

Yoga Teddy Bear's 108 Poses Teaching Tips

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ATTENTION PARENTS, GUARDIANS, TEACHERS AND ANYONE USING THIS MATERIAL:

Yoga Teddy Bear™ is intended to be a healthful program of exercise. However, despite the many benefits of yoga, people have been known to suffer injuries when participating in yoga exercises and activities. Therefore, anyone viewing these materials and following the exercises proposed herein does so at his/her own risk and K. M. Copham, Yoga Teddy Bear Productions and all of their heirs and affiliates disclaim any and all liability whatsoever for any injuries or damages which may result from participation in the exercises and yoga demonstrated and proposed in this material.

Thank you for using **Yoga Teddy Bear: The Big Little Coloring Book of 108 Yoga Poses** in your curriculum. This document provides a concise description of each pose shown in the book. However there are often many different ways to accomplish a pose or flow of poses, so we encourage you to explore, play and learn.

Please encourage self-awareness and foster a non-competitive environment to help students avoid injury and focus on their own journey of discovery. Be sure to warm up appropriately for each pose by practicing earlier or easier poses. Warm up starting with Sun Salutations as described here:

Sun Salutation A Basic Sequence:

1. Begin in Mountain Pose (1).
2. Breathe in and lift your arms to Upward Hands (3).
3. Breathe out and sweep your arms to the floor in Standing Forward Fold (26).
4. Breathe in and lift your heart to Half Standing Forward Fold (27).
5. Breathe out, jump or step back and lower down into Four Legged Stick Pose (38).
6. Breathe in and press up into Upward Facing Dog (41).
7. Breathe out and lift your hips into Downward Facing Dog (42).
8. Option to take three breaths in Downward Facing Dog.
9. Breathe in and Step or jump forward into Half Standing Forward Fold (27).
10. Breathe out and fold in Standing Forward Fold (26).
11. Breathe in and sweep your arms up to Upward Hands (3)
12. Breathe out back to Mountain Pose (1)
13. Repeat until you feel warm and flexible.

More Suggestions

- Keep breathing slowly and deeply to generate a sense of calm.
- Your body needs at least 8 seconds in a pose in order to begin to release muscle tension.
- Do poses twice in a row. Your muscles remember. It's easier the second time.
- Notice the **L/R** star indicating poses that should be done on both the left & right sides.
- Go out of a pose the same way you came in.
- Don't worry about what you can or can't do. Every one is different. Just try.
- End each practice with a relaxing pose such as Corpse Pose (108) or Legs up the Wall (76).
- Have fun and please stay in touch. Write to us at info@yogateddybear.com.

Breathe deeply to begin.

Sit or stand quietly and close your eyes. Inhale deeply for the count of 4. Exhale completely for the count of 4. Feel your tummy and chest expand as you breathe in. Pull your belly button toward your spine as you breathe out. Breathe deeply for up to 10 minutes before starting your yoga practice. While practicing yoga, move your body in time with your breath and use your breath to move your body. By doing this you learn to be aware of both your breathing and your body.

1. Mountain Pose (Tadasana)

Stand with your feet grounded in the earth like a mountain. Tuck your tail a little and pull in your belly button. Flex your arms downward and spread your fingers. Take a deep breath and reach the top of your head toward the sky. Make yourself tall, strong, and still. Remember mountains don't move!

2. Tree Pose (Vrksasana) L/R

Start in Mountain Pose (1). Shift your weight to one foot and feel as if roots are helping you balance. Imagine that the leg you are standing on is as strong as a tree trunk. Lift your other leg and place the bottom of your foot on your tree trunk leg, above or below your knee. Bring your hands together in front of your heart or lift them wide over your head like the branches of a tree. Focus on one spot (your "Drishti") and let your branches gently sway in the wind. Remember to practice this pose on both sides for the same amount of time.

3. Upward Hands (Urdhva Hastasana)

Stand with your feet firmly planted in Mountain Pose (1). Pull your belly in and tuck your tail a little. Make your arms long and strong. Breathe in while you sweep your arms along your side and up over your head. Point your thumbs toward the back. Try to make your body taller. Relax your shoulders. Look up at your hands and breathe.

4. Penguin Pose (Pashchima Namaskarasana)

From a seated or standing position, stretch your arms to the side with your thumbs pointing down. Bend one elbow then the other to bring the palms of your hands together behind your back with your fingertips pointing up. If your hands don't reach, try grabbing your elbows. This pose makes your arms look like penguin wings. Breathe deeply. Spread your penguin wings.

5. Crescent Moon Stretch (Chandrasana) L/R

From a seated or standing position, breathe in and reach your arms long overhead to Upward Hands (3). Breathe out and bend to one side like a crescent moon. Breathe deeply. Look straight ahead or up to the sky. Breathe in back to center, then breathe out to make your crescent moon on the other side.

6. Standing Star (Utthita Tadasana)

Stand with your legs wide apart and your feet firmly grounded. Stretch your arms and fingers wide. Make yourself look like a big star or the letter "X". Breathe deeply and imagine you are a star twinkling in the sky.

7. Triangle Pose (Utthita Trikonasana) L/R

Begin in Standing Star (6). Reach your arms wide like a capital "T". Your palms face down. Turn one foot outward toward the front, and turn the other foot inward slightly. Breathe in and slide forward over your straight front leg, then breathe out while you slowly teeter totter your arms until your front hand touches your leg or the floor. Open your arms wide and reach your fingertips toward the sky. Look up or straight ahead and lean back a little more. Flex your legs. Breathe deeply before see-sawing your arms back up to a standing position. Switch sides.

8. Revolved Triangle (Parivrtta Trikonasana) L/R

Begin in Triangle Pose (7). To revolve your triangle, place your hands on the floor inside your front foot and step your back leg forward slightly. Slowly switch your hands. Your hips will shift to face forward slightly. Take your upper hand and place it on the ground or across your front ankle. Once you feel balanced, reach your other hand toward the sky. Breathe deeply and twist on each side for at least three long breaths.

