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श्री दिव्य जिवन सांस्कृतिक संघ
SHRI DIVYA JIVAN SANSKRUTIK SANGH

Trust Reg. No. (1) F-537 (2) Guj. -452

**YOGA TEACHERS' TRAINING COURSE
LIST OF ASANAS**

Flexibility Exercises:

Mild exercises or 25 types of
Pawan Muktasanas and Surya
Namaskar

**Asanas while sleeping on
back:**

Eka pad uttanpadasana (left &
right)
Uttanpadasana
Ardh-pawanmuktasana (left &
right)
Pawanmuktasana
Naukasana
Dronasana
Kattitthanasana
Setubandhasana
Chakrasana (all its variations)
Viparit Karni Mudra
Sarvangasana
Halasana
Karnapidasana

**While sleeping on stomach /
abdomen**

Bhujangasana
Baddha Naukasana
Urdhv Naukasana
Ardh Shalabhasana (left & right)
Shalabhasana
Ardh Dhanurasana
Dhanurasana
Pakshi asana
Paschimottanasana

While in sitting posture

Sukhasana
Padmasana
Siddhasana
Swastikasana
Vajrasana
Yogamudra (different variations)

Shashankasana or
Anandmairasana
Supta Vajrasana
Ushtrasana
Goumukhasana
Mahamudrasana
Vipareet Paschimottanasana
Ardh Paschimottanasana
Vakrasana
Ardh Matsyendrasana (left &
right)
Matsyendrasana
Ashwasanchlan Kriya
Udar Akarshan Kriya
Swan Kriya
Parvatasana

Balancing Asana:

Kakasana
Bakasana
Padmabakasana
Kukutasana
Garbhasana
Lolasana
Mayurasana
Padma Mayurasana
Godohan Mudra
Pashva Vakrasana
Padangushthasana

Standing Position Asanas

Tadasana
Tiryak Tadasana
Kati Chakrasana
Utkatasana
Vrikshasana
Hastapadasana or
Pad Hasatasana
Janusir asana
Sirangushtasana
Bhunamanasana

Konasana (left & right)
Trikonasana (left & right)
Parshva Trikonasana
(left & right)
Viparit Trikonasana
(left & right)
Parshva Viparit
Trikonasana (left & right)
Veerbhadradasana
Ardh Chandrasana
Purna Chandrasana

**Tipsy-Turvey Kriya
(Asanas on Head)**

Sirsasana
Danda Sirsasana
Padma Sirsasana
Vrikshachakrasana
Urdhva Vrikshasana

Pranayam (Breathing)

Sukh Purvak
Anuloma-Viloma
Sitali
Sitkari
Ujjayi
Bhastrika
Sivananda Pranayam

Kriyas

Kapalbhatti
Neti
Dhauti
Tratak
Sankhprakhshalan

Relaxation

Shavasana
Makaradasana
Yoganidra



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