

# THE LANGUAGE OF YOGA

COMPLETE A TO Y GUIDE TO  
ĀSANA NAMES, SANSKRIT TERMS, AND CHANTS

Nicolai Bachman

Includes 58 audio tracks of guided pronunciation  
and yoga chants

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TERMS, AND CHANTS

Nicolai Bachman

## *Thank You*

David Frawley

Tias and Sūrya Little

Jeff Martens

Tim Miller

Darlene Tate

and especially

my wife, Margo,

for her ever-present support and love.

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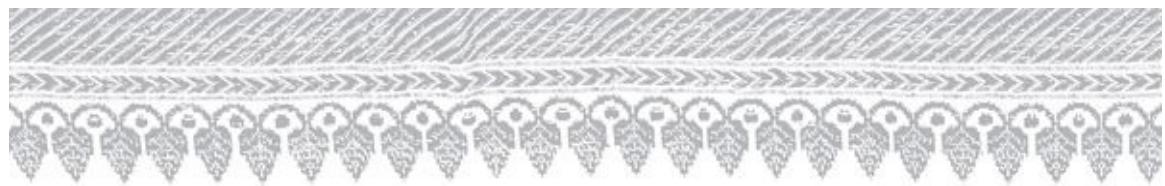
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To access the audio files that accompany this book, visit  
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# INTRODUCTION

Knowing how to properly pronounce Sanskrit is a crucial skill for serious students and teachers of yoga.

This sacred language originated from oral traditions developed to communicate the spiritual insights of ancient sages. Because Sanskrit is the language of yoga, understanding key Sanskrit terminology and its pronunciation can deepen a practitioner's knowledge of the yogic path. It can also provide a more complete understanding of the meaning and purpose of yoga *āsanas*, or postures—an understanding that is lost when these *āsanas* are known only by their English names.

Sanskrit is said to have been divinely revealed to meditating sages thousands of years ago. One story tells of Śiva beating his *damaru* drum fourteen times and creating the Sanskrit alphabet. These fourteen “Maheśvara Sūtras” form the beginning of the text defining Sanskrit grammar. The alphabet is perfectly designed for the human vocal apparatus, and the sound of each word represents the subtle energy of its meaning. Because each syllable is either one or two beats, pronouncing correctly allows one to feel the natural rhythm of the language and imbibe the true essence of the word. Sanskrit is called *Devavāṇi* or “language of the Gods” because it is said that the Gods understand and communicate in Sanskrit. Thus, sacred ceremonies like births, weddings, deaths, and religious rituals all involve Sanskrit chanting. The sound of the Vedic hymns is their life, preserved by thousands of generations through chanting.

Because Vedic wisdom was passed down orally long before it was written, no one knows when it actually began. The Vedas are the earliest known Sanskrit writings, beginning with the Ṛg Veda whose written form dates back to at least 1500 BCE. The subsequent three Vedas (Sāma, Yajur, and Atharva) are all derived from the Ṛg Veda. The Upaniṣads, which form the basis for Vedānta philosophy, are extrapolations and summaries of the Vedas. Taken together, the Vedas and their offspring Upaniṣads are known as *sruti*, meaning “heard,” because they are considered to be of divine origin, originally revealed by enlightened seers.

Yoga, along with *Āyurveda* (Indian medicine), *Jyotiṣa* (Indian astrology), and countless other branches of Vedic wisdom, was passed down orally and literally using the refined Sanskrit language. *Sūtras*, terse aphorisms packed with information and easy to memorize, were often composed to record ideas in the most efficient way possible. Only with the help of a teacher and/or a commentary could a student learn the depth of their meaning. Verses were also written in rhythmic meters, most commonly four lines of either eight or eleven syllables each. Chanting or singing these verses provides another natural and easy way to remember them by heart.

Yoga in the West is often largely focused on practicing physical postures (*āsanas*). However, *āsana* is in fact only one of eight distinct limbs of yoga (see *Aṣṭāṅga*). Knowing the posture names in Sanskrit allows teachers and students to unambiguously refer to a posture. Using the English translation as the reference may be confusing because translations can differ—the same posture may have several different English names. In addition, fully comprehending all parts of an *āsana* name can provide a deeper understanding of its form and function. Noticing how the same word is used in several different posture names will reveal subtle nuances that would otherwise be lost. The Indian process of learning is largely based on viewing an object from a variety of angles, thus seeing it in its complete form.

The purpose of this book is to preserve and encourage the correct sound and spelling of Sanskrit chants and terms related to the science of yoga. This provides a reference for yoga practitioners who wish to perpetuate the vocabulary of yoga in an accurate and respectful way. Seeing terms grouped together in logical arrangements allows one to visualize their relationship to each other.

We hope your journey on the path of yoga will expand and brighten as you experience the audio and visual energy of this beautiful language.

#### **SANSKRIT PRONUNCIATION NOTES**

*Vowel combining:* In Sanskrit, when two vowels meet they will combine into something else. For example, “paścima uttānāsana” becomes “paścimottānāsana” and “marīci āsana” becomes “marīcyāsana.”

*Consonant combining:* In Sanskrit, if the final consonant of one word is not

sound-compatible with the initial consonant of the next word, the final consonant may change. For example, “ṣaṭ mukhī” becomes “ṣanmukhī,” “tiryac mukha” becomes “tiryāñmukha,” and “catur pāda” becomes “catuṣpāda.”

Some Sanskrit sounds are pronounced slightly differently in North and South India. The “v” might sound like a “w” and the “ś” or “ṣ” may sound like a “sh” or a “s.”

There are some differences between Sanskrit and Hindi pronunciation. In Sanskrit, when a word ends with an “a,” the “a” is pronounced. In Hindi it is often dropped, even though it is written the same way. For example, the Sanskrit “āsana” sounds like “āsan” in Hindi.

SANSKRIT	HINDI
“a” at the end of a word is pronounced	“a” at the end of a word is often not pronounced
“ā” at the end of a word is long	“ā” at the end of a word is pronounced a short “a”
“ph” pronounced as an aspirated “p”	“ph” pronounced like “f”

#### EXPLANATORY NOTES

The images at the beginning of each section are the geometrical representations (*yantra*) of each elemental *cakra*. Each yantra conveys the energy that matches the associated cakra. The Sanskrit sound in the center of each yantra is that cakra’s primary sound, a single syllable ending in “m.”

SECTION	CAKRA LOCATION	ELEMENT	PRIMARY SANSKRIT SOUND
Chants for Your Practice	throat	space	ham
Yoga Terms	heart	air	yam
Aṣṭāṅga Sequences	navel	fire	ram
Āsana Names	reproductive area	water	vam
Indices	base of the spine	earth	lam

If you cannot find the Sanskrit āsana name in the A–Y section, look in the Āsana Name Synonyms index. Use the English Name Index to locate the posture by English name.

The line drawings are intended as a general representation of each posture. Some

variations are not shown. Many postures have several different names, and one name may be used for many postures. The names included here are drawn from the classical systems of yoga and the teachings of B.K.S. Iyengar and T.K.V. Desikachar. The first three series of K. Pattabhi Jois' Aṣṭāṅga system are given separately.

Many Sanskrit terms are very complex and difficult to translate into English. Because of this, the suggested meanings are not meant to be definitive. I chose to provide the literal definition for most āsana names. For yoga terms whose common meaning is different than the literal, the literal meaning is shown in quotation marks.

### AṢṬĀṄGA SEQUENCES

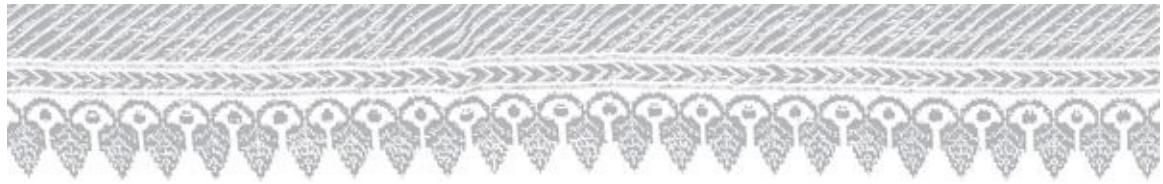
In Sanskrit the consonants are used to count variations of a posture. So ka=a, kha=b, ga=c, gha=d.

Several postures are not specifically named in the series but are done as transitory postures. These are indicated with an asterisk\*.

Many teachers have modified the first series in different ways, usually adding or deleting postures. The first series presented here is based on K. Pattabhi Jois' own writing in Sanskrit. The second and third series are consistent and drawn from the knowledge of senior practitioners.

The first and last postures (Samasthiti and Utpluti) are pronounced with an "h" on the end by most practitioners. Even though this is inconsistent with the remaining āsana names (which are not pronounced with their ending "m"), out of respect for convention it remains that way here.

Many names in the third series are different than in the A–Y section. For example, "paścimottānāsana" in the A–Y section is spelled "paścimatānāsana" in the Aṣṭāṅga section.



# CHANTS FOR YOUR PRACTICE

*Seven common chants recited as part of a yoga class*

*Seven yoga sūtras relating to the definition of yoga and āsana*



Sanskrit is a very rhythmic and musical language that lends itself well to singing and chanting. Each syllable is either short (one beat) or long (two beats).

Recording the ancient wisdom in standard meters enabled easy memorization via chanting, and therefore provided a useful means of preserving Vedic wisdom over time. The first chant, to Gaṇeśa, is from the Rg Veda, the oldest Sanskrit text, written over 3500 years ago. You can tell that it is a Vedic chant by the tonal marks above and below the letters. A horizontal line below a syllable indicates a low tone, no mark means a middle tone, and a vertical line above denotes a high tone. If there are two vertical lines above, you use a middle tone for the first beat, then a high tone for the second beat. Follow the written text as you listen to the audio and you will hear the three tones clearly.

The vast majority of Sanskrit verses are written in meter, usually four lines long with each line being a set number of syllables. The most common meters have either eight or eleven syllables in each line. All chants included here except the first two are in eight or eleven syllable meter.

The sound *Om* is thought to be the original sound from which the entire manifest universe began. *Om* itself is believed to contain all other sounds and therefore all forms of energy. It is very common to begin and end a chant with *Om*.

Chanting to a deity invokes that deity's energy, and is an auspicious way to begin a practice or endeavor. Traditionally, throughout India, Gaṇeśa is worshipped first, being the remover of obstacles and bestower of goodness and abundance. After a chant to Gaṇeśa, one performs a chant appropriate to a particular activity, whether it be a practice, meditation, new undertaking, etc. All chants should be recited with a respectful and devotional attitude.