9. Extended Side Angle (Utthita Parsvakonasana) L/R

Begin in Standing Star (6). Reach your arms wide like a capital "T". Your palms face down. Turn one foot outward toward the front, and turn the other foot inward slightly. Bend your front knee and press your inner legs apart. Lower your front arm and bend your elbow so your forearm rests on your front thigh. Reach your other arm up and over your head like the long neck of a giraffe. Look up toward the sky and balance. Challenge yourself by reaching your bent arm to the ground. Keep breathing.

10. High Lunge (Alanasana) L/R

Begin in Mountain Pose (1). Take a big step forward. Bend your front knee so you can see your toes. Stretch your back leg straight behind you on your tiptoes. Reach your hands high in the sky with your thumbs pointing backwards. Tilt your hip points forward a little. Breathe in and make yourself tall like a high mountain.

11. Warrior 1 (Virabhadrasana A) L/R

Begin in High Lunge (10). Turn your back heel down while keeping your hips facing forward. Press your inner legs apart. Pull your belly button in and stretch your arms high like goal posts. Score! Lean back just a little. Breathe deeply.

12. Warrior 2 (Virabhadrasana B) L/R

Begin in Warrior 1 (11). Keep your knee over your ankle as you turn your hips and shoulders to the side. Stretch your arm forward over your bent knee and reach the other arm behind you in a straight line. Your palms face down. Look over your front hand. Breathe deeply and surf the waves!

13. Warrior 3 / Airplane Pose (Virabhadrasana C) L/R

Begin in Mountain Pose (1). Bring your arms out to your sides like airplane wings. Balance on one foot and lean forward with your leg stretched out behind you. Breathe deeply while you imagine all the places you will fly! For Warrior 3, reach your arms forward or hold them by your sides. Fly high above the clouds like a superhero.

14. Peaceful Warrior / Reverse Warrior (Parsva Virabhadrasana) L/R

From Warrior 2 (12), turn your front palm up and reach forward just a little. Gently see-saw your arms by lifting your front arm to the ceiling and sliding your back arm down your leg. Make sure your front knee stays over your ankle by pressing your inner legs apart. Look up at your hand and breathe. Feel your side ribs stretch open. Do you feel peaceful inside?

15. Humble Warrior (Baddha Virabhadrasana) L/R

Start in Warrior 1 (11). Reach behind your back and grab opposite elbows or clasp your hands together. Breathe in and lift your hands or elbows toward the sky. Breathe out and humbly fold forward like a strong warrior bowing to the earth. Tuck your chin. Breathe deeply. When you switch sides, clasp your hands the opposite way too.

16. Half Moon (Ardha Chandrasana) L/R

Begin in Standing Star (6). Turn one foot out and shift your weight to it by bending your knee. Slowly lower your body like a teapot pouring tea. Stretch your leg behind you. Try to touch the ground with your hand while you reach your other hand toward the sky. Straighten your standing leg. Breathe and balance. Tip: To help balance, use a yoga block or try this pose with your back against the wall... or both. Challenge: can you lift your lower hand off the ground?

17. Standing Hand to Foot Pose (Uttita Hasta Padangusthasana) L/R

Begin in Mountain Pose (1). Firmly ground one foot and put that hand on your hip. Bend your other knee and raise your leg. Slide your hand down inside your bending leg to grab your big toe. Lift your leg up and out, then slowly bring it to the side. Focus. Steady. Keep breathing.

18. Pyramid / Intense Side Stretch (Parsvottanasana) L/R

Begin in Mountain Pose (1) with your feet shoulder width apart. Step one foot forward so your stance is wide like a pyramid, one of the wonders of the world. Put your arms behind your back in Penguin Pose (4), then breathe in and squeeze your shoulder blades together. Breathe out and fold forward with your back long and straight. For more stability release your hands and press your fingertips down on either side of your front foot. Flex your leg muscles and breathe. Hint: To help balance press into the big toe of your front foot and the pinky toe side of your back foot.

19. Victory squat / Fiery Angle Pose (Utkata Konasana)

Begin in Standing Star (6). Turn your feet out then breathe out as you squat down bending your knees over your toes. Bend your elbows at shoulder height as if you are flexing your muscles. Raaaahhr! Breathe deeply.

20. Wide Angle Forward Fold (Prasarita Padottanasana)

Begin in Standing Star (6) with all 10 toes pointing forward. Put your hands on your hips and fold forward with a flat back. Place your palms on the floor under your shoulders. Bend your elbows straight back and reach the top of your head toward the floor. Challenge: Clasp your hands behind you and lift your arms up and over your head when you fold forward. Next time, switch the grip of your clasped hands.

21. Gate Pose (Parighasana) L/R

Start on your knees and stretch one leg to the side. Slide your hand down your extended leg while your other arm reaches up and over your head. Bend at your waist and look up. Breathe deeply. Your ribs will stretch and open like a gate.

22. Camel pose (Ustrasana)

Begin on your knees. Press your hands on your lower back for support. Your fingers can face down or up. Lift your chest upward and squeeze your shoulder blades together to arch your back. Keep your hips over your knees. Your toes can be tucked or untucked. Tilt your head back or tuck your chin. If you feel flexible, reach toward your feet. Did you know your whole body looks like the hump on a camel? Breathe slowly in and out.

23. Rabbit Pose (Sasangasana)

Kneel on the floor. Curve your back so your forehead reaches toward your knees. Tuck your toes and grab your heels with your hands. Breathe in deeply. Breathe out as you lift your hips and gently roll forward so the top of your head touches the floor. Press your heels into your hands and keep your chin tucked into your chest.

24. Chair Pose / Fierce Pose (Utkatasana)

From Mountain Pose (1), breathe in and raise your arms up. Breathe out and bend your knees as if you are sitting down on a chair. Keep your back straight, but lean forward a little so you can see your toes sticking out from below your knees. Flex your muscles.

