

# FitTec Keys to Stretching/Yoga Poses/Motions

**Training Keys:** Never stretch or move into pain. When stretching move slowly going to first resistance barrier and hold. Let the stretch happen. Do not sacrifice final position over form. Try to keep head above waist and try not to flex or twist spine under tension. **Key Points:** It is more advantageous to have a normal degree of flexibility versus being hyper-flexible. Aim for balance/symmetry throughout your body. Follow a program specific for your needs (posture, habits, weaknesses, sport). Understand all of this through a personal assessment.

DIAGRAM FROM [YOGABARON.COM](http://YOGABARON.COM)


















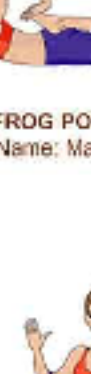




**X-BE VERY CAUTIOUS - it could injure a joint or be too advanced**

**X-DO NOT DO BECAUSE OF SPINAL ISSUES - the spine (from low back to neck) should not be flexed and twisted under load (it can cause disc issues)**











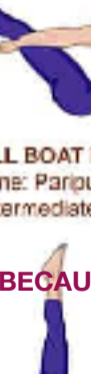







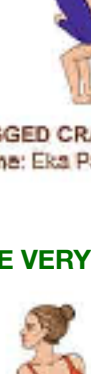




**X-DO NOT DO BECAUSE OF OCULAR ISSUES - ocular pressure increases dramatically when the head is below the waist**

## 101 YOGA POSES










### 29 BEGINNER YOGA POSES

 MOUNTAIN POSE Sanskrit Name: Tadasana	 PALM TREE POSE (Upward Salute) Sanskrit Name: Urdhva Hastasana	 STANDING FORWARD BEND (Fold) Sanskrit Name: Uttirasana
<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b>		<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>
 HALF STANDING FORWARD BEND Sanskrit Name: Ardha Uttirasana	 HIGH LUNGE Sanskrit Name: Uthita Ashwa Sanchalanasana	 CHAIR POSE Sanskrit Name: Ukatasana
<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b>		<b>X-BE VERY CAUTIOUS-WRIST</b>
 TRIANGLE POSE Sanskrit Name: Trikonasana	 EXTENDED SIDE ANGLE POSE Sanskrit Name: Uthitha Parsvotkantasana	 STAFF POSE Sanskrit Name: Dandasana
 EASY POSE Sanskrit Name: Sukhasana	 BOUND ANKLE / COBBLER'S POSE Sanskrit Name: Baddhe Konesana	 HALF LORD OF THE FISHES POSE Sanskrit Name: Ardha Matsyendrasana
 TABLE POSE (Table Top Pose) Sanskrit Name: Bhajarinasana	 CAT POSE Sanskrit Name: Marjaryasana	 COW POSE Sanskrit Name: Bitilasana
 BALANCING TABLE POSE (Balancing Table Top Pose) Sanskrit Name: Dandayemana Bhajarinasana	<b>X-BE VERY CAUTIOUS-WRIST</b>	 SPHINX POSE Sanskrit Name: Salamba Bhujangasana
 COBRA POSE Sanskrit Name: Bhujangasana	 BIG TOE POSE Sanskrit Name: Padangusthasana	 CHILD'S POSE Sanskrit Name: Balasana
	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>
 ONE-LEGGED BOAT POSE Sanskrit Name: Ekapada Navasana	 DOLPHIN POSE Sanskrit Name: Catur Svanasana	 BRIDGE POSE Sanskrit Name: Setu Bandha Sarvangasana
 GARLAND POSE (Frog Squat Pose) Sanskrit Name: Malasana	 DOWNWARD-FACING DOG POSE Sanskrit Name: Adho Mukha Svanasana	 PLANK POSE Sanskrit Name: Kumbhikasana
<b>X-BE VERY CAUTIOUS-WRIST</b>		
 CHATURANGA Sanskrit Name: Chaturanga Dandasana	 UPWARD-FACING DOG Sanskrit Name: Urdhva Mukha Svanasana	

