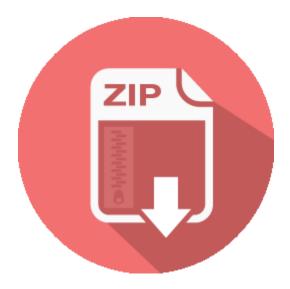
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#### List of asanas Wikipedia

An sana is a hatha yoga posture; the term is derived from the Sanskrit word for 'seat'. While many of the oldest mentioned asanas are indeed seated postures for meditation, asanas may be standing, seated, arm-balances,

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#### Asana Wikipedia

In yoga, an asana is a posture in which a practitioner sits, originally for meditation, but more generally for hatha yoga, including postures that are reclining, standing, inverted, twisting, or balancing as well as seated. http://ebookslibrary.club/Asana-Wikipedia.pdf

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