



YOGA ASANA REFERENCE BOOK

Your Guide on How to Be Inversion Free

Welcome to Your Guide on How to Be Inversion Free Asana Reference Book

Welcome!

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

This book is best used while you move through the videos within the How to Be Inversion Free Course. It contains pictures, some flows, and minimal cues for the asana modifications covered and is a downloadable PDF so you can keep it in your smartphone or your tablet to have next to you while practicing.

It is also printable – just know it's a hot 65+ pages. Of course, you can choose to print only the section(s) you'd like.

The sections are:

- Common Elements Found in Every = Vinyasa Classes
- Standing Poses (two feet)
- Balancing Poses
- Kneeling Poses
- Seated Poses
- Reclined Poses
- Proceed with Caution
- Poses to Avoid

Any Pose with a **RED** border around it is a guide of what NOT to do.

Remember that when it comes to Sun Salutations, there are SO MANY variations out there. Some from different traditions, like Ashtanga & Hatha and sometimes teachers come up with their own variations on those themes (including yours truly). However, among all the variations provided for you, the inverted parts of any sun salutation that come up are covered. If you have questions – [contact me](#).

Remember, 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



Asana Modifications:
COMMON ELEMENTS

FOUND IN EVERY VINYASA CLASS



1



2



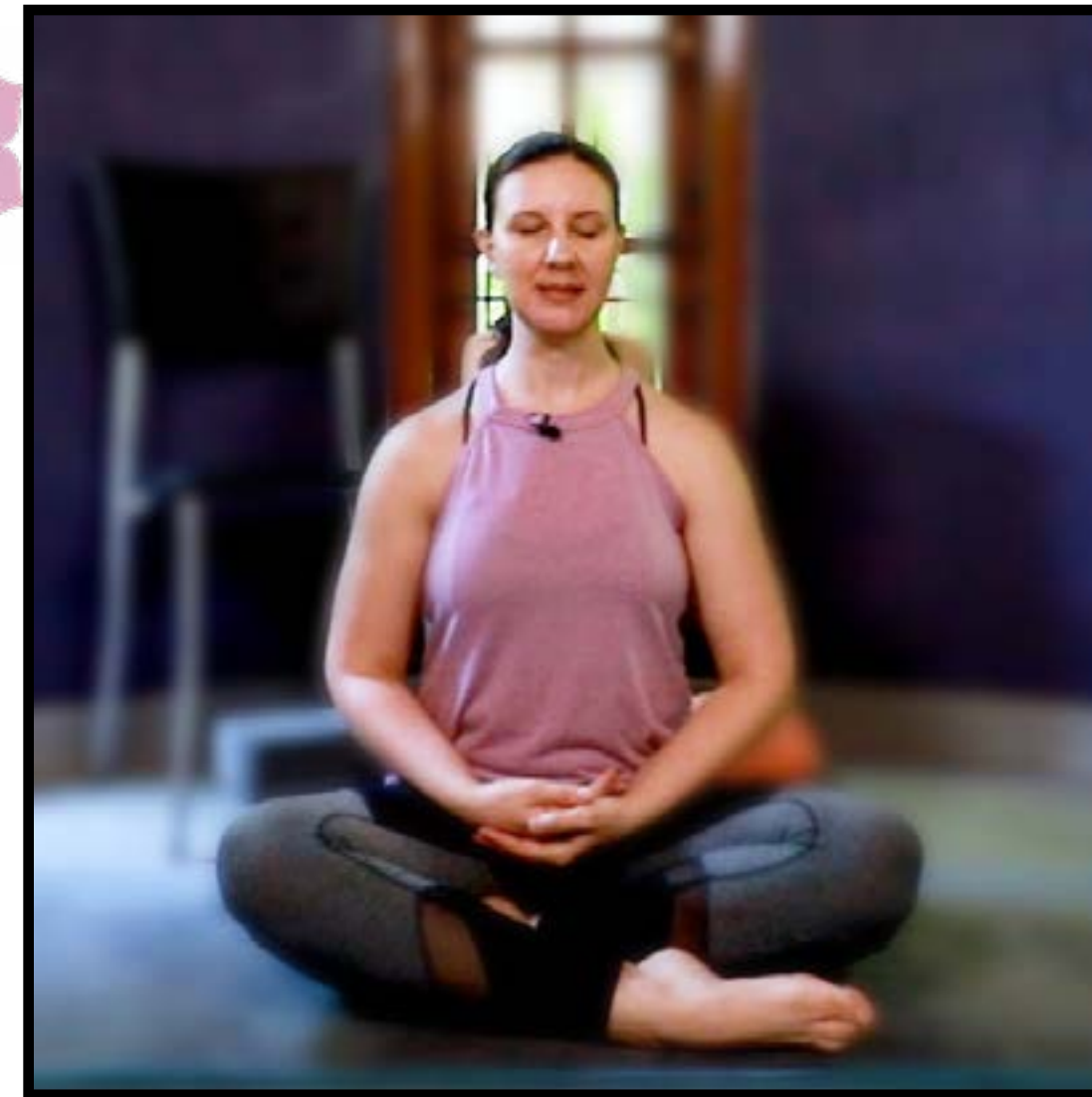
3



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.

Child's Pose

Knees Together

1



3



2



4



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 you take the third block or pillow and you bring it underneath the forehead.

3. Using blocks; extend arms and rest on blocks. A third prop can be used under the head.

4. 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

5



8



6



9



7



10



Child's Pose

Knees Apart



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

6. Rest elbows on blocks, height of choice, spine long.

7. Use the blocks on their medium level, forearms rest on the blocks; opt. Prop under the head.

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

9. Rest on your elbows with an extended spine; head stays up.

10. Use a chair under your arms and rest your head on your arms.

1



Happy Puppy



1. Use the chair seat; cushion the knees, Opt. support under hands.

2



2. Place hands on the wall, shoulder height. Walk the feet back; bend knees for more intensity; just like Downward Facing Dog at the wall.

