Appendix 1. 26 studied yoga postures. Sanskrit name of yoga posture is italicized. *Suspected to be contraindicated in pregnancy.12,13 Photographs taken by Chris Gahler, Jersey Shore University Medical Center.

1. Easy pose, Sukhasana
2. Seated forward bend, Paschimottanasana
3. Cat pose, Marjaryasana
4. Cow pose, Bitlasana
5. Mountain pose, Tadasana
6. Warrior I, Virabhadrasana I
7. Standing forward bend, Uttanasana
8. Warrior II, Virabhadrasana II
9. Chair pose, Utkatasana
10. Extended side angle pose, Utthita Parsvakonasana
11. Extended triangle pose, Utthita Trikonasana
12. Warrior III, Virabhadrasana III
13. Upward salute, Urdhva Hastasana
14. Tree pose, Vrksasana
15. Garland pose, Malasana
16. Eagle pose, Garudasana
17. Downward facing dog, Ado Mukha Svasana*
18. Child’s pose, Balasana*
19. Half moon pose, Ardha Chandrasana
20. Bound angle pose, Baddha Konasana
21. Hero pose, Virasana
22. Camel pose, Ustrasana
23. Leg up wall pose, Viparita Karani
24. Happy baby pose, Ananda Balasana*
25. Lord of the fishes pose, Ardha Matsyendrasana
26. Corpse pose, Shavasana*

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