

Yogarsutra Free Yoga Library



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Please, click the link provided under each yoga posture to download on your device.

Goddess Pose

<https://www.yogarsutra.com/wp-content/uploads/2020/01/godess-pose.pdf>

Anjanayasana

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Dhanurasana

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Malasana

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Pashchimottanasana

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Reclined Bound Angle Postures

<https://www.yogarsutra.com/wp-content/uploads/2020/01/Recline-bound-angle-pose-supta-b-andha-konasana1.pdf>

Butterfly Pose

<https://www.yogarsutra.com/wp-content/uploads/2020/01/LYP-butterfly-or-baddh-konasana.pdf>

Ushtrasana Or Camel Pose

<https://www.yogarsutra.com/wp-content/uploads/2020/01/LYP-Ustrasana.pdf>

Vajrasana

<https://www.yogarsutra.com/wp-content/uploads/2020/01/LYP-Vajrasana.pdf>

Frog Pose

<https://www.yogarsutra.com/wp-content/uploads/2020/01/LYP-Frog-pose.pdf>

Tree Pose

<https://www.yogarsutra.com/wp-content/uploads/2019/04/Tree-Pose.pdf>

Sun Salutation (All Postures)

<https://www.yogarsutra.com/wp-content/uploads/2019/04/Sun-salutation-guide.pdf>

Warrior Pose

<https://www.yogarsutra.com/wp-content/uploads/2019/04/Warrior-Pose-Veeerbhadrasana.pdf>

Matsyasana

<https://www.yogarsutra.com/wp-content/uploads/2019/04/Half-fish-pose-aka-Matsyendra-Asana.pdf>

Locust Pose

<https://www.yogarsutra.com/wp-content/uploads/2019/04/Salabhasana-Locust-Pose.pdf>

Pigeon Pose

<https://www.yogarsutra.com/wp-content/uploads/2019/04/Rajkapotasana-Pigeon-Pose.pdf>

Extended Triangle Pose

<https://www.yogarsutra.com/wp-content/uploads/2020/03/extended-triangle-pose.pdf>

Lying Spinal Twist

<https://www.yogarsutra.com/wp-content/uploads/2020/03/LYP-Spinal-Twist-Lying1.pdf>

Eagle Pose

<https://www.yogarsutra.com/wp-content/uploads/2019/04/Eagle-Pose-Garunasana1.pdf>

Staff Pose

<https://www.yogarsutra.com/wp-content/uploads/2019/04/Dandasana-aka-Staff-Poes.pdf>

Ankle Over Knees Stretch

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Bridge Pose

<https://www.yogarsutra.com/wp-content/uploads/2019/04/BRIDGE-POSE.pdf>

Wild Things Yoga Postures

<https://www.yogarsutra.com/wp-content/uploads/2020/04/LYP-Camatkarasana-AKA-Wild-thing.pdf>

Reverse Plank Pose

<https://www.yogarsutra.com/wp-content/uploads/2020/04/LYP-Reverse-Plank-aka-purvottasana.pdf>

Anahatasana

<https://www.yogarsutra.com/wp-content/uploads/2020/04/LYP-Anahatasana.pdf>

Sarvangasana

<https://www.yogarsutra.com/wp-content/uploads/2020/05/LYP-Sarvangasana.pdf>

Warrior III Yoga Posture

<https://www.yogarsutra.com/wp-content/uploads/2020/09/WARRIOR-III.pdf>

Crocodile Pose

<https://www.yogarsutra.com/wp-content/uploads/2020/09/Crocodile-Pose-🐊-Makarasana.pdf>

Leg Up The Wall Posture

<https://www.yogarsutra.com/wp-content/uploads/2020/11/VIPRITA-KARNI-AKA-LEG-UP-THE-WALL-POSE.pdf>

Child Pose, Cobra Pose, Savasana

<https://www.yogarsutra.com/wp-content/uploads/2018/08/yfb-part5.pdf>

Plank Pose and Vajrasana

<https://www.yogarsutra.com/wp-content/uploads/2018/08/yfb-part4.pdf>

Cat and Cow Posture

<https://www.yogarsutra.com/wp-content/uploads/2018/08/Yfb-part3.pdf>

Forward Fold And Downward Facing Dog Posture

<https://www.yogarsutra.com/wp-content/uploads/2018/07/YFB-Part2-2.pdf>

Prayer Pose and Mountain Pose

<https://www.yogarsutra.com/wp-content/uploads/2018/07/YFB-Part2.pdf>

Other Useful Links Of Our Channels And Website

Yogarsutra YouTube Channel

<https://www.youtube.com/channel/UC1oBnh7QPZRYflrVJI8SK6A>

Popular Posts On Yogarsutra

What Is Your Favourite Colour- The Colour Psychology

<https://www.yogarsutra.com/your-favorite-color-predicts-color-psychology/>

How To Use Yoga Wheels (tutorial)

<https://www.yogarsutra.com/yoga-poses-with-yoga-wheel/>

Excellent Way To Start Meditation As A Beginner

<https://www.yogarsutra.com/excell-to-meditate-as-a-beginner/>

How yoga and meditation balance your body Chakras

<https://www.yogarsutra.com/yoga-meditation-balance-body-chakras/>

Yoga poses to balance your root Chakra

<https://www.yogarsutra.com/yoga-poses-balance-root-chakra/>

Yoga poses to unblock your sacral Chakra

<https://www.yogarsutra.com/best-yoga-poses-unblock-sacral-chakra/>

Throat Chakra Yoga Sequence

<https://www.yogarsutra.com/wp-content/uploads/2020/05/Throat-Chakra-Yoga-Sequence-Pdf1.pdf>