Cat/Cow



As you curl into cat, keep your eyes on the front of the mat to prevent an inversion.

1



2



3



Plank

Same Options for Side Plank



1. On the mat, make sure to keep the pelvis in line.
--> Once pelvis goes up = possible inversion.
2. Use the blocks underneath the hands.
3. Use your chair; the seat or the top.
4. Against the wall

4



Downward Facing Dog

1



2



2 Parts:

1: Childs pose: Place the blocks on their medium level and reach the arms forward.

2: Press back into a squat to stretch lower legs.

Downward Facing Dog cont.

3



4



5



3. Hands on the wall at shoulder height and walk the feet back.

NOTE: You can use a countertop, a high table, or on any flat surface that will bear some of your weight.

4. Use the top of a chair.

5. Hold Plank as an alternative.

Three Legged Dog Transitions

On the Wall

1



1. Three Legged Dog.

2



2. Flexion/Knee toward chin or chest; lift standing heel.

3



3. Step floating foot forward & under hip.

1a



1a. Twisted Three Legged Dog.

4



4. Standing leg slides back into a lunge.

Tip:

Try these possible transitions:
1 → 2 → 3 → 4 or
1 → 1a → 2 → 3 → 4

Three Legged Dog Transitions

With a Chair

1



2



3



4



1. Three Legged Dog using the top of the chair; Press hands down for stability.
2. Flexion/Knee toward chin or chest; lift standing heel. Hands can move to the seat.
3. Option to step through to lunge on the chair.
4. Twisted Three Legged Dog.

Tip:

Try this possible transition:

1 → 4 → 1 → 2 → 3

Half Sun Salutation



**Starting in
Tadasana**

Inhale Hasta
Tadasana

Exhale Uttanasna

Inhale Ardha Uttanasana

Exhale Uttanasana

Inhale Hasta
Tadasana

**Exhale
Tadasana**

NOTE: Bend the knees enough so the hips are low in Uttanasana. If the knees can not bend enough to drop the hips and have the fingers touch the mat without going into an inversion, use your blocks on the highest level or touch your legs where you can reach.

Sun Salutation “A”



Starting in
Tadasana

Inhale Hasta
Tadasana

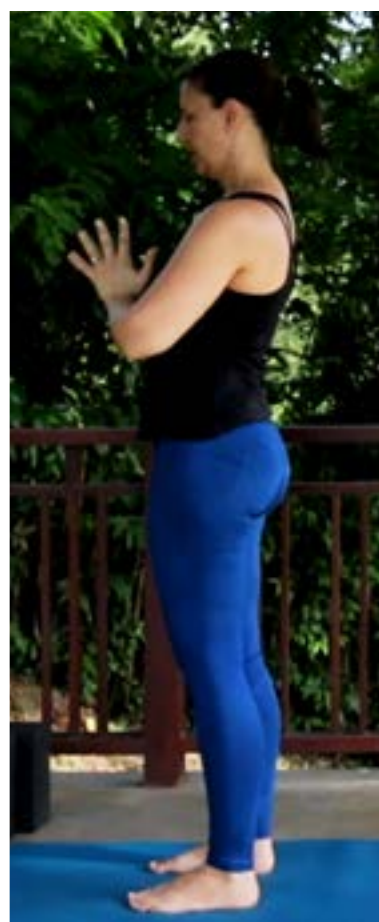
Exhale Uttanasna

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 a 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.

