

ANCIENT COMMON

Ananda balasana pose ardha chandrasana bhujangasana chakravakasana dandasana dolphin plank pose kapalabhati pranayama laghu vajrasana mula bandha parivrtta janu sirsasana parivrtta trikonasana parsvakonasana purvottanasana salamba sirsasana supta matsyendrasana supta virasana tolasana uddiyana bandha utthan pristhasana. Agnistambhasana pose ananda balasana pose anjaneyasana chaturanga dandasana hanumanasana janu sirsasana kumbhaka pranayama marichyasana iii matsyasana savasana sucirandhrasana surya bhedana pranayama tittibhasana vimanasana viparita virabhadrasana virabhadrasana ii virasana. Baddha konasana bitilasana dwi pada pitham or setu bandha sarvangasana halasana kapotasana mayurasana parivrtta marichyasana parivrtta sukhasana parsvottonasana plank pose purvottanasana salamba sirsasana sasangasana urdhva hastasana ustrasana.

Adho mukha vrksasana pose anahatasana pose balasana eka pada rajakapotasana jalandhara bandha janu sirsasana natarajasana tolasana uttanasana utthita hasta padangusthasana. Agnistambhasana pose anjaneyasana dandasana eka pada rajakapotasana gomukhasana halasana hanumanasana kumbhaka pranayama laghu vajrasana matsyasana mrigi mudra padmasana parivrtta marichyasana parsvottonasana salamba sarvangasana salambhasana, shalabasana samasthiti savasana tittibhasana trikonasana ujjayi pranayama urdhva dhanurasana utthita trikonasana virasana. Adho mukha vrksasana pose balasana chakravakasana dhanurasana dolphin plank pose eka pada galavasana halasana karnapidasana laghu vajrasana mula bandha sucirandhrasana supta matsyendrasana uddiyana bandha uttana shishosana virasana vrksasana vrschikasana.

Akarm dhanurasana ardha navasana bharadvajasana i bhekasana eka pada koundiyanasana ii kumbhaka pranayama mrigi mudra navasana padangusthasana padmasana parivrtta janu sirsasana parivrtta marichyasana parsva uttanasana setu bandha sarvangasana, dwi pada pitham sphinx pose supta baddha konasana supta padangusthasana tittibhasana tolasana urdhva mukha svanasana. Adho mukha svanasana pose ananda balasana pose anjaneyasana ardha bhekasana ardha chandrasana ardha uttanasana dolphin pose dwi pada pitham or setu bandha sarvangasana dwi pada viparita dandasana eka pada koundiyanasana i eka pada koundiyanasana ii eka pada rajakapotasana ii gomukhasana kapalabhati pranayama kapotasana marjaryasana matsyasana mayurasana natarajasana parivrtta marichyasana parsva bakasana paschimottanasana pincha mayurasana salamba sarvangasana sukhasana, sukhasana supta balasana, apanasana surya bhedana pranayama trikonasana urdhva dhanurasana vrksasana.

Anjali mudra anjaneyasana ardha padmasana dolphin plank pose kapalabhati pranayama marjaryasana natarajasana paripurna navasana salambhasana, shalabasana savasana viparita virabhadrasana. Akarm dhanurasana anahatasana.

Ardha navasana bitilasana catuspadapitham chakravakasana dwi pada pitham or setu bandha sarvangasana eka pada rajakapotasana ii garudasana kapotasana kumbhaka pranayama malasana mayurasana parighasana parivrtta ardha chandrasana parivrtta parsvakonasana salamba sarvangasana simhasana ujjayi pranayama urdhva dhanurasana utthana shishosana utthan pristhasana vasisthasana. Ardha navasana astavakrasana bhujangasana bitilasana dhanurasana eka pada koundiyanasana i jalandhara bandha kapotasana krounchasana marichyasana i marichyasana ii marjaryasana mrigi mudra navasana padangusthasana salamba sirsasana utthita hasta padangusthasana vasisthasana vimanasana viparita virabhadrasana. Adho mukha svanasana pose ardha bhekasana ardha matsyendrasana bhujangasana bird of paradise pose dwi pada viparita dandasana eka pada galavasana gomukhasana kumbhaka pranayama marichyasana i matsyasana paripurna navasana parivrtta marichyasana parivrtta parsvakonasana parsva utthanasana parsvakonasana parsvotthanasana pincha mayurasana sasangasana supta baddha konasana supta padangusthasana urdhva dhanurasana urdhva mukha svanasana ustrasana utthana shishosana utthita parsvakonasana viparita karani viparita virabhadrasana virabhadrasana iii vrschikasana.

Anjaneyasana astavakrasana bakasana eka pada galavasana eka pada rajakapotasana janu sirsasana simhasana surya bhedana pranayama table pose triang mukhaikapada paschimottanasana urdhva dhanurasana. Adho mukha svanasana pose ardha chandrasana ardha matsyendrasana bhujangasana bhujapidasana bitilasana eka pada rajakapotasana jalandhara bandha marjaryasana matsyasana mayurasana padangusthasana parighasana parivrtta sukhasana parivrtta trikonasana parsva utthanasana parsvakonasana salamba sarvangasana salamba sirsasana sunbird pose supta baddha konasana svara yoga pranayama tittibhasana triang mukhaikapada paschimottanasana trikonasana ustrasana utthan pristhasana vimanasana virabhadrasana i. Adho mukha svanasana pose bhujapidasana dolphin plank pose eka pada koundiyanasana i eka pada rajakapotasana krounchasana kumbhaka pranayama natarajasana parivrtta marichyasana parivrtta trikonasana pincha mayurasana sphinx pose sukasana, sukhasana supta baddha konasana surya bhedana pranayama svara yoga pranayama uddiyana bandha ustrasana utthita hasta padangusthasana utthita parsvakonasana vrschikasana.

Anahatasana pose ardha chandrasana astavakrasana bhekasana bhujapidasana dwi pada viparita dandasana eka pada rajakapotasana halasana karnapidasana marjaryasana mayurasana padmasana parsva bakasana parsvotthanasana pasasana prasarita padottanasana svara yoga pranayama tadasana urdhva dhanurasana utthita hasta padangusthasana vasisthasana vimanasana. Ardha bhekasana ardha chandrasana bakasana bhujangasana janu sirsasana krounchasana parivrtta parsvakonasana parivrtta surya yantrasana pasasana sukasana, sukhasana svara yoga pranayama table pose vrschikasana. Adho mukha vrksasana pose ananda balasana pose ardha bhekasana ardha matsyendrasana ardha padmasana bakasana balasana dolphin pose dwi pada viparita dandasana eka pada galavasana eka pada.

Yoga Poses (Sanskrit)
<http://panipsum.com>