

## 3D Anatomy for Yoga: The Essential Guide DVD-ROM

### ASANAS

View and interact with the accurate and interactive 3D model of the skeleton with muscles posed into 26 asanas.

#### Name of Pose (Asana)

Mountain pose  
Extended Hands and Feet Pose  
Side Hands and Feet Pose  
Triangle pose  
Tree pose  
Extended Side Angle  
Revolved Triangle  
Pyramid Pose  
Warrior I  
Warrior II  
Warrior III  
Downward Dog  
Plank  
Lunge  
Side Plank  
Four-Limbed Staff Pose  
Headstand  
Shoulderstand  
Staff pose  
Sage pose  
Seated Forward Bend  
Pigeon  
Cobra  
Upward Dog  
Wheel Pose  
Supine Twist

#### Sanskrit Name

Tadasana  
Utthita Hasta Padasana  
Parsva Hasta Padasana  
Utthita Trikonasana  
Vrksasana  
Utthita Parsvakonasana  
Parivrrta Trikonasana  
Parsvottanasana  
Virabhadrasana 1  
Virabhadrasana II  
Virabhadrasana III  
Adho Mukha Svanasana  
  
Ardha Mandalasana  
Vasisthasana  
Chaturanga Dandasana  
Salamba Sirsasana  
Salamba Sarvangasana  
Dandasana  
Marichyasana  
Pashimottanasana  
Eka Pada Rajakapotasana  
Bhujasana  
Urdhva Mukha Svanasana  
Urdhva Dhanurasana  
Supta Matsyendrasana