Sun Salutation "A" w/Chair



Starting in
Tadasana



Inhale Hasta
Tadasana



Exhale Uttanasana



Inhale Ardha
Uttanasana



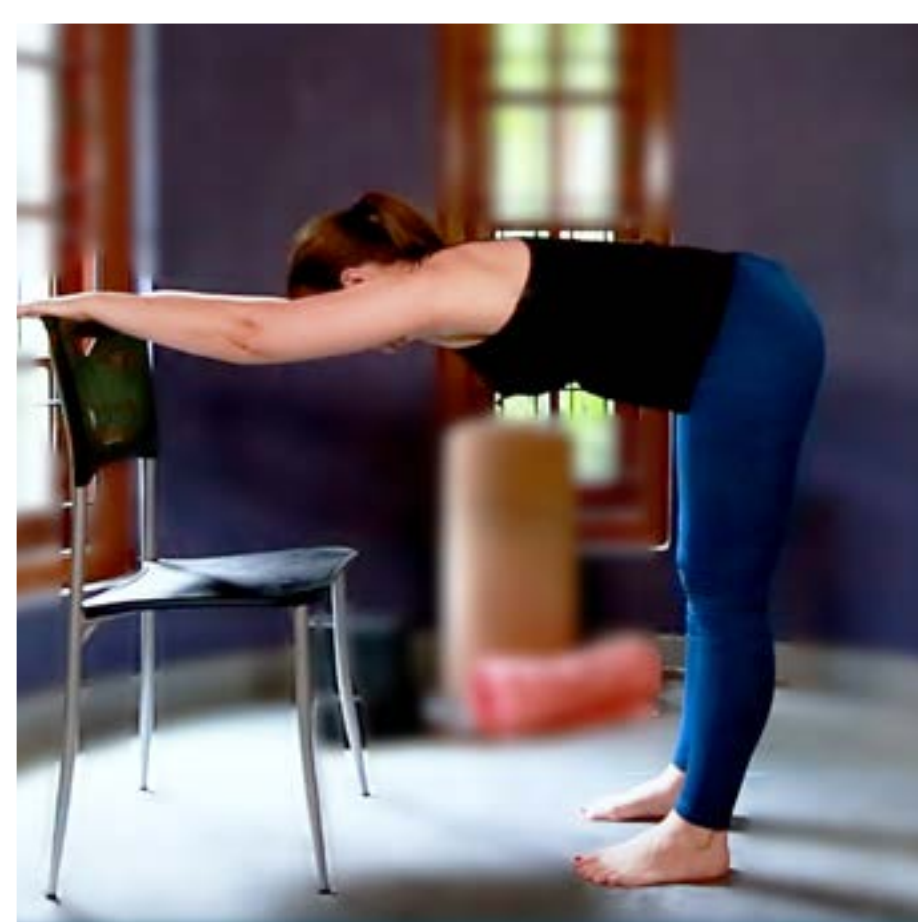
Exhale Uttanasana



Step Back to Plank
Lower to Chaturanga



Inhale
Cobra or Updog



Downward Facing
Dog



Inhale Ardha
Uttanasana



Exhale Uttanasana



Inhale Hasta
Tadasana



Exhale
Tadasana

Sun Salutation "B"



Starting in
Tadasana



Inhale
Chair Pose



Exhale Uttanasna



Inhale Ardha
Uttanasana



Exhale Uttanasana



Step Back to Plank
Lower to Chaturanga



Inhale Cobra or Updog

Vinyasa



Exhale Childs Pose
with Tucked Toes



Inhale Step Forward
with Right Foot



Exhale Outwardly Rotate
Back Leg



Inhale
Warrior 1



Exhale Step Back to Plank
Lower to Chaturanga

Vinyasa

NOTE: This breath pattern is a suggestion. If this doesn't make sense to you, just make sure to keep breathing.

Continued on the Next Page...

Sun Salutation “B” cont.



Inhale Cobra or Updog



Exhale Childs Pose
with Tucked Toes



Inhale Step Forward
with Left Foot



Exhale Outwardly Rotate
Back Leg



Inhale
Warrior 1

Vinyasa



Exhale Step Back to Plank
Lower to Chaturanga



Inhale Cobra or Updog



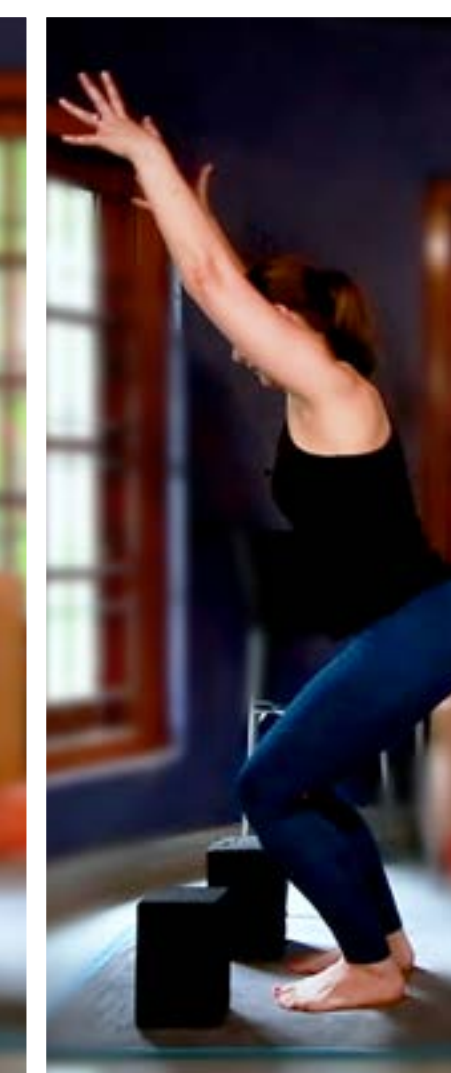
Exhale Childs Pose
Stay 5 Breaths



Inhale Ardha
Uttanasana



Exhale Uttanasna



Inhale
Chair Pose



**Finish in
Tadasana**

Poses in Every Vinyasa Class

Asana Modifications:

STANDING POSES



Twisted Chair Pose

1



2



1. **YES!** Twisted Chair with the Head higher than the Heart

2. **NO!** Twisted Chair inverted.
If you find yourself here, untuck the elbow and use your hands against your thigh OR Drop the hips lower.

Humble Warriors

1



2



1. Humble Warrior 1 (Hips Square): Keep lifted through the ribs and shoulders.

2. Humble Warrior 2 (Hips Open): Keep the spine long and tall.

Parsvottanasana

1



1. Hands to the thigh.

2



2. Hands just below the knee.

3



3. Use the blocks on their high level and touch your fingertips to the blocks.

4



4. Option: More Intensity: flex the front foot, slightly bend the back knee.
NOTE: Hands can be placed like #1, #2, or #3.

5



5. Use your hands on the seat of the chair.

6



6. Hands to the wall, just below shoulder level.

Triangle

1



2



3



4



1. Hand to the thigh.

2. Hand to the shin.

3. Use the block on the high level; fingertips touch.

4. **NO!** This is an inversion.

NOTE: Top arm can extend.

Twisted Triangle

1



2



3



4



1. Hand to the thigh.
2. Hand to the shin bone.
3. Use a block on the high level; fingertips touch.
4. Use a Chair.

1



2



Prasarita

With Blocks



3



1. Use fingertips on the highest level.
2. Palm of hands down on the highest level.
3. Make fists and rest knuckles on the highest level.

1



2



3



Prasarita

With a Bolster



This prop only works if it is hip height once feet are set up.

1. Forehead to bolster; hands above or below knees.
2. Forehead to bolster; hands rest on the bolster.
3. If the arms are long enough, fingertips touch the mat.