### 53 INTERMEDIATE YOGA POSES

 SIDE PLANK Sanskrit Name: Vasisthasana	 WILD THING Sanskrit Name: Camatkarasana	 HALF FROG POSE Sanskrit Name: Ardha Bhekasana
<b>X-BE VERY CAUTIOUS-WRIST</b>		
 FROG POSE Sanskrit Name: Mandukasana	 MARICH'S POSE I Sanskrit Name: Marichyasana I	 MARICH'S POSE II Sanskrit Name: Marichyasana II
 MARICH'S POSE III Sanskrit Name: Marichyasana III	 TWISTED MARICH'S POSE III Sanskrit Name: Parivrita Marichyasana	 WARRIOR I POSE Sanskrit Name: Virabhadrasana I
	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b>	<b>X-BE VERY CAUTIOUS-SPINE</b>
 TWISTED WARRIOR POSE / SIDE ANGLE POSE WITH PRAYING HANDS Sanskrit Name: Twisted Warrior Pose / Side Angle Pose With Praying Hands	 TWISTED TRIANGLE POSE Sanskrit Name: Parivrita Trikonasana	 BOUND TWISTED SIDE ANGLE POSE Sanskrit Name: Baddha Parivrita Parsvotkantasana
<b>X-BE VERY CAUTIOUS-GROIN</b>	 WARRIOR II POSE Sanskrit Name: Virabhadrasana II	 WARRIOR III POSE Sanskrit Name: Virabhadrasana III
 MONKEY POSE Sanskrit Name: Hanumanasana	<b>X-BE VERY CAUTIOUS-KNEE</b>	<b>X-BE VERY CAUTIOUS-KNEE</b>
 REVERSE WARRIOR POSE Sanskrit Name: Viparita Virabhadrasana	 HERO POSE Sanskrit Name: Virasana	 HALF RECLINED HERO Sanskrit Name: Ardha Supta Virasana
<b>X-BE VERY CAUTIOUS-KNEE</b>	 EXTENDED HAND-TO-BIG-TOE POSE Sanskrit Name: Uthitha Hasta Padangusthasana	<b>X-BE VERY CAUTIOUS-KNEE</b>
 RECLINING HERO POSE Sanskrit Name: Supta Virasana	 UPWARD BOW OR WHEEL POSE Sanskrit Name: Urdhva Dhanurasana	 HERON POSE Sanskrit Name: Krounchasana
<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	
 BOW POSE Sanskrit Name: Dhanurasana	 ONE-LEGGED KING PIGEON POSE Sanskrit Name: Eka Pada Rajakapotasana I	 LIZARD POSE Sanskrit Name: Uthan Pristhasana
 PIGEON POSE Sanskrit Name: Eka Pada Rajakapotasana	 HEAD TO KNEE POSE Sanskrit Name: Janu Sirsasana	 TREE POSE Sanskrit Name: Vrksasana
 EAGLE POSE Level: Intermediate Sanskrit Name: Garudasana	<b>X-DO NOT DO BECAUSE OF KNEE</b>	 LORD OF THE DANCE POSE Sanskrit Name: Natarajasana
<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	
 TWIST CHAIR POSE Sanskrit Name: Parivrita Utkatasana	 YOGA RABBIT POSE Sanskrit Name: Sasangasana	 HALF LOTUS POSE Sanskrit Name: Padmasana
 LOTUS POSE Sanskrit Name: Padmasana	<b>X-BE VERY CAUTIOUS-WRIST</b>	<b>X-BE VERY CAUTIOUS-WRIST AND RISK OF FALL</b>
 SCALE POSE Sanskrit Name: Tolasana	 CRANE POSE Sanskrit Name: Kakasana	 CROW POSE Sanskrit Name: Kakasana Level: Intermediate
<b>X-BE VERY CAUTIOUS-WRIST AND RISK OF FALL</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	
 SIDE CROW POSE Sanskrit Name: Parsva Bhakasana Level: Intermediate / Advance	 HALF BOAT POSE Sanskrit Name: Ardha Navasana	
 FULL BOAT POSE Sanskrit Name: Paripurna Navasana Level: Intermediate / Advance	 FISH POSE Sanskrit Name: Matsyasana	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>
<b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>
 SUPPORTED SHOULDER STAND Sanskrit Name: Sarvangasana Level: Intermediate / Advance	 PLOVER POSE Sanskrit Name: Halasana Level: Intermediate / Advance	 EAR PRESSURE POSE / KNEE-TO-EAR POSE Sanskrit Name: Kamapadasana Level: Intermediate / Advance
 HALF-MOON POSE Sanskrit Name: Ardha Chandrasana	 COMPASS POSE Sanskrit Name: Parivrita Surya Yantasana	 TWISTED HEAD-TO-KNEE POSE Sanskrit Name: Parivrita Janu Sirsasana
<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>
 STANDING SPLIT POSE Sanskrit Name: Urdhva Passarita Eka Padaasana	 ARCHER POSE Sanskrit Name: Akarna Dhanurasana Level: Intermediate / Advance	 YOGA HANDSTAND POSE Sanskrit Name: Adho Mukha Vrksasana Level: Intermediate / Advance
<b>X-BE VERY CAUTIOUS BECAUSE OF SPINAL ISSUES</b>	<b>X-BE VERY CAUTIOUS-WRIST</b>	
 CAMEL POSE Sanskrit Name: Ustrasana	 ELEPHANT TRUNK POSE Sanskrit Name: Eka Hasta Bhujasana	