---

## Gaṇānāṁ Tvā (R̥gveda 2.23.1) A mantra to Gaṇeśa, the elephant-headed deity who removes obstacles and grants protection.

### TRACK 1

ॐ

गुणानां॑ त्वा गुणपतिं हवामहे  
कृविं कंवीनामुपमश्रवस्तमम् ।  
ज्येष्ठराजं ब्रह्मणां ब्रह्मणस्पत्  
आ नः शृणवन्नृतिभिस्सीदु सादनम् ॥  
श्रीमहागणपतये नमः:

Om

gaṇānāṁ tvā gaṇapatim havāmahe,  
kṛvīm kavīnām upamaśravastamam,  
jyeṣṭha-rājam brahmaṇām brahmaṇaspata  
ā nāḥ śrīvannūtibhissīda sādanam.  
śrī-mahā-gaṇapataye namaḥ

Among all of Śiva's attendants, we invoke you Gaṇeśa, the seer of seers, the most glorious and eminent, sovereign of all brahmans. Oh Lord of Brahman, having heard us, sit nearby with all (your) protective energies.  
Salutations to the great and magnificent Gaṇeśa!

---

## Chant to Sarasvatī

To invoke the energy of speech and learning.

### TRACK 2

या कुन्देन्दुतुषारहारधवला	yā kundendu-tuṣārahāra-dhavalā
या शुभ्रवस्त्रावृता ।	yā śubhra-vastrāvṛtā,
या वीणावरदण्डमण्डितकरा	yā viṇāvara-daṇḍa-maṇḍita-karā
या श्वेतपद्मासना ॥	yā śveta-padmāsanā.
या ब्रह्माच्युतशङ्करप्रभूतिभिर्	yā brahmācyutaśaṅkara-prabhūtibhir
देवैः सदा वन्दिता ।	devaiḥ sadā vanditā,
सा मां पातु सरस्वती भगवती	sā māṁ pātu Sarasvatī bhagavatī
निश्चेषजाड्यापहा ॥	niśčeṣajāḍyāpahā.

Who is pure white like a garland of jasmine, the moon or snow, covered with white clothing;  
whose hands are decorated with a viṇā, boon, and staff, seated on a white lotus;  
ever worshipped by the gods led by Brahma, Viṣṇu, and Śiva; may she, divine Sarasvatī, who removes all darkness, protect me.

---

## Yogena Cittasya

To Patañjali, author of the *Yoga Sūtras*. Often chanted at the beginning of a yoga practice or sūtra class.

### TRACK 3

योगेन चित्तस्य पदेन वाचां  
मलं शरीरस्य च वैद्यकेन ।  
योऽपाकरोत्तं प्रवरं मुनीनां  
पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

आबाहुपुरुषाकारं  
शङ्खचक्रासिधारिणम् ।  
सहस्रशिरसं श्वेतं  
प्रणमामि पतञ्जलिम् ॥

श्रीमते अनन्ताय नागराजाय नमो नमः

yogena cittasya padena vācām  
malam̄ śarīrasya ca vaidyakena,  
yo ‘pākarottam̄ pravaram̄ muninām̄  
Patañjalim̄ prāñjalirānato ‘smi.

ābāhu puruṣākāram̄  
śaṅkha-cakrāsi-dhāriṇam̄,  
sahasra-śirasam̄ śvetam̄  
praṇamāmi Patañjalim.

Śrīmate anantāya nāgarājāya namo  
namah̄

I am a deep bow with hands folded to Patañjali, the most excellent of sages, who removed  
impurity of consciousness through yoga,  
impurity of speech through word (grammar), and impurity of the body through  
medicine (Āyurveda).

In the form of a man up to the shoulders, holding the conch (divine sound),  
discus (wheel of time), and sword (discrimination),  
thousand-headed, white,  
I bow respectfully to Patañjali.

To the magnificent endless one, the king of the nāgas, salutations, salutations.

---

## Vande Gurūṇām

Devotion to the lotus feet of all gurus, equated with Śiva. Second half to Patañjali, considered an incarnation of Viṣṇu. Often chanted at the beginning of a yoga practice.

### TRACK 4

वन्दे गुरूणां चरणारविन्दे  
संदर्शितस्वात्मसुखावबोधे ।  
निःश्रेयसे जाङ्गलिकायमाने  
संसारहालाहलमोहशान्त्यै ॥

आबाहुपुरुषाकारं  
शङ्खचक्रासिधारिणम् ।  
सहस्रशिरसं श्वेतं  
प्रणमामि पतञ्जलिम् ॥

vande gurūṇām caranāravinde  
saṃdarśita-svātma-sukhāvabodhe,  
nihśreyase jāngalikāyamāne  
saṃsāra-hālāhala-moha-sāntyai.

ābāhu puruṣākāram  
śaṅkha-cakrāsi-dhāriṇam,  
sahasra-śirasam śvetam  
praṇamāmi Patañjalim.

I worship the lotus feet of all the gurus, which awaken and manifest joy in oneself; beyond comparison, appearing as a snake-charmer (Śiva) for pacifying the poisonous delusion of saṃsāra (the cycle of birth and death). In the form of a man up to the shoulders, holding the conch (divine sound), discus (wheel of time), and sword (discrimination), thousand-headed, white, I bow respectfully to Patañjali.

---

## Maṅgala Mantra (Auspicious Mantra) Often chanted at the end of a yoga practice.

### TRACK 5

स्वस्ति प्रजाभ्यः परिपालयन्तां  
न्यायेन मार्गेण महीं महीशाः ।  
गोब्राह्मणेभ्यः शुभमस्तु नित्यं  
लोकाः समस्ताः सुखिनो भवन्तु ॥

svasti prajābhyaḥ paripālayantām  
nyāyena mārgeṇa mahīṁ mahīśāḥ,  
gobrāhmaṇebhyaḥ śubhamastu nityam  
lokāḥ samastāḥ sukhino bhavantu.

Hail to the creators!

May (these) great lords protect the earth properly and justly.

May one be eternally fortunate due to cows (wealth) and Brahmans.

May all worlds be happy.

---

## Śiva Mantra (from Nirālamba Upaniṣad) Often chanted at the beginning of a yoga practice.

### TRACK 6

ॐ नमः शिवाय गुरवे  
सच्चिदानन्दमूर्तये ।  
निष्प्रपञ्चाय शान्ताय  
निरालम्बाय तेजसे ॥

Om namaḥ Śivāya gurave  
saccidānanda-mūrtaye,  
niṣprapañcāya śāntāya  
nirālambāya tejase.

Salutations to Śiva, the teacher whose form is truth, consciousness, and bliss, who is without deceit, tranquil, independent, and illuminating.

---

Chant to Kṛṣṇamācārya Composed by Prof. T.  
Kṛṣṇamācārya in response to his students' request for a  
chant that would honor their teacher. Presented here in  
recognition of Prof. Kṛṣṇamācārya's unparalleled  
contribution to the understanding and practice of yoga  
throughout the world.

#### TRACK 7

श्रीकृष्णवागीशयतीश्वराभ्यां  
संप्राप्तचक्राङ्कनभाष्यसारम् ।  
श्रीनूत्नरङ्गेन्द्रयतौ समर्पितस्वं  
श्रीकृष्णमार्यं गुरुवर्यमीडे ॥

विरोधे कात्कि मासे  
शतताराकृतोदयम् ।  
योगाचार्यं कृष्णमार्यं  
गुरुवर्यमहं भजे ॥  
श्रीगुरुभ्यो नमः  
हरिः ॐ

Śrī-Kṛṣṇa-Vāgīśa-yatīśvarābhyaṁ  
samprāpta-cakrāṅkana-bhāṣyasāram,  
Śrī-nūtna-Raṅgendra-yatau samarpitasvam  
Śrī-Kṛṣṇam-āryam guruvaryam īde.

virodhe kārtike māse  
śatatārā-kṛtodayam,  
yogācāryam Kṛṣṇam-āryam  
guru-varyam-aham bhaje.  
Śrī-gurubhyo namah  
Hariḥ Om

I praise (our) principle teacher, the venerable Śrī Kṛṣṇamācārya, who obtained  
the essence of Vedānta from Śrī Vāgīśa, (and) the cakra-marking from Śrī  
Kṛṣṇa, both master ascetics (and teachers),  
(and) who entrusted himself completely in Śrī Raṅgendra, ascetic (and teacher).

Born in (the year of) Virodha,  
during the month of Kārtika

(under the) star of Śata,  
to (this) teacher of yoga,  
the venerable Śrī T. Kṛṣṇamācārya (our) principle teacher, I pray.

---

## Yoga Sūtras of Patañjali

Written by Patañjali between 500–200 BCE, this concise set of 196 aphorisms has become the most widely accepted treatise on yoga as a development of human consciousness. Included here are a few sūtras that define yoga and relate to āsana. In the original Sanskrit script, the chapter number and sūtra number are shown at the end of the sūtra and are surrounded by vertical lines called *danda*. These correspond to the “chapter#.sūtra#” shown below.

### TRACK 8

योगश्चित्तवृत्तिनिरोधः ॥ १.२ ॥

1.2 *yogaścittavṛttinirodhah*

Yoga is stilling the fluctuations in (one’s) consciousness.

तदा द्रष्टुः स्वरूपे इवस्थानम् ॥ १.३ ॥

1.3 *tadā draṣṭuḥ svarūpe 'vasthānam* Then, the abiding of the seer in (its) own true nature.

वृत्तिसारूप्यमितरत्र ॥ १.४ ॥

1.4 *vṛttisārūpyamitaratra* Otherwise, conformity/identity with the fluctuations.

यमनियमासनप्राणायामप्रत्याहारधारणाध्यानसमाधयो इष्टावज्ञानि ॥ २.२९ ॥

2.29 *yamaniyamāsanaprāṇāyāmapratyāhāradhāraṇādhyānasamādhayō `śṭāvaṅgāni* The eight limbs are yama, niyama, āsana, prāṇāyāma, pratyāhāra, dhāraṇā, dhyāna, (and) samādhi.

स्थिरसुखमासनम् ॥ २.४६ ॥

2.46 *sthirasukhamāsanam*

Āsana (has the qualites of) stability and comfort ...