NOTE: Blocks can be used under the hands if needed/wanted.

1



2



Prasarita

With a Chair



1. Elbows rest on the seat, hands to prayer.
2. Elbows rest on the seat, hold onto elbows.

1



2



3



Extended Side Angle (Binding)

1. **YES!** Keep hips down so heart and head are higher.
2. Use a chair.
3. **NO!** This is an inversion.

Asana Modifications:

BALANCING POSES

Half Moon Balance/Chaprasana

1



3



5



2



4



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

2. Use hand on the wall.

3. Use the top of the chair; Press hand down for stability.

4. Use the seat of the chair; Press hand down for stability.

5. Chaprasana using a block as in #1.

Twisted Half Moon Balance

1



2



3



1. Use fingertips on the highest level of the block.
2. Use hand on the wall.
3. Use the seat of the chair; Press hand down for stability.

Standing Split

1



3



2



4



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

2. Use hands on the wall.

3. Use the top of the chair; Press hands down for stability.

4. Use the seat of the chair; Press hands down for stability.

Wild Thing

1



1. *On the mat*; stay in a side plank & arch here.

2. *Using the chair*, from Three Legged Dog to flip into Wild Thing.

2



Wild Thing cont.

3

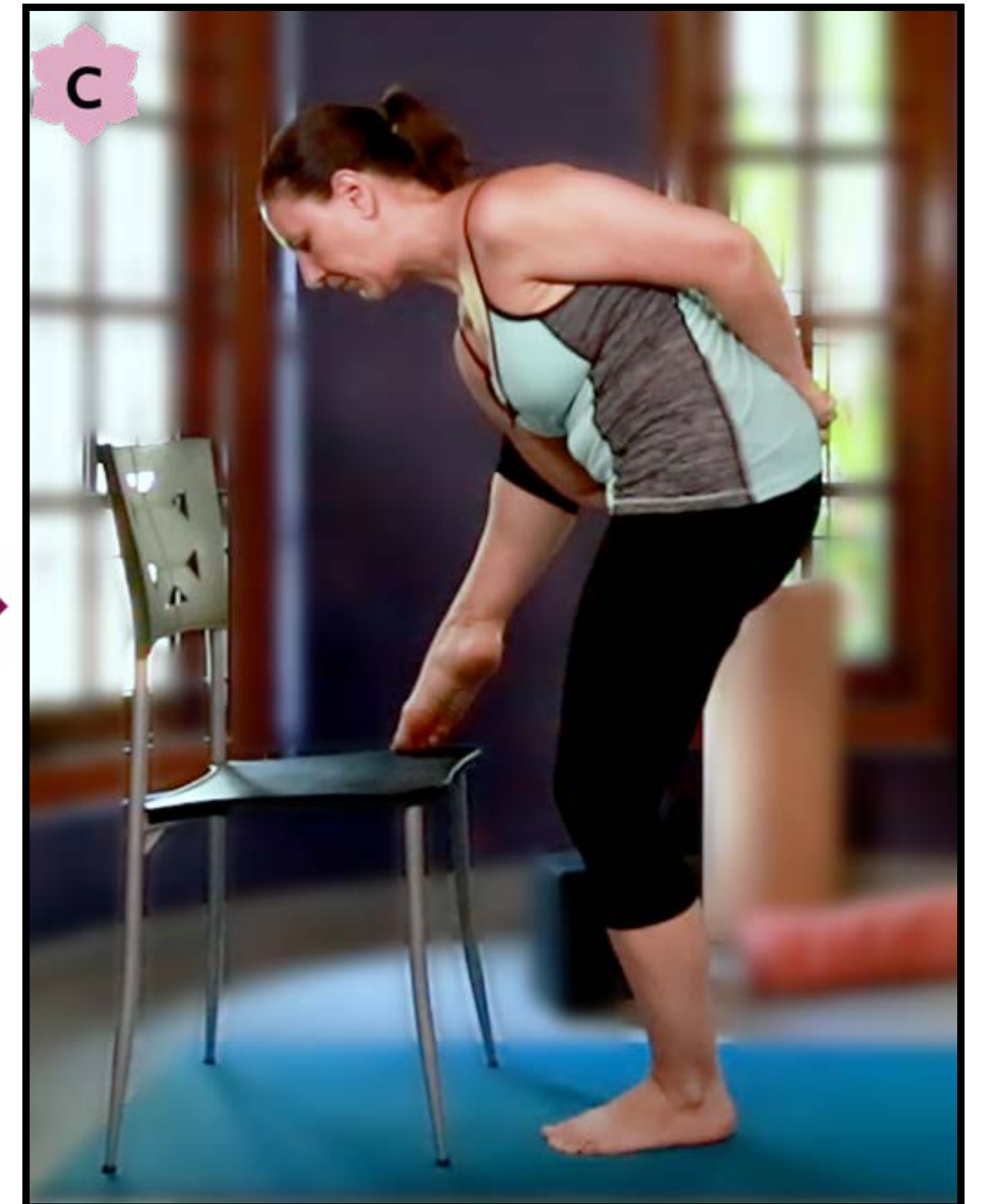


3. *Hopping Method*: From Three Legged Dog,
 a) floating leg pulls inward,
 b) hop forward and turn 1/4,
 c) sweep floating leg back,
 d) floating foot touches the seat of the chair for Wild Thing.

Bird of Paradise

Using the chair:

- Take Extended Side Angle on the chair.
- Move into the bind, making sure your head stays lifted.
- Hop the back foot forward. Square off the hips. Extend the top leg from here.



