandasana	seated forward bend paschimottasana	head-to-knee forward bend janu shirshasana	three parts forward bend paschimottasana
sage pose mahavyasana	lie-behind-the-archer pose matsyasana	archer pose dhanurasana						

### FORWARD BENDS

half forward bend ardha utthanasana	forward bend utthanasana	hand-under-foot pose padashtasana	down dog adho mukha svanasana	dolphin pose ardha pincha mayurasana	puppy pose uttana shirasana	eight limbs pose asthanga yoga	half pyramid pose ardha parivrtta svanasana	rabbit pose sastrasana
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### BACKBENDS

crescent lunge anjaneyasana	standing backbend omvithasana	half locust pose ardha shalabhasana	locust pose shalabhasana	spine pose asthanga bhujangasana	cobra pose bhujangasana	twisted cobra pose bhujangasana	upward facing dog urdhva mukha svanasana	pigeon pose eko pada prasarita padmasana
cat-cow pose bitilasana	crab pose dhalasana	tiger pose vyaghrasana	bow pose dhanurasana	fish pose matsyasana	bridge pose setu bandha sarvangasana	camel pose ustrasana	wheel pose dhanurasana	

### TWISTS

simple twist parivrita	bhairavajana's seated twist bhairavajana	seated twist matsyasana III	lord of the fishes pose ardha pincha mayurasana	half pretzel twist parivrita	revolved triangle parivrita	twisted chair parivrita	reclined twist supta matsyasana	
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### CORE STRENGTHENING

low plank chaturanga dandasana	plank kumbhakasana	dolphin plank ardha pincha mayurasana	upward plank parivrita	boat pose navasana				
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### STANDING

half moon pose ardha chandrasana	high lunge pose urdhva parivrita	extended side stretch ardha pincha mayurasana	intense side stretch ardha pincha mayurasana	warrior I virabhadrasana I	warrior II virabhadrasana II	warrior III virabhadrasana III	reverse warrior virabhadrasana IV	triangle pose trikonasana
wide-legged forward bend prasarita padmasana	rodless standing split urdhva prasarita padmasana	mountain pose tadasana	chair pose uttarasana					

### INVERSIONS

reclined staff pose dhanurasana	shoulder stand salamba sarvangasana	plow pose halasana	handstand adho mukha svanasana	headstand sirsasana	forearm balance pincha mayurasana			
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### BALANCES

tree pose vrikshasana	one-legged standing pose ek Pada	eagle pose garudasana	extended hand-to-big-toe pose urdhva dhanurasana	dancer pose natarajana	half lotus pose ardha padmasana	balancing bound angle pose ardha padmasana	upright seated angle pose ardha padmasana	flowering lotus pose kumbhakasana
crow pose bakasana	side crow pose pawanasana	scale pose bhujangasana	bound standing split ardha pincha mayurasana	eight-angle pose ardha pincha mayurasana	pendant pose lolasana	freely pose ardha pincha mayurasana	peacock pose ardha pincha mayurasana	

### RESTORATIVE

happy baby pose ananda balasana	knee-to-chest pose ananda balasana	reclined bound angle pose supta padmasana	child's pose balasana	legs-up-the-wall pose viparita karani	reclined pigeon pose supta padmasana	hand-to-big-toe pose supta padmasana	reclined hero pose supta padmasana	half frog pose ardha pincha mayurasana
frog pose mandukasana	corpse pose savasana							

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