

# THE 12 BASIC POSTURES

- Practice in the morning or evening before meals.
- Begin with the sun salutation. Synchronise the breath with each movement.
- The asanas should be practiced slowly and in a relaxed manner.
- Between asanas, relax with six to eight deep breaths in the corpse pose to avoid fatigue.
- Concentrate your thoughts on each asana and try not to let your mind wander.
- After completion of the asanas relax for 10 minutes in the Corpse pose.



**1 HEADSTAND**  
*Sirshasana*



**2 SHOULDERSTAND**  
*Sarvangasana*



**3 PLOUGH**  
*Halasana*



**4 FISH**  
*Matsyasana*



**5 SITTING FORWARD BEND**  
*Paschimothasana*



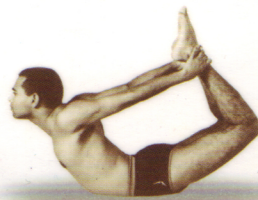
**6 COBRA**  
*Bhujangasana*



**7a HALF LOCUST**  
*Ardha Salabhasana*



**7b FULL LOCUST**  
*Salabhasana*



**8 BOW**  
*Dhanurasana*



**9 HALF SPINAL TWIST**  
*Ardha Matsyendrasana*



**10a CROW**  
*Kakasana*



**10b PEACOCK**  
*Mayurasana*



**11 STANDING FORWARD BEND**  
*Pada Hasthasana*



**12 TRIANGLE**  
*Trikonasana*



**FINAL RELAXATION**  
*Savasana*



**Sivananda Yoga Vedanta Centre**

45 - 51 Felsham Road, London SW15 1AZ

[www.sivananda.co.uk](http://www.sivananda.co.uk) • [www.sivananda.eu](http://www.sivananda.eu) • Tel: 020 8780 0160