1



2



Airplane Pose



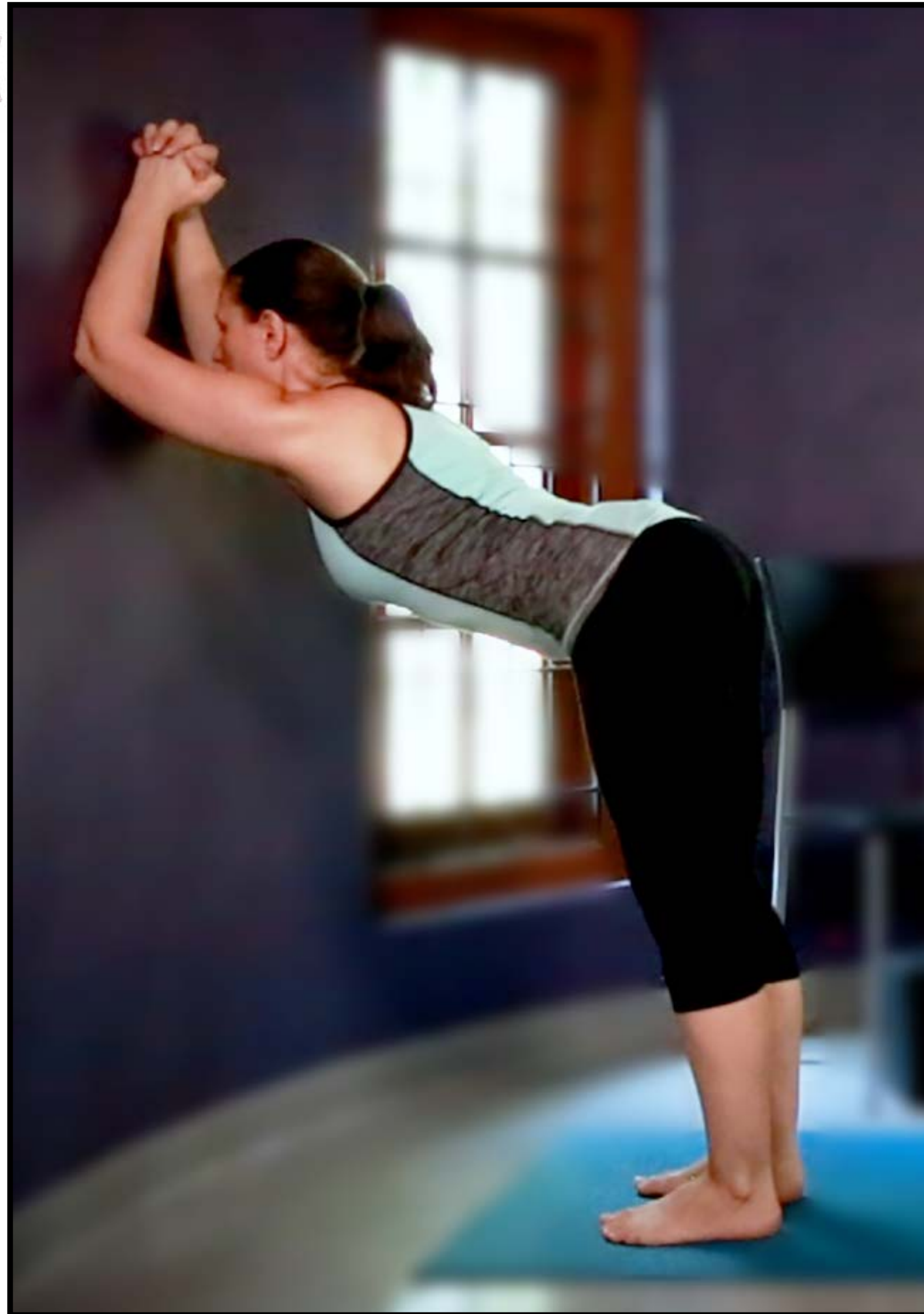
1. Using the chair, from a high lunge with the foot on the seat of the chair, tuck the shoulder underneath, and extend the arms out like an airplane.

2. **NO!** This is an inversion

UNLESS...your hips are open enough to keep the hips lower than the chest/head.

Dolphin Pose

1



1. *Using the wall*; major benefits are core activation and shoulder strengthening.

2. *Using the chair*; major benefits are the shoulder stretch and core activation with no inversion.

2



1



2



3



Skandasana



1. Hands on the mat; good for tighter hips

2. For more open hips, bend the elbows anywhere from a small angle all the way to a 90° angle on the mat.

3. Use props under your hands or elbows to create the height you need.

Asana Modifications:

