



# YOGA ASANA REFERENCE BOOK

Your Free Guide on How to Be Inversion Free

# ***Welcome to Your Free Guide on How to Be Inversion Free***

## ***Welcome!***

Congrats on taking the first steps in taking control of your yoga practice so you can fully participate in your classes.

This Free Guide is a portion of the full 65+ page Reference Manual included with the How to Be Inversion Free Course and is downloadable as a PDF so you can keep it in your smartphone or your tablet and have it next to your mat while you are practicing. It is also printable.

The pictures and minimal cues will help you implement changes immediately!

The sections are:  
Poses Commonly Found in All Vinyasa Classes  
Standing Poses\*  
Standing Balances  
Kneeling Poses  
Seated Poses  
Reclined Poses  
Proceed with Caution\*  
Poses to Avoid\*

**Once you learn the modifications, you can use them in any class, anywhere.**

Thank you for letting me contribute to your yoga experience.  
Om Shanti, Shanti, Shanti

***With Much Love, Holly***

\* Available with the full version.



# Child's Pose

## Knees Together

1



2



3



1. Slide your elbows down onto the thighs and either bring the hands to prayer or if they can reach, you can touch the mat.

2. Take either your blocks or bolster and bring it underneath the forearms. And/OR take a third block or pillow and bring it underneath the forehead.

3. Bring the bolster as close to you as possible and stack your props so you are fully supported.

1



2



3



# Child's Pose

## Knees Apart

1. Rest on your elbows on the mat with an extended spine; head stays up.

2. Elbows on the mat and rest your forehead on the block, high level.

3. Bring the bolster as close to you as possible and stack your props so you are fully supported.

### Key:



Good for a **FAST**  
paced Class



Good for a **SLOW**  
paced Class

# Sun Salutation "A"



Starting in  
**Tadasana**

Inhale Hasta  
Tadasana

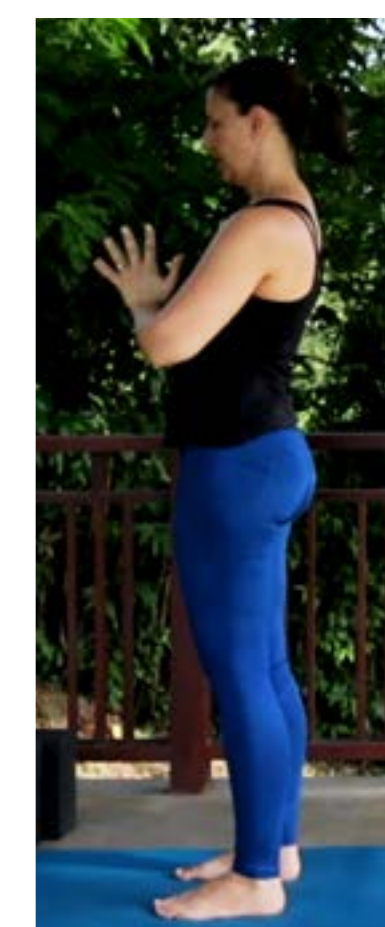
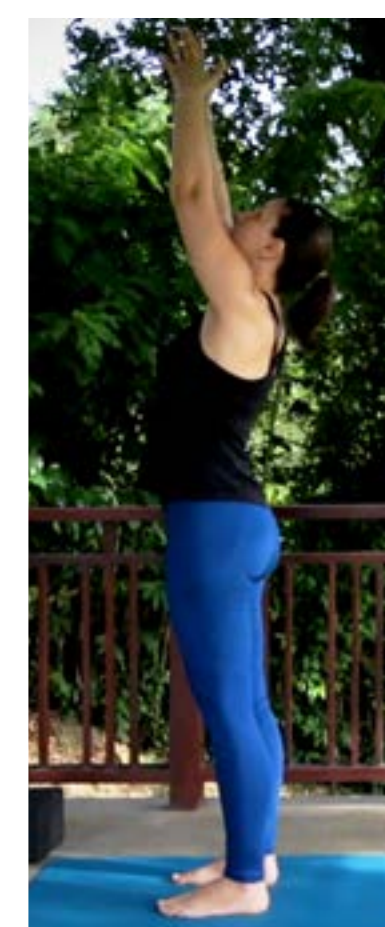
Exhale Uttanasna

Inhale Ardha  
Uttanasana

Exhale Uttanasana

Plank to Belly

Inhale  
Cobra or Updog



Exhale  
Child's Pose

Walk hands to  
Plank

Inhale Ardha  
Uttanasana

Exhale Uttanasana

Inhale Hasta  
Tadasana

**Exhale  
Tadasana**

This variation of Sun Salutation is from the Ashtanga tradition and is only **one** of many examples of a Sun Salutation. Different traditions as well as different teachers have their own variations on this theme. Use this as a skeleton and always make sure to have your blocks or props next to your mat.