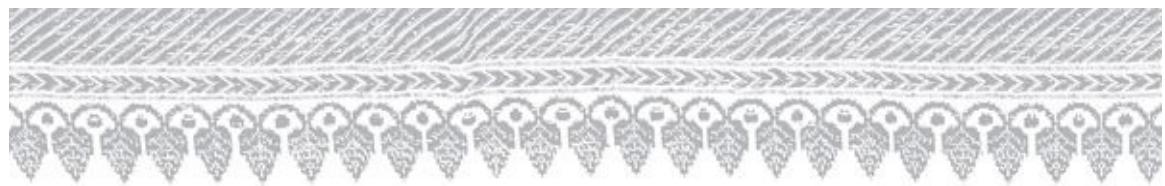
प्रयत्नशैथिल्यानन्तसमापत्तिभ्याम् ॥ २.४७ ॥

2.47 *prayatnaśaithilyānantasamāpattibhyām* ... due to relaxation with appropriate effort and convergence with the infinite.

ततो द्वन्द्वानभिघातः ॥ २.४८ ॥

2.48 tato dvandvānabhīghātaḥ

From that, no disturbance from the pairs of opposites.



# YOGA TERMS

*A comprehensive list of Sanskrit words related to yoga*

Each term is repeated twice with space for you to repeat.



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## Aṣṭāṅga (eight limbs of yoga)

The term Aṣṭāṅga refers to the eight limbs of yoga, which are described in Patañjali's *Yoga Sūtras*. They provide a practical way of living happily in the world while gradually moving one's consciousness inward. The most external limb comprises the *yamas* (social behaviors). Next are the *niyamas* (personal behaviors), which are like internal yamas. Āsanas (physical postures) keep our body flexible, strong, and healthy. *Prāṇāyāma* (breath regulation) is even more subtle and begins to purify the mind. *Pratyāhāra* (internalization of the senses) brings one further inward by removing sense distractions from the mind. The last three limbs, termed "antaraṅga," meaning "inner limbs," all take place in one's consciousness. *Dhāraṇā* enables one to focus a stream of attention onto a single object. Maintaining this focus for a long time is *dhyāna*, the seventh limb. Finally, when the object of meditation is so completely absorbed in the consciousness that there is no perceived separation between subject and object, *samādhi* is experienced. This is the final goal.

### TRACK 9

1	yama	<b>यम</b>	social ethics “restraints” (see Yamas, p. 19)
2	niyama	<b>नियम</b>	personal ethics “internal restraints” (see Niyamas, p. 19)
3	āsana	<b>आसन</b>	posture, sitting
4	prāṇāyāma	<b>प्राणायाम</b>	breath regulation (see Prāṇāyāma section, p. 31)
5	pratyāhāra	<b>प्रत्याहार</b>	internalization of the senses, “drawing back”
6	dhāraṇā	<b>धारणा</b>	focus, concentration
7	dhyāna	<b>ध्यान</b>	maintaining a focus, meditation
8	samādhi	<b>समाधि</b>	complete absorption

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## Yamas (social ethics)

Yamas are social ethics that allow one to coexist peacefully in community. Nonviolence is the first and foremost ethic.

### TRACK 10

ahimsā	अहिंसा	nonviolence, reducing harm
satya	सत्य	truth
asteya	अस्तेय	nonstealing
brahmacharya	ब्रह्मचर्य	appropriate use of one's vital energy
aparigraha	अपरिग्रह	nonpossessiveness

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## Niyamas (personal ethics)

Niyamas are personal ethics necessary for taking care of and developing oneself in order to live a balanced life. Cleanliness and purity of the body, mind, and environment is outermost, followed by an outer and inner contentment. Developing the body through a regular practice, the mind through intellectual stimulation, and the spirit through devotion to a higher power all contribute to personal growth and freedom.

### TRACK 11

śauca	शौच	purity, cleanliness
santosa	सन्तोष	contentment
tapas	तपस्	practice causing change, "heat"
svādhyāya	स्वाध्याय	self-study/observation (especially mantra)
īśvarapraṇidhāna	ईश्वरप्रणिधान	devotion, surrender to a higher force

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## Animals

Certain postures are named after the way animals look or are perceived. For example, lion posture looks and feels like a lion roaring loudly with its chest protruding and tongue sticking out.

### TRACK 12

baka	<b>बक</b>	crane
bheka	<b>भेक</b>	frog
bhujaṅga	<b>भुजङ्ग</b>	serpent
cakora	<b>चकोर</b>	partridge
garuḍa	<b>गरुड</b>	eagle
go	<b>गो</b>	cow
gorakṣa	<b>गोरक्ष</b>	cowherder, one who tends cows
haṁsa	<b>हंस</b>	swan
kapiñjala	<b>कपिञ्जल</b>	bird that lives on raindrops
kāka	<b>काक</b>	crow
kapota	<b>कपोत</b>	pigeon
kāraṇḍava	<b>कारण्डव</b>	Himalayan goose
krauñca	<b>क्रौञ्च</b>	heron
kukkuṭa	<b>कुक्कुट</b>	rooster
kūrma	<b>कूर्म</b>	tortoise
makara	<b>मकर</b>	sea animal like a crocodile
matsya	<b>मत्स्य</b>	fish
mayūra	<b>मयूर</b>	peacock

nakra	नक्र	crocodile
śalabha	शलभ	locust
śaśa	शश	rabbit
simha	सिंह	lion
śvāna	श्वान	dog
tittibha	तित्तिभ	firefly
uṣṭra	उष्ट्र	camel
vātāyana	वातायन	horse
vṛścika	वृश्चिक	scorpion

## Bandhas (bindings or locks)

*Bandhas* are muscular locks created by contracting or squeezing certain muscles, holding them, then releasing them, thereby relaxing that area of the body. Bandhas strengthen and balance the nervous system and subtle body and can be used for a variety of therapeutic effects.

### TRACK 13

jālandhara-bandha	जालंधरबन्ध	throat lock “net support”
jihvā-bandha	जिह्वाबन्ध	tongue lock
mūla-bandha	मूलबन्ध	root lock
uḍḍiyāna-bandha	उड्डीयानबन्ध	rising up lock

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## Body Parts

Many posture names contain the names of body parts. Knowing the individual names of each body part helps one to remember how to do a posture.

### TRACK 14

aṅga	अङ्ग	limb
aṅguṣṭha	अङ्गुष्ठ	big toe, thumb
bhuja	भुज	arm
gaṇḍa	गण्ड	cheek, side of face
garbha	गर्भ	womb
hanu	हनु	jaw
hasta	हस्त	hand
jānu	जानु	knee
jathara	जठर	stomach
karṇa	कर्ण	ear
mukha	मुख	face, mouth
pāda	पाद	foot, leg
sīrṣa	शीर्ष	head

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## Cakras (energy centers)

Cakras are circular vortexes of energy near the spinal cord, transected by the central *suṣumnā nādī* through which the *kundalinī* energy travels upward as consciousness awakens. Each cakra is responsible for a variety of bodily functions and emotions. The cakras listed here are ordered from bottom to top, reflecting the direction of the *kundalinī* and the evolution of a yoga practice from gross to subtle.

### TRACK 15

1	mūlādhāra	मूलाधार	base of the spine, “root-support”
2	svādhiṣṭhāna	स्वाधिष्ठान	sacrum/reproductive area, “self-established”
3	maṇipūra	मणिपूर	navel area, “filled with jewels”
4	anāhata	अनाहत	heart area, “unstruck”
5	viśuddha	विशुद्ध	throat area, “purified”
6	ājñā	आज्ञा	between the eyebrows; command, will, “enhanced knowledge”
7	sahasrāra	सहस्रार	crown of the head, “one thousand-spoked”

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## Deities and Sages

Yoga philosophy and Hinduism both have their roots in the Vedas. Many master yoga teachers are Hindu and share stories with their students which metaphorically reveal an idea that the teacher is trying to convey. Thus it is important to know the major characters in the Hindu pantheon.

### TRACK 16

Brahman	<b>ब्रह्मन्</b>	energy of creation
Buddha	<b>बुद्ध</b>	awakened one
Durgā	<b>दुर्गा</b>	female aspect of Śiva
Gaṇeśa	<b>गणेश</b>	elephant-headed son of Śiva, scribe of the Mahābhārata, remover of obstacles
Hanumān	<b>हनुमान्</b>	energy of service, monkey-deity servant of Rāma
Kālī	<b>काली</b>	female aspect of Śiva
Patañjali	<b>पतञ्जलि</b>	author of the Yoga Sūtras
Kṛṣṇa	<b>कृष्ण</b>	incarnation of Viṣṇu, main character in Bhagavad-Gītā
Rāma	<b>राम</b>	incarnation of Viṣṇu, main character in the Rāmāyaṇa
Sarasvatī	<b>सरस्वती</b>	energy of speech and learning, wife of Brahma
Śiva	<b>शिव</b>	energy of destruction and transformation
Viṣṇu	<b>विष्णु</b>	energy of preservation and maintenance
Vyāsa	<b>व्यास</b>	author of the Mahābhārata

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## Directions and Positions

Many posture names contain certain directions and positions. Knowing these helps one to remember how to do a posture.

### TRACK 17

adho	अधो	downward
parivartana	परिवर्तन	revolving
parivṛtta	परिवृत्त	revolved
pārśva	पार्श्व	side
paścima	पश्चिम	back, behind, West
prasārita	प्रसारित	spread
pūrva	पूर्व	front, East
sthiti	स्थिति	standing
supta	सुप्त	supine
tiryāṅ	तिर्यङ्	oblique
upaviṣṭa	उपविष्ट	seated
ūrdhva	ऊर्ध्व	upward
utthita	उथित	extended
uttāna	उत्तान	out-stretching
viparīta	विपरीत	inverted

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## Drṣṭis (views)

A *drṣti* is where the gaze is supposed to be focused during a posture. These are more commonly used by Aṣṭāṅga yoga practitioners.

### TRACK 18

aṅguṣṭhāgra	अङ्गुष्ठाग्र	tip of the thumb
bhrūmadhya	भूमध्य	between the eyebrows
hastāgra	हस्ताग्र	tip of the hand
nābhicakra	नाभिचक्र	navel cakra
nasāgra	नसाग्र	tip of the nose
pādāgra	पादाग्र	tip of the foot
pārśva	पार्श्व	sideways (far left or far right)
ūrdhvā	ऊर्ध्व	upwards

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## Elements

The “five great elements,” called *pañca-mahā-bhūta*, are the basic building blocks of the manifest world. From the most gross element of earth to the most subtle and refined element of space, they represent every possible form of matter.

### TRACK 19

pṛthivī	पृथिवी	earth
āp	आप्	water
tejas	तेजस्	fire
vāyu	वायु	air
ākāśa	आकाश	space, ether

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## Kleśas (afflictions)

In Patanjali's *Yoga Sūtras*, these five afflictions are the cause of future karma and suffering. *Avidyā* (ignorance), the most important, is the field for the others, which can only exist in its presence.

