

瑜^{ㄩˊ}伽^{ㄐㄚˊ}

Basic Yoga Poses in Chinese



Lotus

蓮^{ㄌㄧㄢˊ}花^{ㄏㄨㄚˊ}式^{ㄕㄨˋ}



Cobra

眼^ㄢ鏡^{ㄐㄩㄥˋ}蛇^{ㄕㄨㄛˊ}式^{ㄕㄨˋ}



Tree

樹^{ㄕㄨˋ}式^{ㄕㄨˋ}



Chair

幻^{ㄏㄨㄢˋ}椅^{ㄑㄩˊ}式^{ㄕㄨˋ}



Warrior II

戰^{ㄓㄢˋ}士^{ㄕㄨˋ}第^{ㄉㄧˊ}二^{ㄥㄨˊ}式^{ㄕㄨˋ}



Dancer

舞^{ㄨˊ}王^{ㄨㄥˊ}式^{ㄕㄨˋ}



Side Plank

側^{ㄘㄟˋ}板^{ㄅㄢˋ}式^{ㄕㄨˋ}



Downward Dog

下^{ㄒㄚˋ}犬^{ㄉㄨㄢˊ}式^{ㄕㄨˋ}