# Standing Split



1. Use fingertips on the highest level of the block.



2. Use hands on the wall.

# Half Monkey

1



3



2



4



1. Blocks on the highest level.
2. Blocks on the medium level.
3. Blocks on the lowest level.
4. Fingertips to mat.

# Paschimottanasana/Caterpillar Pose



1



1. Use an active, long spine; hands on the legs where they can reach.

2



2. Bring the bolster and/or other props onto your lap in any organization; this is only one example.  
*NOTE:* make sure to support the head in this variation.

1



2



3



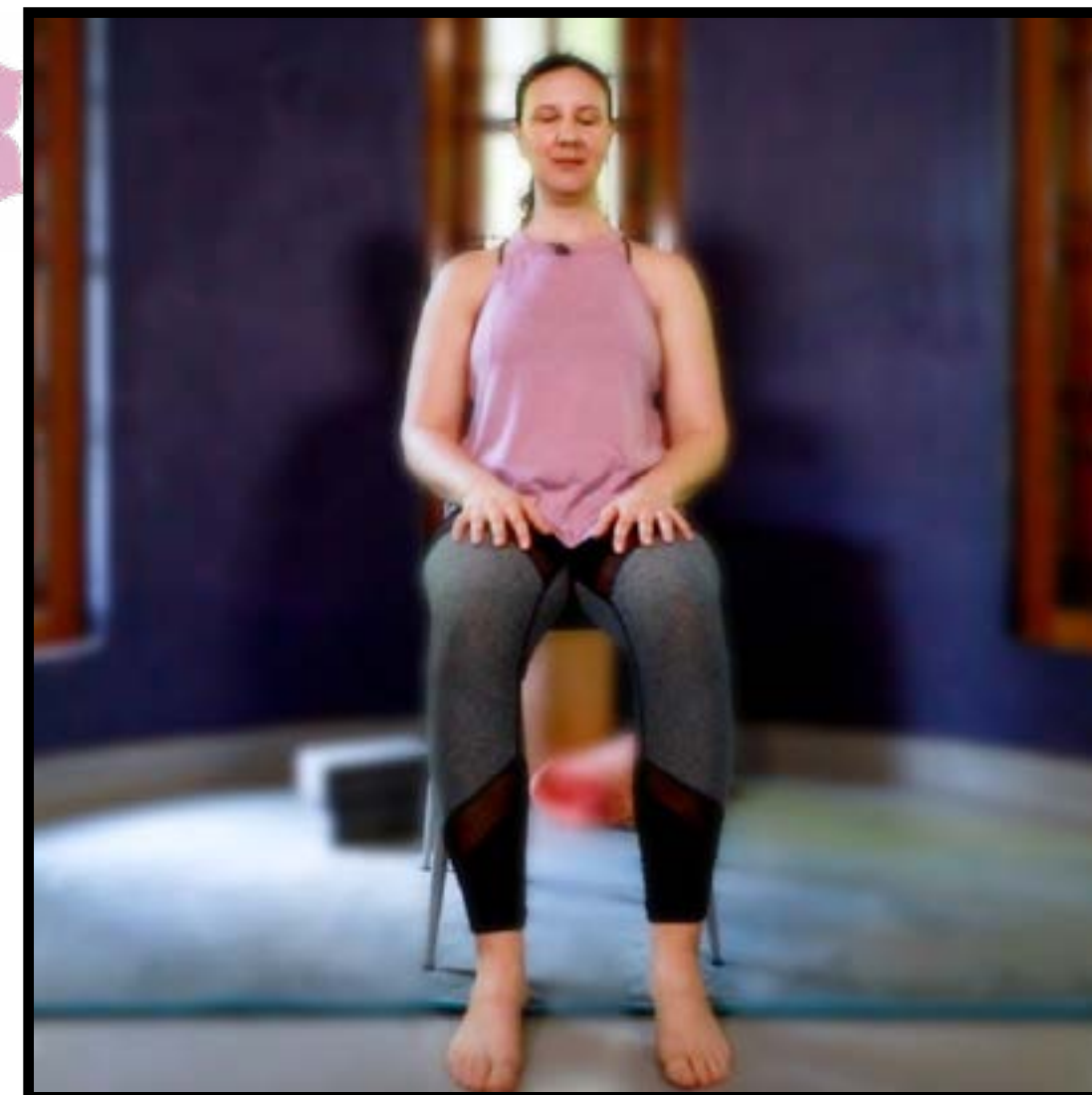
# Savasana



4



5



1. Block set up

2. Place one block on the lower level between shoulder blades and one on the next level up under the base of your skull.

3. Take the blocks and stack them on their low level. Place your bolster or pillows and stack them on the diagonal.

*Opt. If you don't need that much height, use one block instead.*

4. Sit in a comfortable position on the mat hands either on your legs or stacked in your lap.

5. Sit with your back up against the chair or wall.

# NOTES:

*HollyR.JahnYoga.com*

## **Acknowledgements:**

Photos provided by Holly R Jahn and Timothy Jahn.

Photo locations: Sri Lanka and Bali @Inang Villa in Ubud.

Much thanks to my husband, family, and friends for their support and patience and to Shanti Atma Yoga for guidance.