25. Revolved Chair Pose (Parivrtta Utkatasana) L/R

Begin in Chair Pose (24). Bring your hands together in front of your chest. Breathe in fully, then breathe out as you turn your shoulders to one side, lean forward and hook your elbow over your knee. Press your top hand into your bottom hand to increase the twist. Align your knees. If you feel strong and balanced, open your arms wide with one hand reaching up and the other reaching down. Take 3-5 deep breaths, then return to Chair Pose. Take a short break before doing the same sequence in the opposite direction.

26. Standing Forward Fold (Uttanasana)

Stand in Mountain Pose (1) with your hands on your hips. Breathe out and fold forward like a piece of paper. Reach your arms toward the floor and lengthen your spine. Let your head hang. Put your hands on the floor or make fists and put them into your opposite elbows if it feels nice. Take at least 3 deep breaths.

27. Half Standing Forward Fold / Horizon (Ardha Uttanasana)

Begin in Standing Forward Fold (26). Breathe in and make your spine long while you lift halfway up. Press into your shins or let your arms dangle as you squeeze your shoulder blades together and look forward to scan the horizon. Pretend that the top of your back is as flat as a table top. Breathe deeply.

28. Standing Split / One Foot Up Pose (Urdhva Prasarita Ekapadasana) L/R

From Standing Forward Fold (26), place your hands on the floor on either side of your feet. Inhale and lift one leg toward the sky. Look down at the floor for balance. If you feel stable, grab your standing ankle with one or both hands. Keep reaching your leg up for 3-5 long breaths, then return to Standing Forward Fold. Repeat on the other side.

29. Eagle Pose (Garudasana) L/R

Begin in Mountain Pose (1). Firmly ground one foot then cross your free leg over your standing leg and sit down a little, like a chair. Try to hook your toes behind your leg. Cross one arm over the other and touch your palms. Your body is coiled like an eagle getting ready to leap off a cliff and fly. Breathe deeply and focus on one point to help you balance. When you switch sides, be sure to switch both your arms and legs.

30. Number 4 Legs / Half Lotus (Ardha Padmasana) L/R

Start in Mountain Pose (1). Shift your weight to one leg. Focus on a point in front of you (your "Drishti") to help you balance. Lift your other leg, bend your knee and place your ankle above your standing knee as close to your hip as it will reach. Use your hand on your bent knee to press your hips open a little more. Your legs should make the shape of a number 4. Bring your hands together in front of you and breathe. Count 4 long, deep breaths. Switch sides for an equal amount of time.

31. Dragonfly / Hummingbird (Maksikanagasana) L/R

Begin standing in Number 4 Legs (30). Breathe in, put your palms together then breathe out and slowly lower into a one-legged squat. Twist away from the 4 and hook your elbow on the bottom of your foot. Place your hands on the floor and shift your weight onto your hands. Breathe in and look forward, then breathe out and lift your other leg off the floor like the tail of a dragonfly. Remember to keep looking up if you want to fly! Breathe deeply.

32. Grasshopper / Locust (Shalabhasana)

Lay on your belly with your arms at your sides and your forehead on the floor. Flex your tummy and lift your arms by squeezing your shoulder blades together. Use all your muscles to lift your head and your legs like a grasshopper leaping through the air. Challenge: Try Grasshopper with your arms outstretched above your head. Can you bring your thighs off the ground? Can you lift everything except your tummy off the ground?

33. Bow pose (Dhanurasana)

Lay on your tummy. Bend your knees and reach back to grab the outsides of your ankles. Inhale and lift your feet and chest toward the sky. Your body is like a bow and your arms & legs are the string where an arrow is placed. Rock back and forth like a cradle if it feels nice. Take long deep breaths before gently lowering to the floor. Rock side to side to relax your back.

34. Sleeping Crocodile / Sea Monster (Makarasana)

Lay comfortably on your tummy. Put your head in your hands or rest your forehead on your hands like a pillow. You can also rest your forehead on the floor with your arms at your side. Breathe deeply. See you in a while, Crocodile!

35. Cat pose (Marjaryasana)

Begin on all fours in Table Pose (43). Push your back upward like a cat as you breathe out. Look back at your belly button. You can hiss to help push out all the air. You should look like a scaredy cat in this pose, or a cat just waking up from a nap!

36. Cow Pose (Bidalasana)

Begin on all fours in Table Pose (43). Breathe in as you look up and lift your tail, chest and chin. Drop your belly and make your shoulder blades kiss. Try Cat and Cow Pose together. Breathe out with a Cat Pose and breathe in with a Cow Pose until your back feels warm.

37. Plank (Adho Mukha Dandasana)

Begin on all fours. Place your hands on the floor under your shoulders. Stretch your legs out behind you tucking your toes. Flex your tummy and make your whole back straight and long like a plank of wood. Keep on breathing!

38. 4 Legged Stick Pose (Chaturanga Dandasana)

Begin in Plank pose (38). Breathe in and shift forward slightly over your hands. Bend your elbows and squeeze them close to your body as you breathe out and slowly lower to the ground with control. Keep your tummy tucked and your back straight and long and as you move.

39. Leaping Crocodile (Nakrasana)

Challenge your strength and endurance by leaping like a crocodile chasing its prey. From Plank Pose (38), bend your elbows slightly then press up powerfully so that your hands and feet come off the ground. See if you can leap forward 5 times, then backward 5 times. When you're finished, be sure to rest in Sleeping Crocodile (34).

40. Baby Cobra (Bhujangasana)

Lay on your tummy with your hands on the floor under your shoulders. Lift your head and open your heart by squeezing your shoulder blades together. Pull your belly button in and squeeze your legs together like a long snake tail. Breathe in and make your chest big like a cobra. Breathe out slowly. Challenge: Lift your hands off the ground using only your back strength to practice Baby Cobra.

41. Upward Facing Dog (Urdhva Mukha Svanasana)

Lay on your tummy with your toenails pressing down. Place your hands under your shoulders, inhale and push into your hands to lift your chin, chest, and knees off the ground. Only your hands and feet touch the floor. Your body should be curved like a ski jump. Look up and breathe deeply or tuck your chin. Exhale and press back into Downward Facing Dog (42).

