Yoga Poses

15

Web Tool for Creation, Management, and Use of a Database of Sports Poses

Search through all positions with livesearch, it gives the results as you type
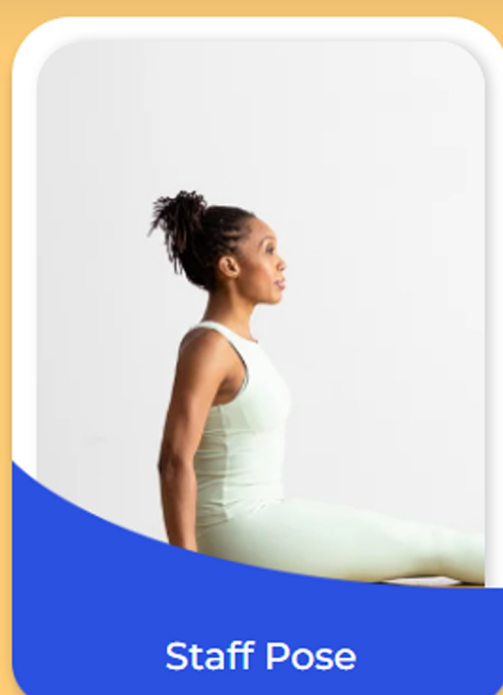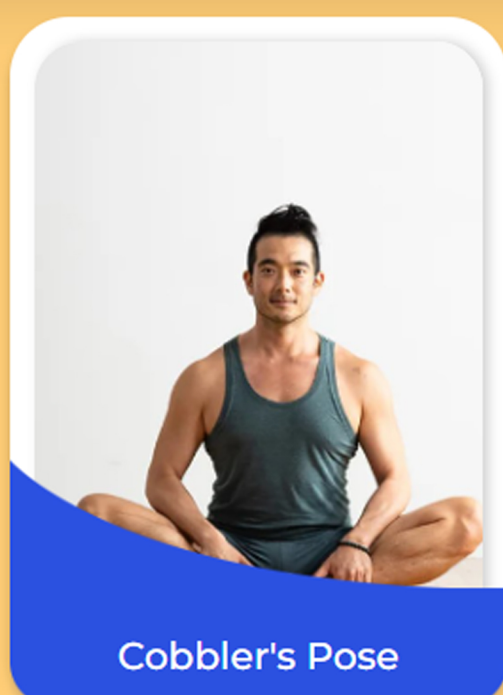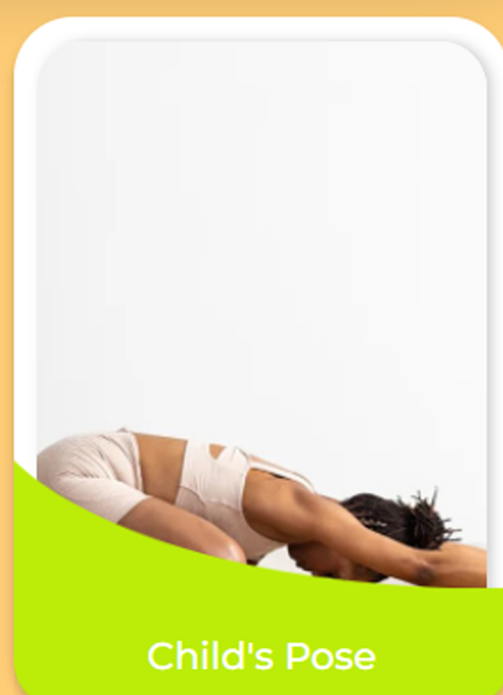
Search mode: | Name | Query