### TRACK 20

avidyā	अविद्या	ignorance, "lack of knowledge"
asmitā	अस्मिता	ego, "I am-ness"
rāga	राग	attachment, passion, desire
dveṣa	द्वेष	aversion, dislike
abhiniveśa	अभिनिवेश	will to survive, fear of death

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## Mudrās (seals or gestures)

Each *mudrā* has a specific energetic. Often fingers touch each other, effectively connecting energy channels (*nāḍīs*) of the body that affect both the gesturer and gesturee.

**TRACK 21**

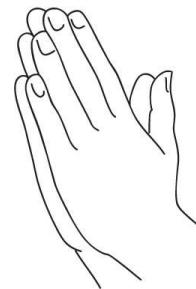
abhaya-mudrā अभयमुद्रा

“no fear gesture,” palm facing away from you, fingers together



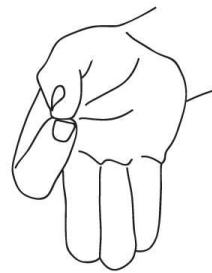
añjali-mudrā अञ्जलिमुद्रा

“prayer gesture,” palms together, fingertips facing upwards



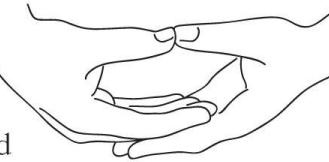
cin-mudrā चिन्मुद्रा

“consciousness gesture,” palms down, index fingertip and thumbtip touch



dhyāna-mudrā ध्यानमुद्रा

“meditation gesture,” both palms facing upwards, on the lap, right hand on left, fingers fully stretched



jñāna-mudrā ज्ञानमुद्रा “knowledge gesture,” palms up, index fingertip and thumb-tip touch



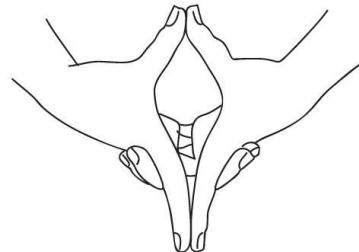
kāraṇa-mudrā कारणमुद्रा “banishing gesture,” thumb holds middle two fingers, index and little fingers point out



varadā-mudrā वरदामुद्रा “granting a boon gesture,” palm faces outward with arm completely extended



yoni-mudrā योनिमुद्रा “womb gesture”



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## Numbers

One through twenty are commonly used by yoga practitioners, either for counting postures in a sequential flow like the sun salutation, or as part of a posture name, usually indicating how many legs or limbs are involved (eka-pāda, dvi-pāda, catus-pāda).

(Note: One through four are different if declined in the neuter gender. See Āsana Names—Āṣṭāṅga Sun Salutations.)

### TRACK 22

eka	एक	one	ekādaśa	एकादश	eleven
dvi	द्वि	two	dvādaśa	द्वादश	twelve
tri	त्रि	three	trayodaśa	त्रयोदश	thirteen
catur	चतुर्	four	caturdaśa	चतुर्दश	fourteen
pañca	पञ्च	five	pañcadaśa	पञ्चदश	fifteen
ṣat	षट्	six	ṣoḍaśa	षोडश	sixteen
sapta	सप्त	seven	saptadaśa	सप्तदश	seventeen
āṣṭa/āṣṭau	अष्ट/अष्टौ	eight	āṣṭādaśa	अष्टादश	eighteen
nava	नव	nine	navadaśa	नवदश	nineteen
daśa	दश	ten	ekonavimśati	एकोनविंशति	nineteen
			vimśati	विंशति	twenty

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## Prāṇāyāma (breath regulation)

This fourth limb of yoga involves various breathing techniques to purify the mind and strengthen the subtle energy channels (nāḍīs).

### TRACK 23

anuloma	अनुलोम	in the natural order/direction, “with the hair”
viloma	विलोम	against the natural order/direction, “against the hair”
pratiloma	प्रतिलोम	opposite the natural order/direction, “opposite the hair”
bhastrikā	भस्त्रिका	forceful inhale and exhale, “bellows”
kapāla-bhāti	कपालभाति	breath of fire, “skull-shining”
kumbhaka	कुम्भक	breath suspension, “jar,pot”
nāḍī-śodhana	नाडीशोधन	nāḍī (energy channel) purifying
pūraka	पूरक	inhalaion, “filling”
recaka	रेचक	exhalation, “emptying”
śītalī	शीतली	curl the sides of the tongue up, “cooling”
candra-bhedana	चन्द्रभेदन	left inhale, right exhale, “moon-division,” cooling
sūrya-bhedana	सूर्यभेदन	right inhale, left exhale, “sun-division,” heating
ujjāyī	उज्जायी	breathe making a sound in the throat by narrowing the trachea, “overcoming”

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## Ṣat-Karmas (six cleansing actions)

The *Ṣat-Karmas* are bodily cleansing techniques found in the Hatha Yoga Pradīpikā, meant to purify the body and mind. These should only be learned from a skilled and experienced teacher.

### TRACK 24

dhauti	धौति	swallowing cloth to clean stomach
basti	बस्ति	Āyurvedic enema
neti	नेति	nasal/sinus cleansing
trāṭaka	त्राटक	concentrated gazing
nauli	नौलि	abdominal massage
kapāla-bhāti	कपालभाति	skull-cleansing

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## Texts

Listed here are the major texts relating to yoga, all written in Sanskrit. The *Bhagavad-Gītā* is part of the *Mahābhārata*, which, along with the *Rāmāyaṇa*, comprise the two gigantic Indian epics.

### TRACK 25

Bhagavad-Gītā	भगवद्गीता	conversation between Kṛṣṇa (God) and Arjuna (human), “divine song”
Gheraṇḍa Samhitā	घेरण्ड संहिता	treatise on Haṭha Yoga
Hathayoga Pradīpikā	हठयोग प्रदीपिका	treatise on Haṭha Yoga, “illumination of Haṭha Yoga”
Mahābhārata	महाभारत	epic story containing the <i>Bhagavad-Gītā</i> , “great-India”
Rāmāyaṇa	रामायण	epic story about the life of Rāma, “comings and goings of Rāma”
Śiva Samhitā	शिव संहिता	treatise on Haṭha Yoga
Yoga-Darśana	योगदर्शन	Yoga Sūtras by Patañjali
Yoga-Vasiṣṭha	योगवसिष्ठ	treatise on yoga

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## Upaniṣads

The *Upaniṣads* are the source of *Vedānta* philosophy. The thirteen texts discussed here are the most common. They are extrapolations and encapsulations of the Vedas and shared with a student who was sitting (*śad*), near (*upa*), and beneath (*ni*) the teacher.

### TRACK 26

Aitareya	ऐतरेय	name of a sage
Bṛhad-Āraṇyaka	बृहदारण्यक	great forest
Chāndogya	चान्दोग्य	named after part of the Veda
Īśā	ईशा	lord
Kaṭha	कठ	named after part of the Yajur Veda
Kauṣītaki	कौषीतकि	name of sage who taught it
Kena	केन	by whom?
Maitri	मैत्रि	friendship
Māṇḍūkya	माण्डूक्य	name of sage who taught it
Muṇḍaka	मुण्डक	shaved
Praśna	प्रश्न	question
Śvetāśvatara	श्वेताश्वतर	white horse
Taittirīya	तैत्तिरीय	named after part of the Yajur Veda

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## Vāyus (winds of the body)

Vāyus are the primary components of breath. These energies are responsible for all movement in the body. Governed by *prāṇa*, all five affect and are affected by an āsana.

### TRACK 27

apāna	अपान	downward moving force governing excretion, “downward breath”
prāṇa	प्राण	primary moving force governing ingestion, attention, “primary breath”
samāna	समान	inward moving force governing digestion and homeostasis, “equalizing breath”
vyāna	व्यान	outward moving force governing circulation, “pervading breath”
udāna	उदान	upward moving force governing effort, speech, “upward breath”

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## Vedas

Vedas are the original Sanskrit texts, forming the foundation of Indian philosophy and yoga. All are written in poetic verse and have been chanted for generations since at least 1500 BCE.

### TRACK 28

Rg Veda	ऋग्वेद	the first Veda, source of mantras
Sāma Veda	सामवेद	the second Veda, singing of mantras
Yajur Veda	यजुर्वेद	the third Veda, application of mantras in ritual
Atharva Veda	अथर्ववेद	the fourth Veda, supplementary Vedic mantras

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# General Yoga Terms

## TRACK 29

abhyāsa	अभ्यास	practice, focus
advaita	अद्वैत	non-duality principle
agni	अग्नि	fire principle
ahaṅkāra	अहङ्कार	ego, “I the doer”
ālamba	आलम्ब	support
ānanda	आनन्द	joyfulness
aṣṭāṅga	अष्टाङ्ग	eight-limbs of yoga (see Aṣṭāṅga section)
ātman	आत्मन्	soul, self
Āyurveda	आयुर्वेद	science of life/longevity, 5000-year-old holistic system of medicine from India
baddha	बद्ध	bound
bandha	बन्ध	a binding, lock (see Bandhas)
bhakti	भक्ति	devotion
bhāvana	भावन	intention, attitude
bhūmi	भूमि	earth
bhūta	भूत	element (see Elements)
buddhi	बुद्धि	intellect, reason, decision-making aspect of the citta
cakra	चक्र	energy center in the subtle body, “wheel” (see Cakras)
candra	चन्द्र	moon
cikitsā	चिकित्सा	treatment, therapy

cit	<b>चित्</b>	pure consciousness (without <i>guṇas</i> )
citta	<b>चित्त</b>	conditioned consciousness (with <i>guṇas</i> )
danḍa	<b>दण्ड</b>	staff, pole
deva	<b>देव</b>	God, male deity (see Deities and Sages)
devī	<b>देवी</b>	Goddess, female deity (see Deities and Sages)
dhanur	<b>धनुर्</b>	bow
dharma	<b>धर्म</b>	religion, law, duty, virtue, that which upholds
drṣṭi	<b>दृष्टि</b>	view (see Drṣṭis)
duḥkha	<b>दुःख</b>	pain, suffering “bad space”
ekāgratā	<b>एकाग्रता</b>	one-pointedness
guru	<b>गुरु</b>	teacher
guṇa	<b>गुण</b>	attribute, quality (see sattva, rajas, tamas)
haṭha	<b>हठ</b>	force, joining of sun ( <i>ha</i> ) and moon ( <i>tba</i> )
hrdaya	<b>हृदय</b>	heart
iḍā	<b>इडा</b>	left nāḍī (feminine, lunar)
indriya	<b>इन्द्रिय</b>	sense-organ (eye, ear, nose, tongue, skin)
Īśvara	<b>ईश्वर</b>	personal God
jīvātman	<b>जीवात्मन्</b>	individual-self enshrined in the human body
jñāna	<b>ज्ञान</b>	knowledge, insight
kanda	<b>कन्द</b>	knot
karma	<b>कर्म</b>	action, effect of past actions
karuṇā	<b>करुणा</b>	compassion
kīrtana	<b>कीर्तन</b>	telling, praising