42. Downward Facing Dog (Adho Mukha Svanasana)

Begin on all fours in Table Pose (43). Tuck your toes under, then press your tail up and back. Move your heels toward the ground and push the floor away with your hands. Feel equally grounded in all four hands and feet. You should look like a big upside down letter "V". Move your chest toward your thighs to arch your back a little. Relax your shoulders away from your ears. Let your head hang. Shake your head "yes, yes" and "no, no." Take slow, deep breaths. Pedal your feet like a puppy ready to play. Wooff! Wooff!

43. Table Pose (Bharmanasana)

Begin on your hands and knees. Make yourself into a table by placing your hands flat on the floor under your shoulders and your knees directly beneath your hips. Press your hands, your shins and the tops of your feet into the ground. Be sure your table is solid and strong, just in case you need to set something fragile on top. Breathe in. Breathe out. Relax your neck.

44. One Handed Tiger (Eka Hasta Vyaghrasana) L/R

Begin in Table Pose (43). Breathe in and stretch one leg back. Breathe out and reach the opposite hand forward. Feel as if the action in your extended hands and feet are making your spine longer. If you feel stable, bend your knee and reach back to grab the inside of your foot. Inhale and press your foot into your hand to lift and open your heart. Breathe deeply, then do the same thing on the other side.

45. Fallen Warrior (Parivrtta Virabhadrasana) L/R

Begin in Downward Dog (42). Lift one leg up, then bring your knee toward your opposite elbow and kick your leg out to the side. Slide your feet apart in an “L” shape and lower to your hip. Bend your elbows and bring your belly and chin to the ground with your arms stretched out to your sides. Your leg is under your body. Keep your chest flat on the floor and turn your head to look away from your outstretched leg. Your spine is spiraled. Relax for a while before you press up to your arms and reverse the steps to come out of the pose.

46. Child's Pose (Balasana)

Sit on your heels in Hero Pose (57). Fold your body forward and rest your belly on your legs. Your knees can be together or apart with your big toes touching. Turn your head to one side or press your forehead to the floor. Relax your arms by your side or stretch them out in front of you. Breathe, Kid. This is the place to be whenever you need a break.

47. Puppy Pose (Uttana Shishosana)

Begin on in Table Pose (43). Slide your hands forward while keeping your tail in the air. Your arms are strong and straight. Stretch your spine by pushing down on your hands while you reach your chest toward the ground. Now you look like a playful puppy with your tail wagging in the air. Yip! Yip!

48. Thread the Needle (Sucirandhrasana / Parivrtta Balasana) L/R

Begin in Puppy Pose. (47) Take one hand and “thread the needle” by sliding it palm-side up under the armpit of your other arm. Your ear and outside shoulder rest on the ground so that your middle back gently twists. If it feels nice, lengthen your spine by sliding your tail back over your heels and letting your belly rest on your thighs as in Child’s Pose (46). Breathe slowly and deeply.

49. Sphinx pose (Salamba Bhujangasana)

Lay on your tummy. Put your forearms on the ground with your elbows under your shoulders. Breathe in and press through your arms to lift your head and chest off the floor. Relax your shoulders away from your ears. Tuck your chin like a magnificent Sphinx. Take long deep breaths.

50. Dolphin Pose (Ardha Pincha Mayurasana)

Start on all fours with your knees under your hips and your forearms resting on the floor. Keep your hands on the floor or press the palms of your hands together like a dolphin fin. Tuck your toes and lift your tail upward. Bend your knees or straighten your legs, but make sure your back is straight. Walk your feet forward if you can. Let your head hang. You’re making a splash!

51. Scorpion (Vrschikasana)

Begin in Dolphin Pose (50) facing a wall. Straighten your legs and walk your feet in toward your elbows. Lift one leg then use the other as a springboard to gently kick your legs into the air. Bend your knees and try to touch the wall with your feet. Keep pressing up with your arms. If you can balance come away from the wall and try to touch your head with your toes. Your back and legs will curve like a scorpion's tail. Breathe.

52. Stick Pose (Dandasana)

Sit on the floor with your legs stretched out in front of you. Place your palms flat on the ground by your sides. Inhale and make yourself taller by lifting the top of your head toward the sky. Try to look like a capital letter "L" by keeping your back and your legs stick straight. Breathe deeply like a breeze rustling the leaves.

53. Boat Pose (Navasana)

Begin in Stick Pose (52). Bend your knees and hold the backs of your thighs. Sit up super tall and try to lift your feet up but don't rock the boat backwards. Keep your back tall like the mast of a boat and see if you can balance with no hands. Is your boat strong? Can your boat float without rocking on the waves of your breath?

54. Flowering Lotus (Vikasitakamalasana)

Begin in Boat Pose (53). Bring the soles of your feet together. Thread your arms under your knees. Open your palms to the sky like a flower opening to the sun. Keep sitting up as tall as you can. Your body looks like a lotus flower floating on the water. Breathe deeply and see how long you can balance.

55. Fire log legs / Double Pigeon (Agni Stambhasana) L/R

Sit on the floor and stack your lower legs like two logs in a fire. Your ankles and knees will be on top of each other. Use your hands to push yourself up tall. Flex your feet a lot so your toes point away from you. Fold forward and relax if it feels nice. Breathe. Try both sides!

56. Cow Face Pose (Gomukasana) L/R

Sit on the floor with your legs crossed and your knees stacked. Make your arms look like two floppy cow ears by reaching one arm behind your head and the other one behind your back. Squeeze your shoulder blades together. Try to touch or grab your fingers. Breathe. Remember to try both sides with your arms and switch your legs too.

57. Hero Pose (Virasana)

Sit on the floor with your legs folded underneath you. Keep your knees close together and your feet apart. See if you can sit on the floor between your heels. Place your hands on your thighs and reach the top of your head upward so your spine is long and straight like a brave hero. Breathe in. Breathe out.

58. Frog pose (Bhekasana)

Lay on your tummy. Bend your knees so your feet touch your tail. Press on the top of your feet with the palms of your hands. Lift up your chest and breathe. Flex your leg muscles. Ribbit! Ribbit!

