

# Yoga Studio

This chart shows the characters and the key strokes needed to use each.

Key	Shift Char	Char	Key	Shift Char	Char
A		 <i>Siddhasana</i> Perfect Pose	J		 <i>Sirsasana</i> Headstand
B		 <i>Tadasana</i> Mountain Pose	K		 <i>Ardha Matsyendrasana</i> Half Lord of the Fishes
C		 <i>Uttanasana</i> Deep Forward Fold	L		 <i>Janu Sirsasana</i> Head to Knee Pose
D		 <i>Adho Mukha Svanasana</i> Downward Facing Dog	M		 <i>Navasana</i> Boat Pose
E		 <i>Chaturanga Dandasana</i> Four Limbed Staff Pose	N		 <i>Balasana</i> Child Pose
F		 <i>Urdhva Mukha Svanasana</i> Upward Facing Dog Pose	O		 <i>Savasana</i> Corpse Pose
G		 <i>Virabhadrasana I</i> Warrior Pose 1	P		 <i>Padma</i> Lotus Flower
H		 <i>Virabhadrasana II</i> Warrior Pose 2	Q		 OM
I		 <i>Trikonasana</i> Triangle Pose			