kleśa	क्लेश	affliction (see Kleśas)
koṇa	कोण	angle
kriyā	क्रिया	action, work
kuṇḍalini	कुण्डलिनी	energy which moves up the body through the suṣumnā nāḍī “having a coil”
laghu	लघु	light-weight
liṅga	लिङ्ग	phallic symbol of Śiva, subtle body, “mark”
madhya	मध्य	middle
mālā	माला	garland, necklace
maṇḍala	मण्डल	circle
mantra	मन्त्र	sacred sound
mokṣa	मोक्ष	liberation, freedom
mudrā	मुद्रा	seal, gesture (see Mudrās)
mukta	मुक्त	released, liberated, freed
mūla	मूल	root, foundation
muni	मुनि	sage
nāḍī	नाडी	channel through which energy travels
nāga	नाग	snake
namaskāra	नमस्कार	a very respectful greeting
namaste	नमस्ते	a greeting, “salutations to you”
nātha	नाथ	yogic lineage
nidrā	निद्रा	deep, dreamless sleep, fourth <i>vṛtti</i>
nirodha	निरोध	stilling, restraint, thinning out, cessation

nirvāṇa	<b>निर्वाण</b>	extinguishing, liberated from existence, “without wind” or “blown out”
ojas	<b>ओजस्</b>	strength of prāṇa, subtle energy of the immune system
padma	<b>पद्मा</b>	lotus
paramātman	<b>परमात्मन्</b>	higher-Self, supreme-Self
parināma	<b>परिणाम</b>	transformation, change
paripūrṇa	<b>परिपूर्ण</b>	entire
piṅgalā	<b>पिङ्गला</b>	right nāḍī (masculine, solar)
prakṛti	<b>प्रकृति</b>	manifest world, nature, one's genetic constitution
prajñā	<b>प्रज्ञा</b>	insight, wisdom
prāṇa	<b>प्राण</b>	breath, energy (see Vāyus)
prāṇāyāma	<b>प्राणायाम</b>	breath regulation (see Prāṇāyāma)
pūjā	<b>पूजा</b>	worshipful celebration
puruṣa	<b>पुरुष</b>	witnessing consciousness unaffected by the material world
rāja	<b>राज</b>	king
rajas	<b>रजस्</b>	guṇa of activity
rūpa	<b>रूप</b>	form
śakti	<b>शक्ति</b>	power, ability, energy, name of Śiva's consort
sama	<b>सम</b>	equal, same
samsāra	<b>संसार</b>	perpetual cycle of birth and death
samṣkāra	<b>संस्कार</b>	acquired subliminal impressions, habits

samyama	संयम	complete control (of the mind); the last three limbs of yoga
śānti	शान्ति	peace, calmness
sarva	सर्व	all
śaṭ-karma	षट्कर्म	six (cleansing) actions (see Śaṭ-Karmas)
sattva	सत्त्व	guṇa of light, intelligence, purity
siddha	सिद्ध	accomplished
siddhi	सिद्धि	power, accomplishment
soma	सोम	yogic nectar, sacred juice, moon
sthira	स्थिर	stable
sukha	सुख	pleasurable, comfortable, “good space”
śūnya	शून्य	empty, zero, void
śūnyatā	शून्यता	emptiness
sūrya	सूर्य	sun
suṣumnā	सुषुम्ना	central nādī near the spinal cord (neutral)
sūtra	सूत्र	thread, aphorism
svarūpa	स्वरूप	one's own true nature, “own-form”
tamas	तमस्	guṇa of dullness, inertia
Tantra	तन्त्र	technique usually involving mantra, yantra, and deities, especially the Goddess
tapas	तपस्	a practice causing change, “heat”
tejas	तेजस्	brilliance and heat of prāṇa, fire (see Elements)
ubhaya	उभय	both

upaniṣad	उपनिषद्	texts compiled after the Vedas encapsulating their wisdom, “sitting close and beneath,” (see Upaniṣads)
vāc	वाच्	speech
vairāgya	वैराग्य	non-attached awareness
vajra	वज्र	hard, diamond, thunderbolt
vāsanā	वासना	innate predisposition, tendency, trait
vastu	वस्तु	object, design, science of placing objects
vāyu	वायु	wind (see Vāyus)
veda	वेद	knowledge, name of ancient Indian scriptures (see Vedas)
Vedānta	वेदान्त	philosophy of Vedic thought encapsulated in the Upaniṣads, “essence of the Vedas”
vinyoga	विनियोग	application of yoga
vinyāsa	विन्यास	flowing sequence, arrangement
vīrya	वीर्य	strength, virility
viṣaya	विषय	object of the senses
vṛtti	वृत्ति	fluctuation, activity, “a turning”
yantra	यन्त्र	visual geometrical pattern
yoga	योग	union, connection, relationship



## AṢṬĀṄGA SEQUENCES

*There are six “series” of postures in this system of yoga, each one a prerequisite for the next, and each gradually increasing in level of difficulty.*

Very few practitioners go beyond the third series. The sequences are characterized by a *vinyāsa* style, practicing the postures continuously from start to finish, using the breath to count holds, and moving from one pose to another on each inhalation or exhalation.



The first-series section takes a practitioner through the entire primary series, including the invocation chant. The second and third series show only the core postures for each. To go through the entire second or third series, simply replace the “seated postures” section of the first series with the core postures shown in

the second or third series.

# AŚTĀNGA FIRST SERIES

Yoga Cikitsā  
Yoga Therapeutics

योगचिकित्सा

## Invocation Chant: Vande Gurūṇām

### TRACK 30

Devotion to the lotus feet of all gurus, equated with Śiva. Second half to Patañjali, considered an incarnation of Viṣṇu.

वन्दे गुरुणां चरणारविन्दे  
संदर्शितस्वात्मसुखावबोधे ।  
निःश्रेयसे जाङ्गलिकायमाने  
संसारहालाहलमोहशान्त्यै ॥

आबाहुपुरुषाकारं  
शङ्खचक्रासिधारिणम् ।  
सहस्रशिरसं श्वेतं  
प्रणमामि पतञ्जलिम् ॥

vande gurūṇām caraṇāravinde  
saṃdarśita-svātma-sukhāvabodhe,  
niḥśreyase jāṅgalikāyamāne  
saṃsāra-hālāhala-moha-śāntyai.

ābāhu puruṣākāram  
śaṅkha-cakrāsi-dhāriṇam,  
sahasra-śirasam śvetam  
praṇamāmi Patañjalim.

I worship the lotus feet of all the gurus,  
which awaken and manifest joy in oneself;  
beyond comparison, appearing as a snake-charmer (Śiva)  
for pacifying the poisonous delusion of saṃsāra (the cycle of birth and death).

In the form of a man up to the shoulders,  
holding the conch (divine sound), discus (wheel of time),  
and sword (discrimination),

thousand-headed, white,  
I bow respectfully to Patañjali.

---

## Sun Salutations

All three Aṣṭāṅga series begin with Sun Salutations and Standing Postures.

Sūrya-Namaskāra Ka  
Sun-Salutation A

सूर्यनमस्कार क

**TRACK 31**



Samasthitih



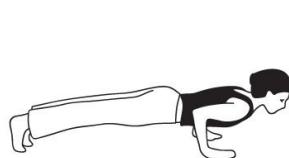
ekam (one)



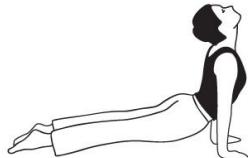
dve (two)



trīṇi (three)



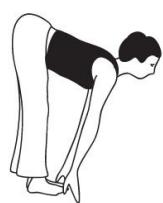
catvāri (four)



pañca (five)



ṣaṭ (six), 5 breaths



sapta (seven)



aṣṭau (eight)



nava (nine)



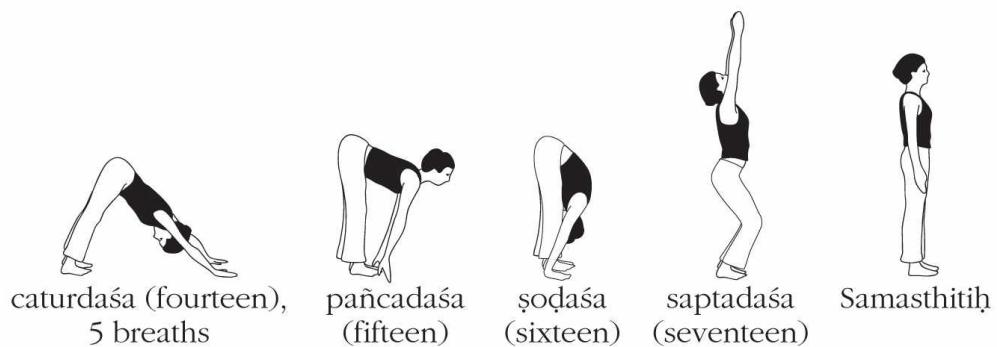
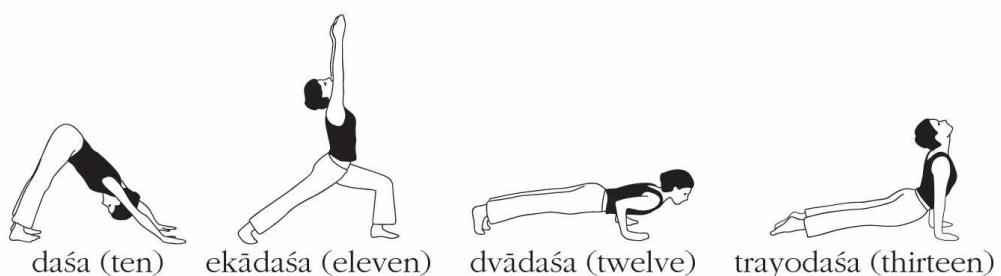
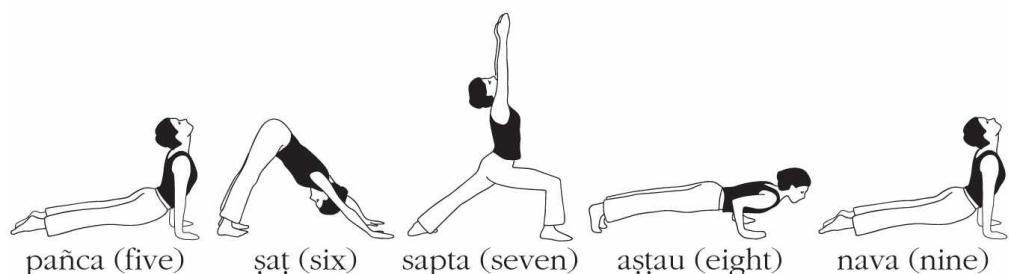
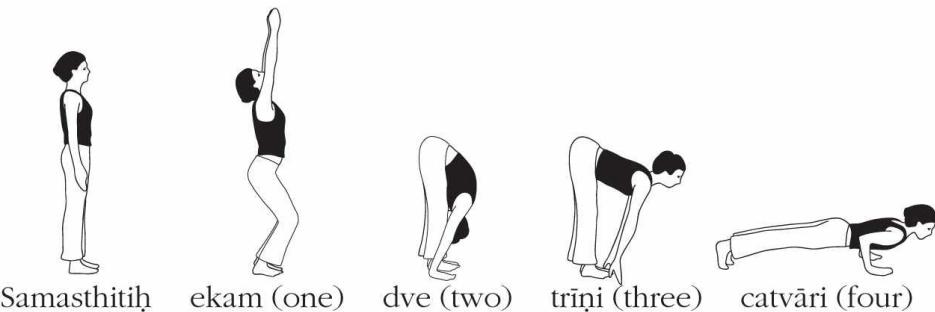
Samasthitih

