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Yoga poses chart

10 yoga poses · reference figures



Mountain Pose

Tadasana

Beginner

Both hips at the same height, both shoulders at the same height.



Chair Pose

Utkatasana

Beginner

Knees bent, heading toward your toes rather than past them.



Tree Pose

Vrksasana

Beginner

Standing leg long, weight over the standing foot.



Warrior I

Virabhadrasana I

Beginner

Front knee stacked over the front ankle.



Warrior II

Virabhadrasana II

Intermediate

Front knee over the front ankle, heading toward 90°.



Triangle Pose

Trikonasana

Intermediate

Both legs long — a micro-bend in the front knee is fine.



Warrior III

Virabhadrasana III

Intermediate

One long line from your hands or shoulders to the lifted heel.



Plank Pose

Phalakasana

Beginner

Shoulders stacked over wrists.



Cobra Pose

Bhujangasana

Beginner

Hips and legs heavy on the mat.



Downward-Facing Dog

Adho Mukha Svanasana

Beginner

Hips are the highest point.

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/poses?from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.