

Yoga Beginner Poses Dictionary

Name: Low Lunge
Category: Standing / Balancing
Difficulty: Beginner



Name: Cat
Category: Arm Leg Support / Forward Bend
Difficulty: Beginner

Name: Downward-Facing Dog
Category: Arm Leg Support / Forward Bend
Difficulty: Beginner



Name: Wind Removing
Category: Supine / Forward Bend
Difficulty: Beginner

Name: Tiger

Category: Arm Leg Support / Backbend

Difficulty: Beginner



Name: Waterfall

Category: Legs Up the Wall / Supine Staff / Waterfall / Rejuvenation

Difficulty: Beginner

Name: Hero

Category: Seated / Backbend

Difficulty: Beginner



Name: Swan

Category: Seated / Backbend

Difficulty: Beginner

Name: Snake

Category: Prone / Backbend

Difficulty: Beginner

