Figures

All of the figures are contemporary photographs of asanas modelled by yoga instructors Kimber Allan and Carolyn Ferreira. The photographs were taken by Molly Cameron.

- I.1 Adho mukha shvanasana (downward-facing dog pose) 6
- I.2 Tittibhasana B (firefly pose B) 7
- I.3 Samasthiti (equal standing pose) 10
- 1.1 Urdhva hastasana (raised hands pose) 33
- 1.2 Padmasana (full lotus pose) 36
- 2.1 Shavasana (corpse pose) 59
- 2.2 Ardha uttanasana (half forward fold pose) 83
- 3.1 Chaturanga dandasana (low plank pose) 88
- 3.2 Utthita hasta padangusthasana (extended hand-to-big-toe pose) 89
- 3.3 Marichyasana D (ray of light pose, or pose of the sage Marichi D) 114
- 4.1 Eka hasta vrikshasana (one-handed tree pose) 120
- 4.2 Parshva bakasana (side crow pose) 121
- 4.3 Urdhva dhanurasana (upward-facing bow pose) 122
- 4.4 Trikonasana (triangle pose) 132
- 4.5 Shirshasana (headstand pose) 133
- 4.6 Badha konasana (bound angle pose) 134
- 4.7 Urdhva padmasana (upward lotus pose) 141
- 4.8 Matsyasana (fish pose) 142

FIGURES

- 5.1 Urdhva mukha shvanasana (upward-facing dog pose) 153
- 5.2 Dandasana (staff pose) 154
- 5.3 Karnapidasana (ear press pose) 155
- C.1 Kapotasana (pigeon pose) 191
- C.2 Vrishchikasana (scorpion pose) 192
- C.3 Prasarita padottanasana C (wide-legged forward bend pose C) 206
- A.1 Tittibhasana A (firefly pose A) 208