59. Butterfly / Bound Angle Pose (Badhha Konasana)

Sit on the floor and hold the soles of your feet together with your hands. Your legs are spread like butterfly wings. Sit up straight and breathe in deeply. Breathe out and press your heels together. Notice how your knees naturally relax down.

60. Lotus (Padmasana)

Sit on the floor and cross your legs. Try to place your feet on your thighs by your hips. Sit up tall so the top of your head reaches toward the sky. Bring your hands together in front of your heart or rest them on your legs with your palms up or down. Breathe in. Breathe out.

61. Ocean Breathing / Victorious Breath (Ujjayi Pranayama)

Have you ever listened to the sound of the ocean in a shell? Sit comfortably and make a whispering “ha” sound like the distant ocean. It helps to tuck your chin. After you get good at it, close your mouth but still make the sound while breathing slowly through your nose. Use this breath any time you need to focus and relax.

62. Breath of Fire (Kapalabhati Pranayama)

Sit comfortably and put your hands on your belly. Breathe slowly and powerfully through your nose like a dragon. Feel your belly get bigger then smaller. If you’re older than 12, try adding Breath of Fire. Take a deep breath in. Breathe out through your nose in short, rapid breaths by flexing your tummy muscles. Don’t worry about breathing in – that happens naturally! Count 10 fire breaths then inhale deeply and relax.

63. Scale Pose (Tolasana) L/R

Sit cross legged on the floor. Put your hands on the ground half way between your hips and your knees. Press into your hands and use the strength in your arms and tummy to lift your legs right off the ground! Swing like a scale. Can you feel how much you weigh? Next time you try Scale Pose, switch the way your legs are crossed.

64. Fish Pose (Matsyasana)

Lie on your back with your feet together. Tuck your hands under your seat. Press down into your elbows to lift your heart. Arch your spine like a hook is pulling up your chest. Rest the top of your head on the floor. Breathe deeply and stretch open your lungs. Now you look like a really big fish.

65. Head to Knee Forward Fold (Janu Sirsasana) L/R

Begin in Stick Pose (52). Bend one knee and place the bottom of your foot on your thigh anywhere above your knee. Breathe in and reach your hands toward the sky to make your spine long, then breathe out and fold forward over your extended leg. Grab your shin or your foot and use your arms to gently pull your nose closer to your knee. Breathe deeply.

66. Seated Wide Angle Pose / Side Splits (Samakonasana)

Begin in Stick Pose (52). Spread your legs as wide as you can. Use your hands to push yourself up tall. Keep your spine long as you lean forward. Stretch your arms out in front or grab your ankles and rest your forehead or body on the ground if it feels nice. Breathe slowly and deeply.

67. Heron Pose (Krounchasana) L/R

Begin in Hero Pose (56). Sit tall and step one foot onto the floor with your knee bent. Using both hands hold your standing foot, then lift and lengthen your leg like the neck of a heron. If your hamstrings are tight, keep your knee bent. Lengthen your spine. Flex your leg muscles and breathe, counting with your breath. Gently release your leg, return to Hero Pose, and switch sides.

68. Compass / Sundial Pose (Parivrtta Surya Yantrasana) L/R

Begin in Stick Pose (52). Bend one knee and bring your heel close to your body. Bend your other knee and lift your leg off the ground. Cradle your lifted leg like a baby with your knee in one elbow and the bottom of your foot in the other elbow. Breathe here for a while. Once your hips feel relaxed, remove your arm from your knee and thread it under your leg to put your hand on the floor. Slide your other hand down your leg to grab the top of the pinky side of your foot. Breathe in and lift your foot. Extend your leg and turn your body under your bent upper arm. Walk your other hand along the floor until your arm is straight. The back of your shoulder will press against the inside of your lifted leg. Lean back into your outstretched leg just a little. Look up at the sun for guidance and shine from within.

69. Sandwich / Seated Forward Fold (Paschimottanasana)

From Stick Pose (52), bend your knees until you can grab your feet and rest on your thighs. Wiggle your tail back until your legs get as straight as they will go. Let your head hang gently and breathe deeply. Your body looks like a big sandwich folded in half. Doesn't that feel delicious?

70. Pose Dedicated to the Sage Marichi (Marichyasana I) L/R

Begin in Stick Pose (52). Bend one knee and put your foot close to your body. Reach that hand forward inside your knee with your thumb down and your knee pressing against the back of your shoulder. Bend your elbow to put your hand behind you then reach your other arm back and try to grab hands. Stay here for a few breaths sitting up straight, then exhale and bend forward. See if you can touch your forehead or your nose to your knee.

71. Seated Star Pose (Tarasana)

Begin in Butterfly Pose (59). Slide your feet forward away from your body so that your legs make the shape of a big diamond. Hold your ankles and bend your elbows to the sides to fold forward. Your body looks like a six-pointed star from above. Let your head hang and relax your shoulders. Breathe deeply. Daydream of something fun that you really like to do.

72. Crab Pose / Reverse Table (Catuspadapitham / Ardha Purvottanasana)

Begin in Stick Pose (52). Bend your knees and put your feet flat on the ground so your heels are close to your body. Place your hands on the floor behind your body pointing toward your feet. Press your hips up high so that you don't see your knees any more. Drop your head, look up at the stars or look forward. Feel your shoulders stretching open. Breathe in. Breathe out. Can you walk sideways like a crab?

73. Archer's Pose (Akarna Dhanurasana) L/R

Now that you've been the bow (33), be the archer! Begin in Stick Pose (52). Reach forward and use two fingers to grab both big toes. Breathe in. Breathe out and lift one leg by bending your knee and leaning back. Keep holding both feet! Sit up tall and imagine an arrow of love shooting out from your heart. Lift your bent leg like you are drawing a bow. See if you can get your foot close to your ear. Breathe calmly and focus your eyes on the target.

74. Lion's Breath (Simhasana)

Begin in Hero Pose (57) with your hands resting on your legs. Look up at the sky or at the tip of your nose. Spread your fingers wide like a lion's paw. Breathe in through your nose. Stick out your tongue with your mouth open while you breathe out with a soft roar.