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## Sūrya-Namaskāra Kha Sun-Salutation B

सूर्यनमस्कार ख

TRACK 32



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## Standing Postures

### TRACK 33

Find individual postures with the time points provided.

:03 | Samasthitih  
Equal standing  
**समस्थितिः**



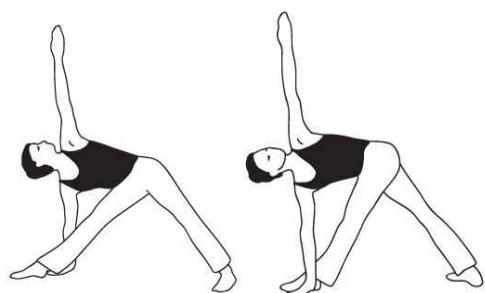
:06 | Pādāṅguṣṭhāsana  
1 Big toe posture  
**पादाङ्गुष्ठासन**



:11 | Pāda-Hastāsana  
2 Foot-hand posture  
**पादहस्तासन**



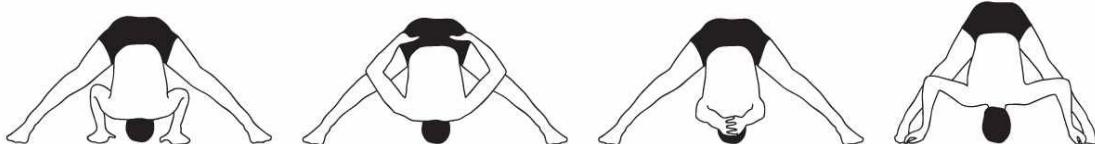
:16 | Utthita-Trikonāsana (ka, kha)  
3 Extended triangle posture (a, b)  
**उथितत्रिकोणासन (क ख)**



:25 | Utthita-Pārśvakonāsana  
4 Extended side-angle posture  
**उथितपार्श्वकोणासन**



:32 | Prasārita-Pādottānāsana (ka, kha, ga, gha)  
5 Spread-leg stretched-out posture (a, b, c, d)  
**प्रसारितपादोत्तानासन (क ख ग घ)**





:46 Pārvottānāsana

6 Side-stretched out posture

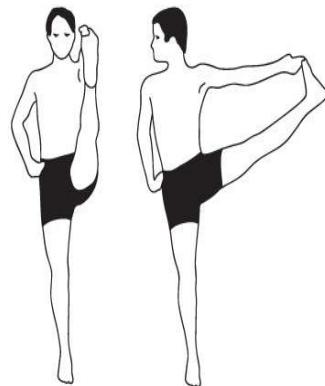
पाश्चोत्तानासन



:52 Utthita-Hasta-Pādāṅguṣṭhāsana

7 Extended hand-foot-big toe posture

उत्थितहस्तपादाङ्गुष्ठासन



1:01 Ardha-Baddha-Padmottānāsana

8 Half-bound lotus stretched-out posture

अर्धबद्धपद्मोत्तानासन



1:09 Utkatāsana

9 Mighty posture

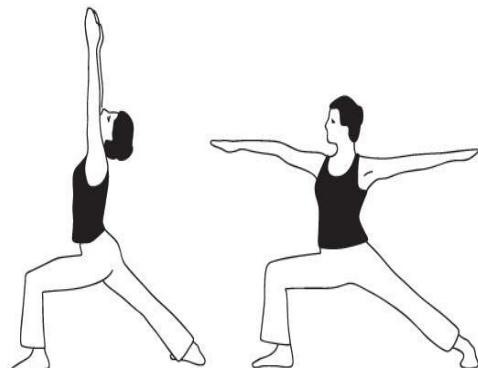
उत्कटासन



1:14 Vīrabhadrāsana (ka, kha)

10 Warrior posture (a, b)

वीरभद्रासन (क ख)



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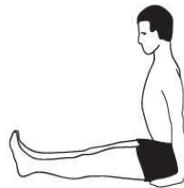
## Seated Postures

### TRACK 34

Find individual postures with the time points provided.

\* Indicates a transition posture that is not specifically named in the traditional sequence. Most have no numbers.

:03 | Daṇḍāsana \*  
Staff posture  
**दण्डासन**



:07 | Paścimatānāsana  
**11** Back stretched-out posture  
**पश्चिमतानासन**



:12 | Pūrvatānāsana  
**12** Front stretched-out posture  
**पूर्वतानासन**



:17 | Ardha-Baddha-Padma-Paścimatānāsana  
**13** Half-bound lotus  
back stretched-out posture  
**अर्धबद्धपद्मपश्चिमतानासन**



:27 | Tiryāñ-Mukhaikapāda-Paścimatānāsana  
**14** Oblique face one-leg-back  
stretched-out posture  
**तिर्यङ्गमुखैकपादपश्चिमतानासन**

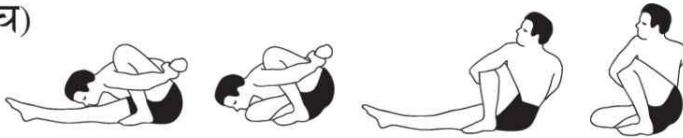


:37 | Jānu-Śīrṣāsana (ka, kha, ga)  
**15** Knee-head posture (a, b, c)  
**जानुशीर्षसन (क ख ग)**





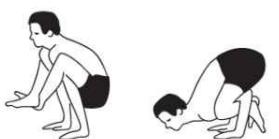
- :47 Marīcyāsana (ka, kha, ga, gha)  
**16** Marīci (son of Brahma) posture (a, b, c, d)  
 मरीच्यासन (क ख ग घ)



- :59 Nāvāsana  
**17** Boat posture  
 नावासन



- 1:03 Bhuja-Pīdāsana  
**18** Arm-pressure posture  
 भुजपीडासन



- 1:09 Kūrmāsana  
**19** Tortoise posture  
 कूर्मासन



- 1:13 Supta-Kūrmāsana  
**20** Supine-tortoise posture  
 सुप्तकूर्मासन



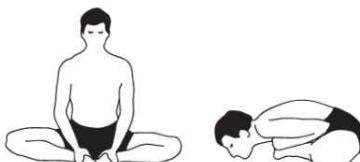
- 1:17 Garbha-Piṇḍāsana  
**21** Womb-ball posture  
 गर्भपिण्डासन

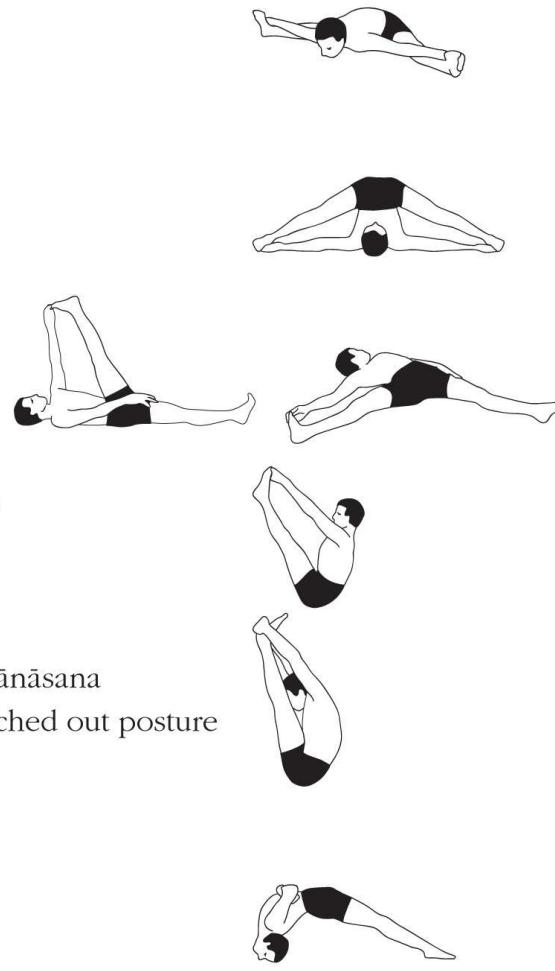


- 1:22 Kukkuṭāsana  
**22** Rooster posture  
 कुक्कुटासन



- 1:26 Baddha-Koṇāsana  
**23** Bound-angle posture  
 बद्धकोणासन



- 24** 1:32 Upaviṣṭa-Koṇāsana  
Seated-angle posture  
**उपविष्टकोणासन**
- 25** 1:37 Supta-Koṇāsana  
Supine-angle posture  
**सुपकोणासन**
- 26** 1:42 Supta-Pādāṅguṣṭhāsana  
supine-big toe posture  
**सुपपादाङ्गुष्ठासन**
- 27** 1:48 Ubhaya-Pādāṅguṣṭhāsana  
Both-feet big-toe posture  
**उभयपादाङ्गुष्ठासन**
- 28** 1:56 Īrdhva-Mukha-Paścimottānāsana  
Upward-facing back-stretched out posture  
**ऊर्ध्वमुखपश्चिमोत्तानासन**
- 29** 2:03 Setu-Bandhāsana  
Bridge-building posture  
**सेतुबन्धासन**
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## Finishing Postures

### TRACK 35

Find individual postures with the time points provided.