### 19 ADVANCED YOGA POSES

 FULL LORD OF THE FISHES POSE Sanskrit Name: Purna Matsyendrasana	 FEATHERED PEACOCK POSE (Forearm Stand) Sanskrit Name: Pincha Mayurasana	 SCORPION POSE Sanskrit Name: Vrischikasana
<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>
 FIREFLY POSE Sanskrit Name: Tilbhajana	 BIRD OF PARADISE POSE Sanskrit Name: Svalga Divasana	 PEACOCK POSE Sanskrit Name: Mayurasana
 ONE-LEGGED KING PIGEON POSE II Sanskrit Name: Eka Pada Rajakapotasana II	 LITTLE THUNDERBOLT POSE Sanskrit Name: Laghu Vajrasana	 KING PIGEON POSE Sanskrit Name: Kapotasana
<b>X-BE VERY CAUTIOUS-WRIST</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>
 SAGE KOUNDIYA I POSE Sanskrit Name: Eka Pada Koundinyasana I	 SAGE KOUNDIYA II POSE Sanskrit Name: Eka Pada Koundinyasana II	 ONE-LEGGED CRANE POSE Sanskrit Name: Eka Pada Bakasana
<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	<b>X-DO NOT DO BECAUSE OF SPINAL ISSUES</b> <b>X-DO NOT DO BECAUSE OF OCULAR ISSUES</b>	<b>X-BE VERY CAUTIOUS-KNEE</b>
 FLYING CROW POSE Sanskrit Name: Eka Pada Galavasana	 UPWARD-FACING TWO-FOOTED STAFF POSE Sanskrit Name: Dvi Pada Viparita Dandasana	 BHARADVAJA'S TWIST Sanskrit Name: Bharadvajasana
<b>X-BE VERY CAUTIOUS-WRIST</b>	<b>X-BE VERY CAUTIOUS-WRIST</b>	<b>X-BE VERY CAUTIOUS-WRIST</b>
 EIGHT ANGLE POSE Sanskrit Name: Astavakrasana	 SAGE HALF BOUND LOTUS POSE Sanskrit Name: Katyavalambana	 SHOULDER PRESSING POSE Sanskrit Name: Bhujapidasana
	<b>X-BE VERY CAUTIOUS-KNEE</b>	
	 SKULL SHINING BREATH Sanskrit Name: Kapalabhati Pranayama	