75. Teddy Bear Headstand (Salamba Sirsasana)

From Table Pose (43), bend your elbows and put the top of your head on the floor. Shift your weight to your hands and head then stand up on your toes. Climb up onto your bent elbows. Breathe and balance. Next try lifting one or maybe both feet to the sky. If you feel like you might fall, try it in front of a wall. But be sure to clean your room first!

76. Legs up the Wall (Viparita Karani)

Sit on the floor next to a wall at your side. Begin as if you are going to press up into Crab Pose (72). Instead, bend your elbows and roll onto your back, then spin on the floor so your legs are up in the air resting on the wall. Rest your hands by your sides or on your tummy and breathe deeply. Close your eyes.

77. Plow Pose (Halasana)

Lay on your back. Breathe in and lift your feet toward the sky then breathe out and bring them over your head. If your toes don't touch the ground behind you, put your hands on your back for support. If you can touch, push your toes down like a plow pushing snow. Bend your knees if it feels nice. Breathe deeply and relax. Finish by gently rolling to the floor, keeping your head on the ground.

78. Candlestick / Shoulder Stand (Salamba Sarvangasana)

From Plow Pose (77), bend your elbows and place your palms on your lower back for support. Lift your feet straight up into the air like a candlestick. Wiggle your toes like a dancing candle flame. IMPORTANT: Do NOT turn your head in this pose. Look straight up at your nose or toes! Take at least 3 deep breaths. Go back into Plow Pose before rolling slowly to the floor.

79. Bridge Pose (Setu Bandha Sarvangasana)

Lay on your back. Bend your knees so that your feet are on the ground. Reach your hands toward your heels and try to grab them while using your legs to lift your hips toward the sky. Keep your knees in line like two train tracks and curve your back like a bridge. If it feels nice, clasp your hands together underneath you. Breathe.

80. Wheel / Upward Bow (Urdhva Danurasana)

Lay on your back with your feet on the ground close to your tail and your hands by your ears pointing toward your shoulders. Breathe in and press down through your hands and feet while you lift your hips into a backbend. Keep your knees close together. Your whole body is curved like a big wheel. Come down gently by tucking your chin first.

81. Windshield Wiper / Revolved Belly Posture (Jathara Parivartanasana) L/R

Lay on your back with your feet flat on the floor. Spread your arms. Gently let your knees fall to one side and turn your head to the other side. Breathe deeply. Next bring your legs back to center, then switch sides. The gentle rain lulls you to sleep.

82. Sleeping Vishnu (Anantasana) L/R

Lay on one side with your head resting in your hand. Lift your top leg up then reach up and grab your big toe with your pointer and middle fingers in a yogi toe lock. Straighten your legs as much as you can while staying balanced in the middle. Breathe deeply, then switch sides for the same amount of time.

83. Twist Dedicated to the Sage Bharadvaja (Bharadvajasana) L/R

Begin in Stick Pose (52). Bring both feet back by one hip with your knees bent and on the ground. Reach your front arm across your body to the outside of your knee, and reach your back arm behind you to grab your front arm above the elbow. Keep your tail down on both sides as you turn your body toward your feet to look behind you. Lean back a little and twist. Breathe deeply.

84. Half Lord of the Fishes Pose (Ardha Matsyendrasana) L/R

Sit on the floor with your feet in front of you. Cross one leg over the other and squeeze it in close to your body. Fold your other leg and bring your foot close to your hip. Keep your tail on the floor and sit up proudly like a king or a queen. Turn toward your raised knee and place your hand on the floor behind you by your tail. Then press your other elbow against the outside of your bent knee. Look toward the back and use your arms to make your belly twist like a sponge. Take 3 long breaths and twist, twist, twist.

85. Garland Pose / Squat (Malasana)

Squat down keeping your heels on the floor and your back straight. Place your palms together in front of you or behind your back. Stretch your arms out in front, to the sides or over your head. Try them all! Breathe deeply each time.

86. Bird of Paradise Pose (Svarga Dvidasana) L/R

Start in Warrior 2. Reach inside and under your bent leg with your front arm, then reach the other arm behind you and clasp hands. Step your back foot forward into a squat and shift your weight to it. Breathe in and focus on one point. Breathe out and slowly stand up. Straighten your bound leg slowly like an opening flower. Balance & breathe.

87. Firefly (Tittibhasana)

Start in a wide squat and place your hands flat on the floor with your fingertips facing forward. Step around your hands until your heels are standing on your fingers. Lift your chest and look forward, then try lifting your legs until they straighten. Point your toes so that your legs squeeze in and press against your upper arms. Use the light in your belly to stay lifted and breathe deeply. Tip: Sit on a yoga block to start.

88. Peacock (Mayurasana)

Start in Table Pose (43) with your fingertips pointing to your knees. Step one foot back and then the other. Lean forward bending your arms until your hips rest on your elbows. Keep looking forward and try to lift one leg, maybe both until you are balancing on your arms. Balance like a capital letter "T." Breathe deeply. Tip: If you feel like you might fall on your face, use a pillow.

89. Downward Facing Tree / Handstand (Adho Mukha Vrksasana)

Make a strong Downward Facing Tree by planting your hands like roots in front of a wall. Press up into Downward Dog (42). Lift one leg first then gently kick the other leg into the air until you are standing on your hands. Or you can start in Downward Dog with your heels against the wall. Walk your feet up the wall until you make an upside down letter "L." Keep breathing!

90. Turtle Pose (Kurmasana)

Sit on the floor with your legs apart. Slide your hands on the floor under your knees and reach toward the back while you fold forward. Your palms face down. Now you look like a turtle hiding in your shell. Relax your head on the floor if it feels nice. Take long, deep breaths.

91. Feet to Head Pose (Eka Pada Sirsasana / Dwi Pada Sirsasana) L/R

Begin in Stick Pose (52.) Lift one leg up and cradle it in in your arms like a baby. Gently lift your foot to your head. Next move your foot behind your head it feels comfortable. Sit up tall and bring your hands together in front of your heart. Breathe deeply, then switch sides. After you're warmed up, try to put both feet behind your head at once. Breathe deeply and balance.