KNEELING POSES



Half Monkey

1



3



2



4

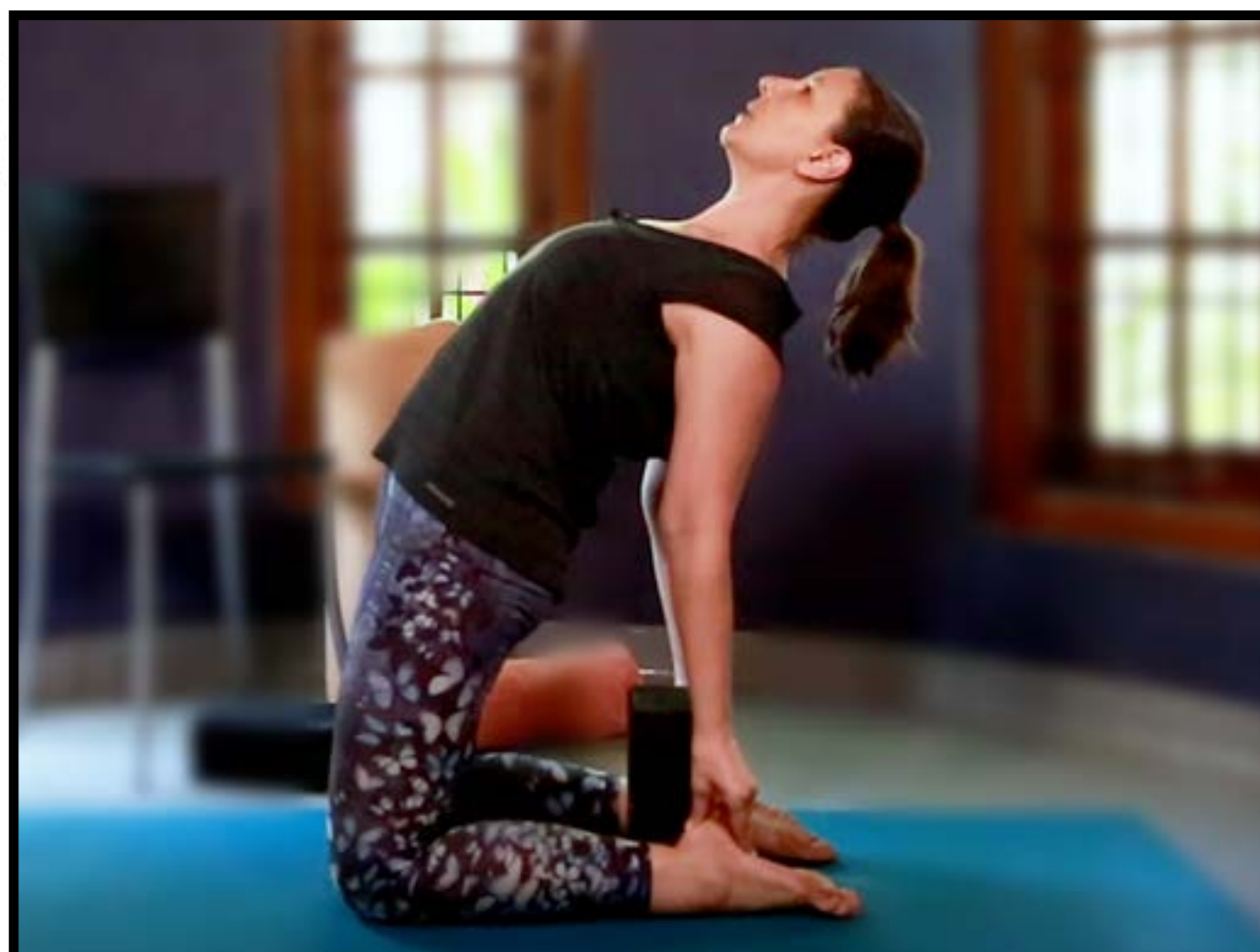


1. Blocks on the highest level.
2. Blocks on the medium level.
3. Blocks on the lowest level.
4. Fingertips to mat.

Camel Pose

1. **YES!** Be mindful the head does not drop so low that it is below the heart
2. **NO!** This is an inversion.