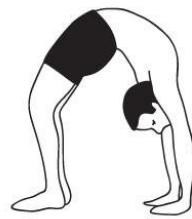
All three *Aṣṭāṅga* series end with these postures.

\* Indicates a transition posture that is not specifically named in the traditional sequence. Most have no numbers.

:02 | Ěurdhva-Dhanurāsana \*

Upward bow posture

ऊर्ध्वधनुरासन



:07 | Paścimatānāsana \*

Back stretched-out posture

पश्चिमतानासन



:12 | Sarvāṅgāsana

30 All-limb posture

सर्वाङ्गासन



:17 | Halāsana

31 Plow posture

हलासन



:20 | Karṇa-Pīḍāsana

32 Ear-pressure posture

कर्णपीडासन



:25 | Ěurdhva-Padmāsana

33 Upward-lotus posture

ऊर्ध्वपद्मासन



:30 | Piṇḍāsana

34 Ball posture

पिण्डासन





:34 Matsyāsana

35 Fish posture

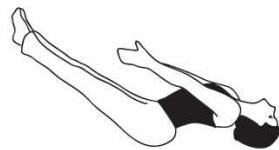
मत्स्यासन



:38 Uttāna-Pādāsana

36 Stretched-out leg posture

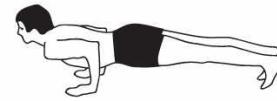
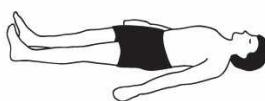
उत्तानपादासन



:43 Cakrāsana \*

Wheel posture

चक्रासन



:47 Śīrṣāsana

37 Head posture

शीर्षासन



:51 Buddha-Padmāsana

38 Bound-lotus posture

बद्धपद्मासन



1:00 Padmāsana

39 Lotus posture

पद्मासन



1:04 Utplutih

40 Upward floating

उत्प्लुतिः

Prathamo bhāgah samāptah  
First Part Finished

प्रथमो भागः समाप्तः

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## Aṣṭāṅga First Series Summary

### SUN SALUTATIONS

Sūrya-Namaskāra Ka  
Sūrya-Namaskāra Kha

### STANDING POSTURES

- Samasthitih
- 1** Pādāṅguṣṭhāsana
- 2** Pāda-Hastāsana
- 3** Utthita-Trikonāsana (ka,kha)
- 4** Utthita-Pārvakonāsana
- 5** Prasārita-Pādottānāsana (ka, kha, ga, gha)
- 6** Pārvottānāsana
- 7** Utthita-Hasta-Pādāṅguṣṭhāsana
- 8** Ardha-Baddha-Padmottānāsana
- 9** Utkaṭāsana
- 10** Vīrabhadrāsana (ka, kha)

# SEATED POSTURES

Danḍāsana \*

- 11** Paścimatānāsana
- 12** Pūrvatānāsana
- 13** Ardha-Baddha-Padma-Paścimatānāsana
- 14** Tiryāṇi-Mukhaikapāda-Paścimatānāsana
- 15** Jānu-Śīrṣāsana (ka, kha, ga)
- 16** Marīcyāsana (ka, kha, ga, gha)
- 17** Nāvāsana
- 18** Bhuja-Pīḍāsana
- 19** Kūrmāsana
- 20** Supta-Kūrmāsana
- 21** Garbha-Piṇḍāsana
- 22** Kukkuṭāsana
- 23** Baddha-Koṇāsana
- 24** Upaviṣṭa-Koṇāsana
- 25** Supta-Koṇāsana
- 26** Supta-Pādāṅguṣṭhāsana
- 27** Ubhaya-Pādāṅguṣṭhāsana
- 28** Ūrdhva-Mukha-Paścimottānāsana
- 29** Setu-Bandhāsana

# **FINISHING POSTURES**

Ūrdhva-Dhanurāsana \*

Paścimatānāsana \*

**30** Sarvāṅgāsana

**31** Halāsana

**32** Karṇa-Pīḍāsana

**33** Ūrdhva-Padmāsana

**34** Piṇḍāsana

**35** Matsyāsana

**36** Uttānapādāsana Cakrāsana \*

**37** Śīrṣāsana

**38** Baddha-Padmāsana Yogamudrā

**39** Padmāsana

**40** Utplutih

# A ḠTĀṄŪGA SECOND SERIES

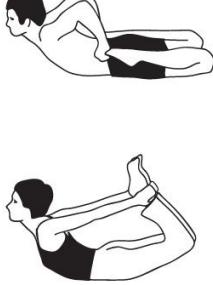
Nāḍī-Śodhana  
Purification of the Channels  
नाडीशोधन

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## TRACK 36

Find individual postures with the time points provided.

Preceded by Sun Salutations and Standing Postures.

<b>1</b> <hr/> <b>2</b> <hr/> <b>3</b> <hr/> <b>4</b> <hr/> <b>5</b> <hr/> <b>6</b> <hr/>	<p>:12   Pāśāsana Noose posture <b>पाशासन</b></p> <p>:15   Krauñcāsana Heron posture <b>क्रौञ्चासन</b></p> <p>:20   Śalabhbhāsana Locust posture <b>शलभासन</b></p> <p>:23   Bhekāsana Frog posture <b>भेकासन</b></p> <p>:27   Dhanurāsana Bow posture <b>धनुरासन</b></p> <p>:31   Pārśva-Dhanurāsana Side-bow posture <b>पार्श्वधनुरासन</b></p>	     
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:36	Uṣṭrāsana Camel posture <b>उष्ट्रासन</b>	
:40	Laghu-Vajrāsana Light (weight) thunderbolt posture <b>लघुवज्रासन</b>	
:44	Kapotāsana Pigeon posture <b>कपोतासन</b>	
:49	Supta-Vajrāsana Supine thunderbolt posture <b>सुप्तवज्रासन</b>	
:53	Bakāsana (ka, kha) Crane posture (a, b) <b>बकासन (क ख)</b> A, b entered differently but end the same	
1:00	Bharadvājāsana (Name of sage) posture <b>भरद्वाजासन</b>	
1:05	Ardha-Matsyendrāsana Half-fish lord posture <b>अर्धमत्स्येन्द्रासन</b>	
1:11	Eka-Pāda-Śīrṣāsana One-leg head posture <b>एकपादशीर्षासन</b>	



<p>1:17</p> <p><b>15</b></p>	<p>Dvi-Pāda-Śīrṣāsana Two-leg head posture <b>द्विपादशीर्षासन</b></p>	
<p>1:23</p> <p><b>16</b></p>	<p>Yoga-Nidrāsana Yoga sleep posture <b>योगनिद्रासन</b></p>	
<p>1:28</p> <p><b>17</b></p>	<p>Tittibhāsana Firefly posture <b>तित्तिभासन</b></p>	
<p>1:33</p> <p><b>18</b></p>	<p>Pīñca-Mayūrāsana Feather peacock posture <b>पीञ्चमयूरासन</b></p>	
<p>1:38</p> <p><b>19</b></p>	<p>Kāraṇḍavāsana Himalayan goose posture <b>कारण्डवासन</b></p>	
<p>1:43</p> <p><b>20</b></p>	<p>Mayūrāsana Peacock posture <b>मयूरासन</b></p>	
<p>1:48</p> <p><b>21</b></p>	<p>Nakrāsana Crocodile posture <b>नक्रासन</b></p>	

1:52 | Vātāyanāsana  
**22** Horse posture  
वातायनासन



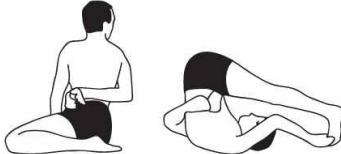
1:57 | Parighāsana  
**23** Beam (for shutting a gate) posture  
परिघासन



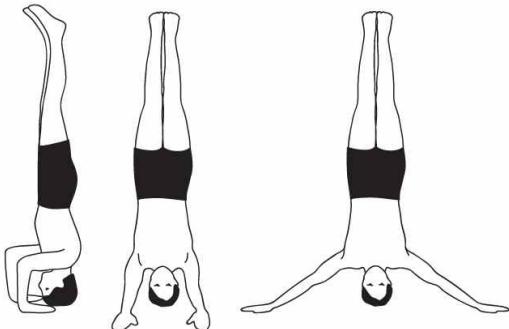
2:02 | Gomukhāsana  
**24** Cow face posture  
गोमुखासन



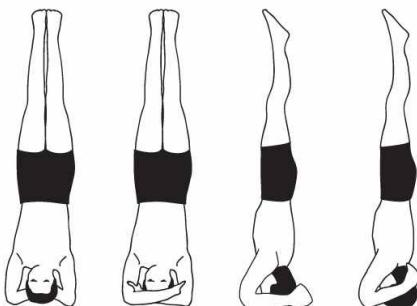
2:06 | Supta Īrdhva-Pāda-Vajrāsana  
**25** Supine upwards-leg thunderbolt posture  
सुप्त ऊर्ध्वपादवज्रासन



2:15 | Mukta-Hasta-Śīrṣāsana  
**26** Freed hand-head posture  
मुक्तहस्तशीर्षासन



2:22 | Baddha-Hasta-Śīrṣāsana  
**27** Bound hand-head posture  
बद्धहस्तशीर्षासन



Concludes with Finishing Postures.

Dvitīyo bhāgah samāptah  
Second Part Finished

द्वितीयो भागः समाप्तः

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## Aṣṭāṅga Second Series Summary

Sun Salutations and Standing Postures same as First Series.

- 1** Pāśāsana
- 2** Krauñcāsana
- 3** Śalabhāsana
- 4** Bhekāsana
- 5** Dhanurāsana
- 6** Pārśva-Dhanurāsana
- 7** Uṣṭrāsana
- 8** Laghu-Vajrāsana
- 9** Kapotāsana
- 10** Supta-Vajrāsana
- 11** Bakāsana (ka, kha)
- 12** Bharadvājāsana
- 13** Ardha-Matsyendrāsana
- 14** Eka-Pāda-Śīrṣāsana
- 15** Dvi-Pāda-Śīrṣāsana
- 16** Yoga-Nidrāsana
- 17** Tittibhāsana
- 18** Pīñca-Mayūrāsana
- 19** Kāraṇḍavāsana
- 20** Mayūrāsana
- 21** Nakrāsana
- 22** Vātāyanāsana

**23** Parighāsana

**24** Gomukhāsana

**25** Supta Īrdhva-Pāda-Vajrāsana

**26** Mukta-Hasta-Śīrṣāsana

**27** Baddha-Hasta-Śīrṣāsana

Finishing Postures same as First Series.