92. Eight-Angle Pose (Astavakrasana) L/R

Begin in Stick Pose (52.) Lift one leg up and sling it over the back of your shoulder like a backpack. Place your hands on the floor next to your hips and bend your elbows slightly. Draw in your free leg and cross it over your raised ankle. Shift your weight onto your hands and fly! Straighten your legs as much as you can while you keep your heart lifted.

93. Most Excellent Pose / Side Plank (Vasisthasana) L/R

From your hands and knees, stretch your legs out behind you in Plank Pose. Shift your weight to one hand. Bring your feet together and drop back so your other foot lands on top. Reach your hand toward the sky and breathe deeply. Excellent job!

94. Wild Thing / Rock Star / Flip the Dog (Ardha Urdhva Danurasana) L/R

From Side Plank / Most Excellent Pose (93), reach your extended arm over your head. Step your top foot behind you. Keep your hips high and your head heavy and look up at your top hand or the sky. You'll almost go into a back bend (Wheel) but not quite. Breathe.

95. Crane / Crow Pose (Bakasana) L/R

Squat down with your feet close together and your knees spread apart. Lean forward and put your hands on the floor close to your feet. Push up on your tip toes and lean forward until you feel the weight of your legs on the backs of your arms. Try to balance gently like a crane. Tip: If you feel like you might fall on your face, use a pillow.

96. Side Crow (Parsva Bakasana) L/R

Begin in Revolved Chair Pose (25). Lower your body and place your hands flat on the floor next to you. Lean forward until the weight of your leg is resting on your forearm. Can you straighten your legs? Press through your hands to make your arms as straight as possible too. Keep breathing! Try both sides.

97. Extended Leg Squat (Utthita Namaskarasana) L/R

Begin in Garland Pose / Squat. Place your hands on the floor in front of you and extend one leg to the side with your toes pointing up. If you feel balanced, lift your body up and bring your hands together in front of your heart. Breathe deeply.

98. Frog Legs (Mandukasana)

Begin in Table Pose (43). Slide your knees wide apart like a frog. Make sure your legs each look like a capital "L." Flex your feet. Lower to your forearms if it feels nice. Look at the ground. Breathe in. Push your hips down. Breathe out. Ribbit! Ribbit!

99. Monkey Pose / Splits (Hanumanasana) L/R

Begin on your knees. Slide one leg out in front of you like you're sliding on a banana skin. Sit on your back foot in Half Monkey Pose (Ardha Hanumanasana), or try to stretch your back leg behind you like a monkey jumping from tree to tree. Lift up your arms if you can. Breathe in. Breathe out. Nice monkey moves!

100. Crescent Moon Lunge (Anjaneyasana) L/R

Begin in Table Pose (43) or Downward Facing Dog (42). Step one foot forward in between your hands. Slide the other foot back so your legs are wide apart. Put your hands on your front knee and straighten your arms so your spine curves like a crescent moon. Reach your arms up and lean back a little more. Keep your tummy strong. Hey, diddle, diddle... stay in the middle! Then switch sides.

101. Lizard pose (Utthan Pristhasana) L/R

Begin in Table Pose (43) or Downward Facing Dog (42). Step one foot forward to the outside of your hand. Stretch your other leg behind you with your toes curled under in a wide lunge. If it feels nice, rest on your forearms like a lizard resting on a rock. Keep your back straight. Breathe in. Breathe out.

102. Revolved Low Lunge (Parivrtta Anjaneyasana) L/R

Begin in Table Pose (43) or Downward Facing Dog (42). Step one foot forward in between your hands. Your other leg stretches behind you with your toes curled under in a wide lunge. Keep your inside hand directly under your shoulder as you turn toward your bent knee and lift your other hand up to the sky. Lean back a little more as you breathe deeply.

103. King Pigeon Pose / One Legged King Pigeon Pose (Eka Pada Rajakapotasana) L/R

Begin in Table Pose (43) or Downward Facing Dog (42). Bring one knee forward toward your wrist. Lay your leg on the floor so that your ankle is behind your other wrist. Slide your other foot back along the floor. Come up on your fingertips and tuck your chin like a pigeon. Cluck, cluck. If it feels nice, bend forward and rest your forehead on your hands. Breathe deeply.

104. King Dancer / Dancing Shiva (Natarajasana) L/R

From Mountain Pose (1), plant one foot, then bend your other knee to lift your foot behind you. Hitchhike your thumb back and grab the inside of your foot or your big toe. Press your foot into your hand while you raise your leg into the air. Reach your other arm out like a talented dancer. Breathe deeply and lift up a little more. Bravo!

105. Standing Shiva Twist (Parivrtta Natarajasana) L/R

From Mountain Pose (1), stand on one foot and lift the other leg with your knee bent. Raise your arms and bend your elbows like cactus arms with your hands facing forward. Turn toward your raised leg. Breathe deeply and twist like a sponge... or an octopus.

106. Happy Baby (Ananda Balasana)

Lay on your back. Hold the outsides of your feet, or grab your big toe with two fingers in yogi toe lock. Keep your arms inside your knees. See if you can press your whole spine on the ground. Give yourself a little back massage. Smile, wiggle, giggle, roll around, breathe...and feel good!

107. Knee(s) to Chest / Windy Pose (Apanasana) L/R

Lay on your back. Lift one leg and hug your knee to your chest while keeping your other leg extended. Breathe deeply, then switch sides. If it feels nice, you can hug both knees into your chest at the same time. If you are quiet enough, you might hear the wind blow!

108. Corpse pose (Savasana / Shavasana)

Lay comfortably on your back. Separate your legs and let your feet flop open. Rest your arms next to your body, palms up or down. Separate your teeth and relax your jaw. Close your eyes and relax your forehead. Pretend to be dead but keep breathing! Breathe slowly and deeply.