1



2

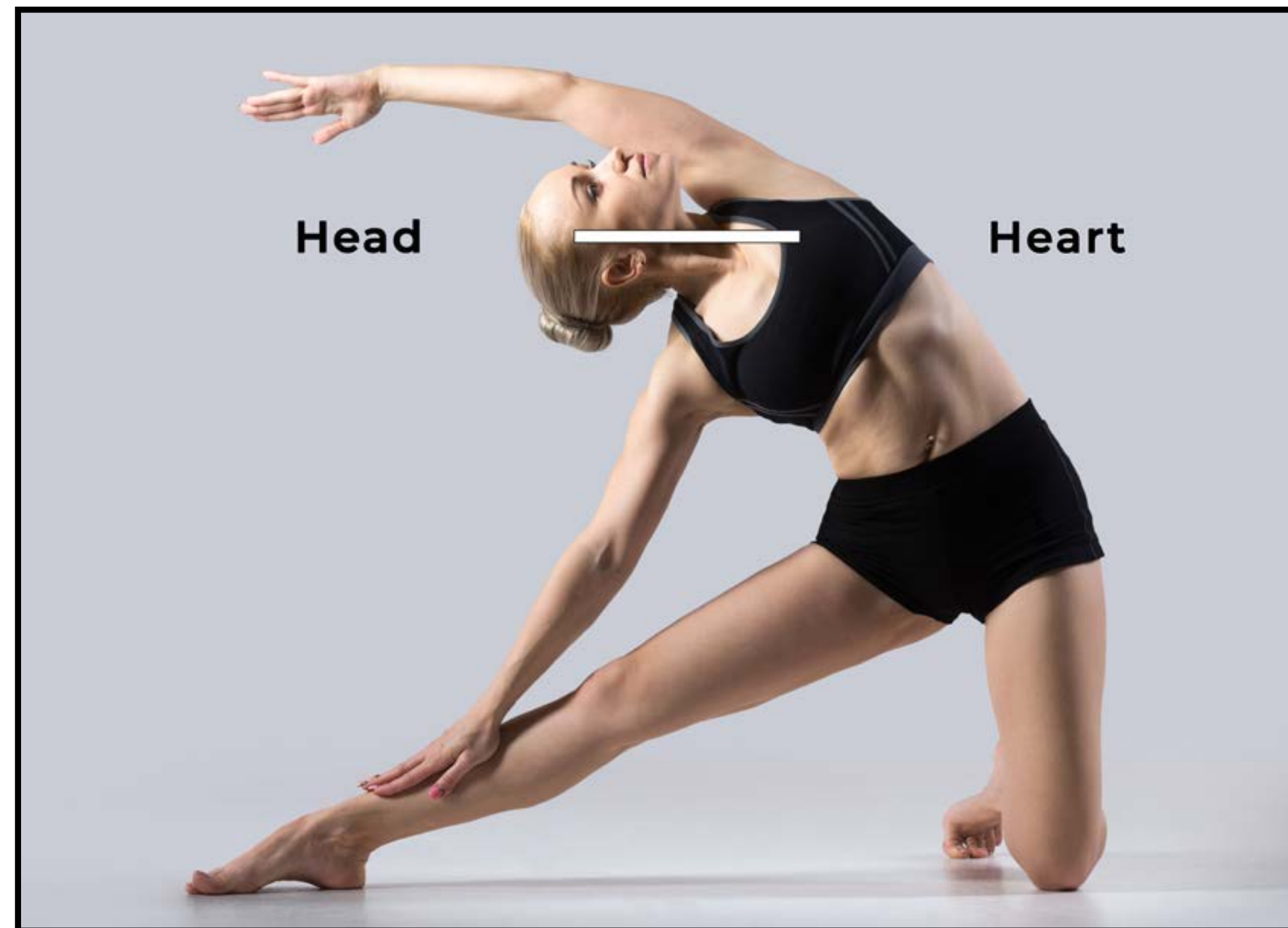


<https://www.freepik.com/photos/pilates>

Gate Pose



Make sure that the head always stays in line with the heart or higher so you're - at most - parallel to the ground.



<https://www.freepik.com/photos/pilates>

1



1. Frog pose using the hands;
best for tight hips.

2



2. Using Blocks for more
open hips.

3



3. Using a Bolster.

Frog Pose & Half Frog Pose



4



5



4. Half Frog using the hands.

5. Half Frog using a Bolster.
Note: Blocks can be used instead.

Reclined Hero Pose

1. Prop up on your elbows and keep the neck long.
2. Bring a towel, bolster, or blocks underneath your spine, your head, and neck, so that you can keep yourself on an incline.

1



2



Lizard Pose



To fold forward: set up your blocks—low or medium level depending on hip openness.



1



2



Thread the Needle

3



1. From a wide legged Child's Pose, stack the blocks the low level. Place the bolster on top of your blocks so the highest point is further away from you.

2. From a wide legged Child's Pose, stack the blocks; one on the low level and one on the high level.

NOTE: Be mindful of neck position with this variation.

3. No props in a seated position. Twist while gently pulling one arm across the chest.

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FREE ZONE INVER-
SION FREE ZONE

Asana Modifications:

SEATED POSES

INVERSION FREE
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FREE ZONE INVER-
SION FREE ZONE

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.

Marichyasana A

If needed, use the block on its high level between the thigh and the forehead.



Upavistha Konasana/Straddle



1. No props: straight spine resting on the elbows if accessible.

2. Bring the bolster and/or other props onto your lap in any organization; this is only one example.



Baddha Konasana; Bound Angle Pose

1



3



2



4



1. No props: straight spine using the elbows.

2. Use blocks stacked up on your feet.

NOTE: Use one block or two!

With a Chair:

3. Rest head on seat use elbows on thighs.

4. Rest arms under head on seat.

Janu Sirsasana & Parivrtta Variation

1



1. No props. Use an active, long spine; hands on the legs where they can reach.
2. If needed, use the block on its high level between the thigh and the forehead.
3. **NO!** This is an inversion. Instead, use a block(s) under the head to prevent this from happening.

2



3



Fitness yoga photo created by yanalya - www.freepik.com

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FREE ZONE INVER-
SION FREE ZONE

Asana Modifications:
RECLINED POSES

INVERSION FREE
ZONE INVERSION
FREE ZONE INVER-
SION FREE ZONE

Reclined Poses

The following pages contain poses that are typically done lying flat on the mat. You have the same options as in Savasana, covered in the “Poses Found in Every Vinyasa Class” section. As a reminder, here are two possibilities.

1. Place one block on the lower level between shoulder blades and one on the next level up under the base of your skull. *NOTE: This option is less stable for certain poses like reclined twist.*
2. 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.

1



2



Reclined Bound Angle Pose



Happy Baby



Supta Padangsthasana

Wind Relieving Pose



Reclined Pigeon Pose



Reclined Cow Face Pose



Reclined Twist

Lift the hips.
Rotate to the hip you want your legs to lower to.
Then lower the legs to that direction.

Prop under the legs or between the knees if needed.



Fish Pose



1. Without props; chin to chest.
2. With props stacked under spine and head for support.



Bridge Pose

1



2



3



4



1. Use blocks under your elbows on Low or Medium level.

2. Use the bolster under your elbows for more cushion.

3. With a chair; balance on forearms or elbows on the seat of the chair. Lift the hips to move into the pose.

4. With a chair: bring the hands behind you; lift and arch the back. Keep chin toward chest or look up to ceiling.

1



2



3



Legs Up the Wall



1. Bolster & blocks with legs bent on the seat of the chair.
2. Bolster & blocks with legs straight on the back of the chair.
3. Reclined Butterfly on the chair.

NOTE: You can use an actual wall instead.