`pose`

Mountain Pose | Triangle Pose | Staff Pose | Cobbler's Pose | Child's Pose

or search with new search language Queries, where you can specify logical relationship between tags
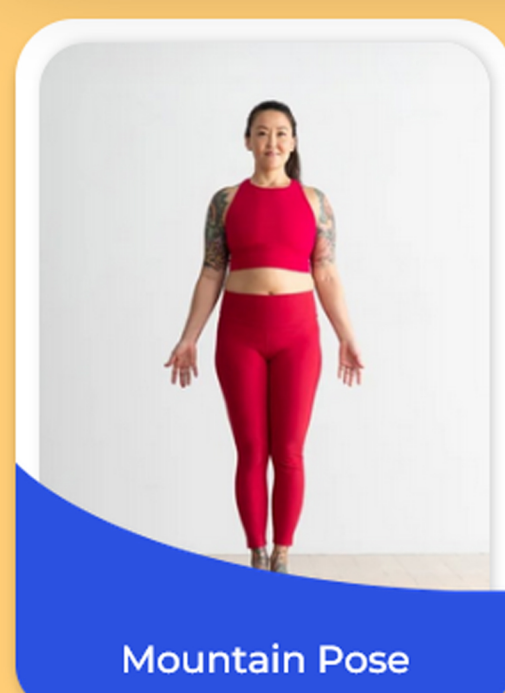
Search mode: | Name | Query

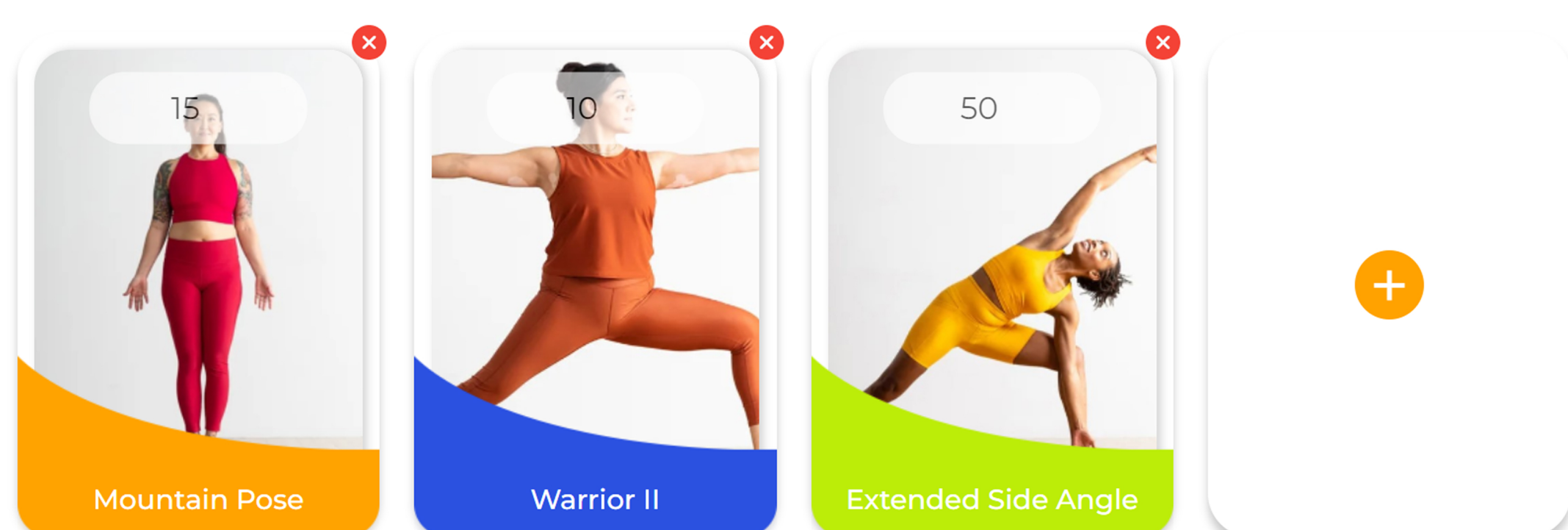`#medium or #hard and not ( #Outside or #Sitting )`

Mountain Pose | Warrior II | Cat | Staff Pose | Cobbler's Pose

You can create your own Yoga routine

15 | 10 | 50 | +

Mountain Pose | Warrior II | Extended Side Angle

You can also share your routines and queries with others. And in return you will be able to copy theirs!

And train your routines

Current position

0:56

Warrior II

Next position

Extended Side Angle

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