Glossary (In Alphabetical Order by English Name)

Archer's Pose	73	Akarna Dhanurasana
Baby Cobra	40	Bhugangasana
Bird of Paradise Pose	86	Svarga Dvidasana
Boat Pose	53	Navasana
Bow pose	33	Dhanurasana
Breath of Fire	62	Kapalabhati Pranayama
Bridge Pose	79	Setu Bandha Sarvaganasana
Butterfly / Bound Angle Pose	59	Badhakonasana
Camel pose	22	Ustrasana
Candlestick / Shoulder Stand	78	Salamba Sarvaganasana
Cat pose	35	Marjaryasana
Chair Pose / Fierce Pose	24	Utkatasana
Child's Pose	46	Balasana
Compass / Sundial Pose	68	Parivrtta Surya Yantrasana
Corpse pose	108	Savasana / Shavasana
Cow Face Pose	56	Gomukasana
Cow pose	36	Bidalasana
Crab Pose / Reverse Table	72	Catuspadapitham
Crane / Crow Pose	95	Bakasana
Crescent Moon Stretch	5	Chandrasana
Crescent Moon Lunge	100	Anjaneyasana
Dolphin Pose	50	Ardha Pincha Mayurasana
Downward Facing Dog	42	Adho Mukha Svanasana
Downward Facing Tree / Handstand	89	Adho Mukha Vrksasana
Dragonfly / Hummingbird	31	Maksikanagasana
Eagle Pose	29	Garudasana
Eight-Angle Pose	92	Astavakrasana
Extended Leg Squat	97	Utthita Namaskarasana
Extended Side Angle	9	Utthita Parsvakonasana
Fallen Warrior	45	Parivrtta Virabhadrasana
Feet to Head Pose	91	Eka Pada / Dwi Pada Sirsasana
Fire log legs / Double Pigeon	55	Agni Stambhasana
Firefly	87	Tittibhasana
Fish Pose	64	Matsyasana
Flowering Lotus	54	Vikasitakamalasana
Four Legged Stick Pose	38	Chaturanga Dandasana
Frog Legs	98	Mandukasana
Frog pose	58	Bhekasana
Garland Pose / Squat	85	Malasana
Gate Pose	21	Parighasana
Grasshopper / Locust	32	Shalabhasana
Half Lord of the Fishes Pose	84	Ardha Matsyendrasana

Half Moon	16	Ardha Chandrasana
Half Standing Forward Fold / Horizon	27	Ardha Uttanasana
Happy Baby	106	Ananda Balasana
Head to Knee Forward Fold	65	Janu Sirsasana
Hero Pose	57	Virasana
Heron Pose	67	Krounchasana
High Lunge	10	Alanasana
Humble Warrior	15	Baddha Virabhadrasana
King Dancer / Dancing Shiva	104	Natarajasana
Knee(s) to Chest Pose	107	Apanasana
Leaping Crocodile	39	Nakrasana
Legs up the Wall	76	Viparita Karani
Lion's Breath	74	Simhasana
Lizard pose	101	Utthan Pristhasana
Lotus	60	Padmasana
Monkey pose / splits	99	Hanumanasana
Most Excellent Pose / Side Plank	93	Vasisthasana
Mountain Pose	1	Tadasana
Number "4" Legs / Half Lotus	30	Ardha Padmasana
Ocean Breathing / Victorious Breath	61	Ujjayi Pranayama
One Handed Tiger	44	Eka Hasta Vyaghrasana
Peaceful Warrior / Reverse Warrior	14	Parsva Virabhadrasana
Peacock	88	Mayurasana
Pigeon Pose / One Legged King Pigeon	103	Eka Pada Rajakapotasana
Plank Pose	37	Adho Mukha Dandasana
Plow Pose	77	Halasana
Pose Dedicated to the Sage Marichi	70	Marichyasana I
Puppy Pose	47	Uttana Shishosana
Pyramid / Intense Side Stretch	18	Parsvottanasana
Rabbit Pose	23	Sasangasana
Reverse Prayer / Penguin Pose	4	Pashchima Namaskarasana
Revolved Chair Pose	25	Parivrtta Utkatasana
Revolved Low Lunge	102	Parivrtta Anjaneyasana
Revolved Triangle	8	Parivrtta Trikonasana
Salutation Seal		Namaste
Sandwich / Seated Forward Fold	69	Paschimottanasana
Scale Pose	63	Tolasana
Scorpion	51	Vrschikasana
Seated Star Pose	71	Tarasana
Seated Wide Angle Pose / Side Splits	66	Samakonasana
Side Crow	96	Parsva Bakasana
Sleeping Crocodile / Sea Monster Pose	34	Makarasana
Sleeping Vishnu	82	Anantasana

Sphinx pose	49	Salamba Bhujangasana
Standing Forward Fold / Bend	26	Uttanasana
Standing Hand to Foot Pose	17	Uttita Hasta Padangusthasana
Standing Shiva Twist	105	Parivrtta Natarajasana
Standing Split / One Foot Up Pose	28	Urdhva Prasarita Ekapadasana
Standing Star / Extended Mountain	6	Utthita Tadasama
Stick Pose / ("L")	52	Dandasana
Table Pose	43	Bharmanasana
Teddy Bear Headstand	75	Salamba Sirsasana
Thread the Needle	48	Sucirandhrasana
Tree	2	Vrksasana
Triangle Pose	7	Utthita Trikonasana
Turtle Pose	90	Kurmasana
Twist for the Sage Bharadvaja	83	Bharadvajasana
Upward Facing Dog	41	Urdhva Mukha Svanasana
Upward Hand Pose	3	Urdhva Hastasana
Victory squat / Fiery Angle Pose	19	Utkata Konasana
Warrior 1	11	Virabhadrasana A
Warrior 2	12	Virabhadrasana B
Warrior 3 / Airplane	13	Virabhadrasana C
Wheel / upward Bow / Circle Pose	80	Urdhva Danurasana
Wide angle Forward fold	20	Prasarita Padottanasana
Wild Thing / Rock Star / Flip the Dog	94	Ardha Urdhva Danurasana
Windshield Wiper / Revolved Belly	81	Jathara Parivartanasana