

# Hatha Yoga Basic Sequence #1 - Yoga Maya Marga

## Sun Salutation



## Standing Poses



1. Wide Leg Forward Fold  
Prasarita  
Padottanasana



2. Triangle  
Trikonasana



3. Standing Forward Fold  
Uttanasana

## Transition/Relaxation



4. Childs Pose  
Balasana



5. Corpse Pose  
Shavasana

## Back Bends



6. Cobra  
Bhujangasana



7. Half Locust  
Ardha Shalabhasana



8. Bow  
Dhanurasana

## Seated Forward Folds



9. Single Leg Forward Fold  
Janusirsana



10. Forward Fold  
Paschimottasana

## Twists & Inversions



11. Side Twist  
Ardha  
Matsyendrasana



12. Shoulder Stand  
Sarvangasana



13. Half Fish  
Matsyasana



14. Knees To Chest  
Pawanmuktasana



15. Reclined Side Twist -Ardha  
Matsyendrasana



16. Corpse Pose  
Shavasana

Bhastrika, Nadi  
Shuddhi,  
Meditation  
Closing Mantras