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Asana Modifications:

PROCEED WITH CAUTION

INVERSION FREE
ZONE INVERSION
FREE ZONE INVER-
SION FREE ZONE

1



4



2



1. Eka Pada Koundinyasana 1 & 2

2. Side Crane Pose

3. Firefly Pose

4. Peacock Pose

5. Wounded Peacock

6. Ashtangpranam

5



3



6



Asana Modifications:

POSES TO AVOID

with Alternatives



Headstand

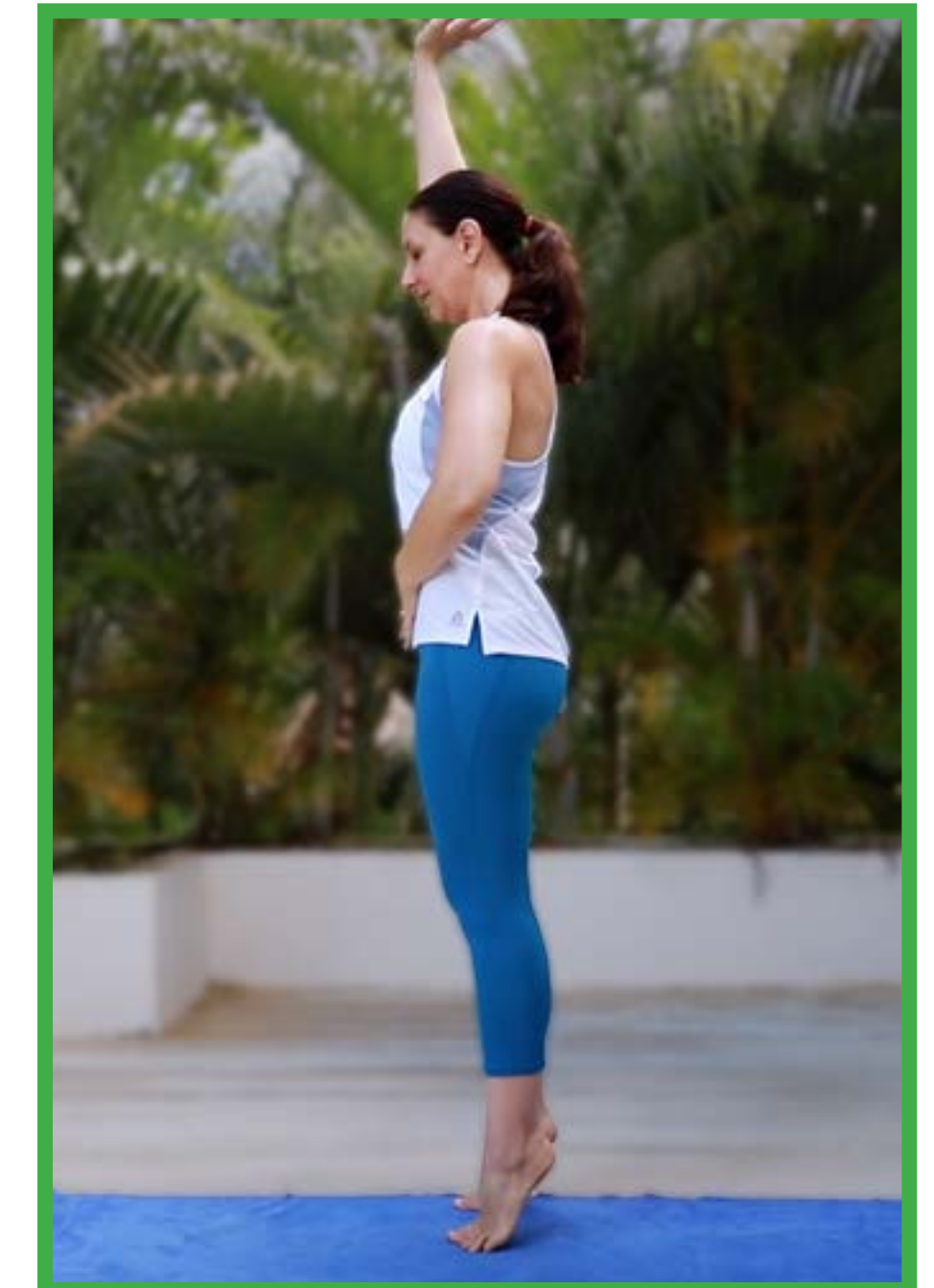


Tripod

Flip it; keep the belly engaged, lift onto balls of feet and extend both arms up by ears.



Handstand



Try Boat Pose with Tripod arms





Shoulderstand

OR



Plow Pose



Erector Spinae Stretch in Paschimottasana



Pindasana (Embryo Pose)

Photo by Elina Fairytale from Pexels



Flip It! Use your Bandhas!!



Karnapidasana



Happy Baby

OR



Flip It! (Props are Opt.)



Crow & Crane Poses



Alternate pulling the knee to armpit.



Any forearm balances like Scorpion Pose, Feathered Peacock Pose, etc...



Scorpion & variations



Feathered Peacock Pose



Forearm or Regular Plank



OR



Chaturanga Push Ups



Hare/Rabbit Pose



Against the Wall



OR

Holding Cat Pose



Dove Pose

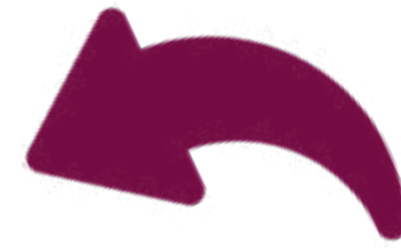


Bridge Pose Modification





Omit the Forward Fold



Ardha Baddha
Padmottanasana



Ardha Baddha Paschimottanasana

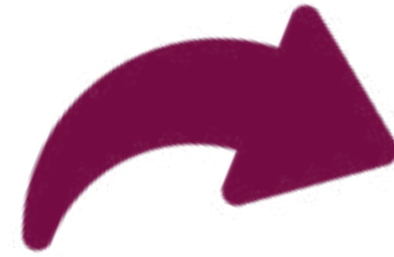


Tree Pose



Flying Pigeon

Photo by Elina Fairytale from Pexels



Cross Legged Chair Pose
OR
Traditional Pigeon Pose



NOTES:

HollyR.JahnYoga.com

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Pictures of other yoga peeps are from the following sources:

by yanalya - www.freepik.com

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