

# Yoga with Laura Erdman-Luntz, MA, E-RYT(500)

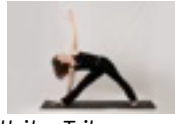
## Standing Poses



Tadasana  
(Mountain Pose)



Vrksasana  
(Tree Pose)



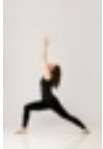
Utthita Trikonasana  
(Triangle Pose)



Virabhadrasana II  
(Warrior II Pose)



Utthita Parsva  
Konasana  
(Side Angle Pose)



Virabhadrasana I  
(Warrior I Pose)



Virabhadrasana III  
(Warrior III Pose)



Parsvottanasana  
(Extended Side Stretch)



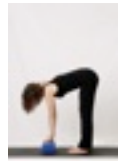
Ardha Chandrasana  
(Half Moon Pose)



Parivrtta  
Trikonasana  
(Revolved Triangle  
Pose)



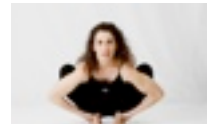
Parivrtta Parsva  
Konasana  
(Revolved Side Angle  
Pose)



Uttanasana  
(Standing Forward Fold  
Pose)



Prasarita  
Padottanasana  
(Wide-Stance Forward  
Fold Pose)



Malasana  
(Garland Pose)

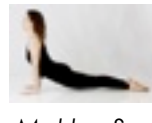
## Back Bending Poses



Bhujangasana  
(Cobra Pose)



Salabhasana  
(Locust Pose)



Urdhva Mukha Svanasana  
(Upward Facing Dog Pose)



Setu Bandha Sarvangasana  
(Bridge Pose)



Sphinx Pose



Dhanurasana  
(Bow Pose)



Backbend Over a Roll



Ustrasana  
(Camel Pose)

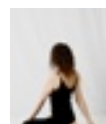
## Twisting Poses



Maricyasana 3  
(Maricy's Pose)



Jathara Parivartinasana  
(Stomach Turning Pose)



Bhardvajasana  
(Bharad's Pose)



Ardha Matsyendrasana  
(Half King of the Fishes Pose)

## Seated Poses



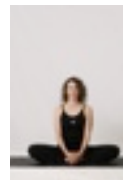
*Sukhasana*  
(Easy Cross-Legged  
Pose)



*Dandasana*  
(Staff Pose)



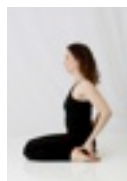
*Upavistha Konasana*  
(Wide-Angle Pose)



*Baddha Konasana*  
(Bound Angle Pose)



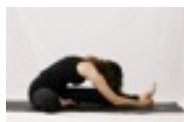
*Vajrasana*  
(Thunderbolt Pose)



*Virasana*  
(Hero Pose)



*Maricyasana I*  
(Maricy's Pose)



*Janu Sirsasana*  
(Head to Knee Pose)

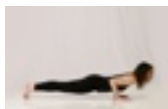


*Gomukhasana*  
(Cow's Face Pose)

## Strength Poses



Plank Pose



*Chaturanga  
Dandasana*  
Four-Limbed Staff Pose



Grasshopper Pose



*Vasisthasana*  
Preparation  
(Vasis' Pose)

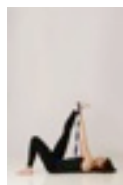


*Vasisthasana*  
(Vasis' Pose)

## Miscellaneous Poses



Wall Push



*Supta  
Padangusthasana*  
(Reclining Big Toe  
Pose Variation)



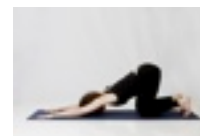
*Supta  
Padangusthasana*  
(Reclining Big Toe  
Pose)



*Ashva  
Sanchalanasana*  
(Lunge Pose)



*Ashva  
Sanchalanasana*  
(Lunge Pose  
Variation)



*Extended  
Balasana*  
(Extended Child's  
Pose)



*Adho Mukha  
Svanasana*  
(Downward Facing  
Dog Pose)



Dolphin Pose



Dolphin Variation



*Ardha Adho Mukha  
Svanasana*  
(Half Downward  
Facing Dog Pose)



*Viparita Karani*  
Feet Up The Wall



*Balasana*  
(Child's Pose)



*Savasana*  
(Corpse Pose)