# AŚTĀNGA THIRD SERIES

Sthira-Bhāgah  
Steady Part

स्थिरभागः

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## TRACK 37

Find individual postures with the time points provided.

Preceded by Sun Salutations and Standing Postures.

:10 | Viśvāmitrāsana  
1 | (Name of sage) posture  
**विश्वामित्रासन**



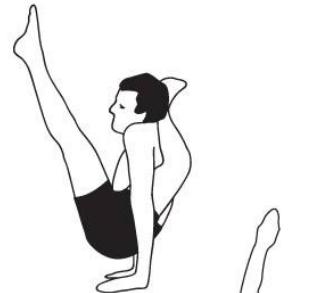
:15 | Vasiṣṭhāsana  
2 | (Name of sage) posture  
**वसिष्ठासन**



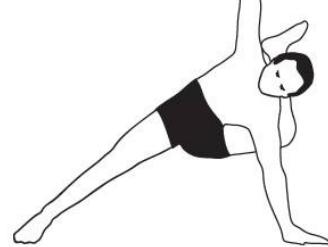
:20 | Kaśyapāsana  
3 | (Name of sage) posture  
**कश्यपासन**



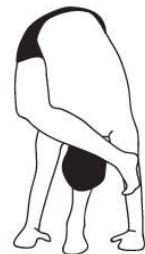
:24 | Cakorāsana  
4 | Partridge posture  
**चकोरासन**



:30 | Bhairavāsana  
5 | Formidable posture  
**भैरवासन**



:35 | Skandāsana  
6 | (Name of sage) posture  
**स्कन्दासन**



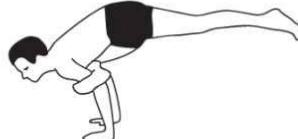




:39 | Dūrvāsāsana  
7 | (Name of sage) posture  
दूर्वासासन



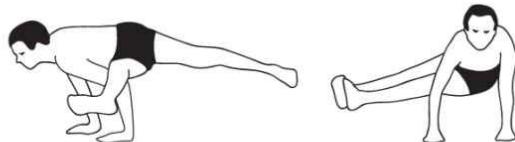
:44 | Ěrdhva-Kukkuṭāsana (ka, kha, ga)  
8 | Upward rooster posture (a, b, c)  
ऊर्ध्वकुक्कुटासन (क ख ग)  
a, b, c entered differently but end the same



:54 | Gālavāsana  
9 | (Name of sage) posture  
गालवासन



:59 | Eka-Pāda-Bakāsana (ka, kha)  
10 | One-leg crane posture (a, b)  
एकपादबकासन (क ख)



:1:08 | Kauṇḍinyāsana (ka, kha)  
11 | (Name of sage) posture (a, b)  
कौण्डिन्यासन (क ख)

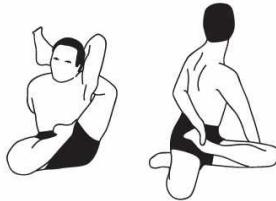


:1:16 | Aṣṭāvakrāsana (ka, kha)  
12 | (Name of sage) posture (a, b)  
अष्टावक्रासन (क ख)  
a, b, c entered differently but end the same

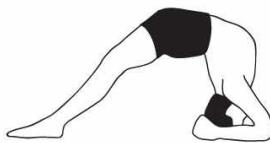


:1:25 | Paripūrnā-Matsyendrāsana  
13 | Entire fish lord posture  
परिपूर्णमत्येन्द्रासन

<sup>1:33</sup> | Virañcyāsana (ka, kha)  
**14** | (Name of sage) posture (a, b)  
विरञ्च्यासन (क ख)



<sup>1:40</sup> | Viparīta-Daṇḍāsana  
**15** | Inverted staff posture  
विपरीतदण्डासन



<sup>1:47</sup> | Eka-Pāda-Viparīta-Daṇḍāsana  
**16** | One-leg inverted staff posture  
एकपादविपरीतदण्डासन



<sup>1:55</sup> | Viparīta-Śalabhāsana  
**17** | Inverted locust posture  
विपरीतशलभासन



<sup>2:02</sup> | Hanumānāsana  
**18** | (Name of monkey deity) posture  
हनुमानासन



<sup>2:08</sup> | Supta-Trivikramāsana  
**19** | Supine three-stride posture  
सुप्रत्रिविक्रमासन



<sup>2:15</sup> | Digāsana  
**20** | Direction posture  
दिगासन



<sup>2:19</sup> Trivikramāsana  
**21** Three-stride posture  
त्रिविक्रमासन



<sup>2:24</sup> Naṭarājāsana  
**22** Lord of the dance (name of Śiva) posture  
नटराजासन



<sup>2:29</sup> Rāja-Kapotāsana  
**23** King pigeon posture  
राजकपोतासन



<sup>2:34</sup> Eka-Pāda-Rāja-Kapotāsana  
**24** One-leg king pigeon posture  
एकपादराजकपोतासन



Concludes with Finishing Postures.

Tritīyo bhāgah samāptaḥ  
Third Part Finished

त्रितीयो भागः समाप्तः

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## Aṣṭāṅga Third Series Summary

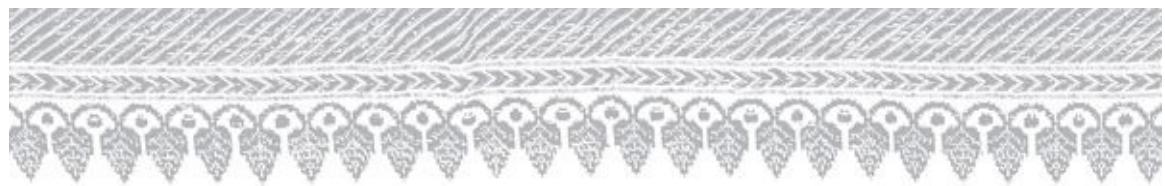
Sun Salutations and Standing Postures same as First Series.

- 1 Viśvāmitrāsana
- 2 Vasiṣṭhāsana
- 3 Kaśyapāsana
- 4 Cakorāsana
- 5 Bhairavāsana
- 6 Skandāsana
- 7 Dūrvāsāsana
- 8 Ūrdhvā-Kukkuṭāsana (ka, kha, ga)
- 9 Gālavāsana
- 10 Eka-Pāda-Bakāsana (ka, kha)
- 11 Kauṇḍinyāsana (ka, kha)
- 12 Aṣṭāvakrāsana (ka, kha)
- 13 Paripūrṇa-Matsyendrāsana
- 14 Virañcyāsana (ka, kha)
- 15 Viparīta-Daṇḍāsana
- 16 Eka-Pāda-Viparīta-Daṇḍāsana
- 17 Viparīta-Śalabhāsana
- 18 Hanumānāsana
- 19 Supta-Trivikramāsana
- 20 Digāsana
- 21 Trivikramāsana
- 22 Naṭarājāsana

**23** Rāja-Kapotāsana

**24** Eka-Pāda-Rāja-Kapotāsana

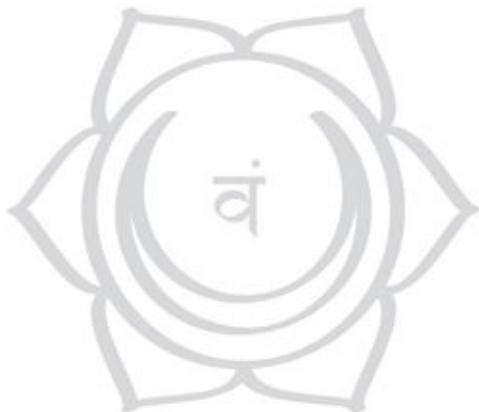
Finishing Postures same as First Series.



# ĀSANA NAMES

*A comprehensive list of āsana names, presented in English alphabetical order and grouped by first letter.*

Each name is pronounced in full twice, once at the beginning and once at the end, each time with space for you to repeat. In between, each part of the name is pronounced once, with space for you to repeat.



Āsana names are presented here, although not all variations are shown, due to time constraints on the audio. For each āsana, the following are shown: UPPER LEFT CORNER: AUDIO TIME POINT

Allows you to find the āsana name on the individual audio track. Just go to the track, then hold the fast-forward button down until you come to the time point shown.

**LINE 1: FULL TRANSLITERATION**

This is the full āsana name in roman letters with diacritical marks. Please see the Sanskrit Pronunciation Key in the back of the book for how to pronounce the letters.

**LINE 2: SEPARATED TRANSLITERATION**

So you can see each part of each word in the āsana name.

**LINE 3: ENGLISH TRANSLATION**

The literal meaning of the āsana name.

**LINE 4: SEPARATED SANSKRIT**

Sanskrit script for line 2.

**LINE 5: FULL SANSKRIT**

Sanskrit script for line 1. This is how you would see the āsana name in its orginal form.

# **RIGHT SIDE**

Line drawing of the āsana, some with variations.

Note: Āsana and pīṭham both mean “posture.”

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# A

## TRACK 38

Find individual postures with the time points provided.

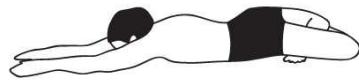
:03 Adho-Mukha-Matsyāsana

Adho - mukha - matsya - āsana

Downward - facing - fish - posture

अधो - मुख - मत्स्य - आसन

अधोमुखमत्स्यासन



:24 Adho-Mukha-Śvānāsana

Adho - mukha - śvāna - āsana

Downward - facing - dog - posture

अधो - मुख - श्वान - आसन

अधोमुखश्वानासन



:45 Adho-Mukha-Vṛkṣāsana

Adho - mukha - vṛkṣa - āsana

Downward - facing - tree - posture

अधो - मुख - वृक्ष - आसन

अधोमुखवृक्षासन



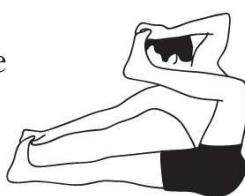
1:05 Ākarṇa-Dhanurāsana

Ā - karṇa - dhanur - āsana

Towards - ear - bow - posture

आ - कर्ण - धनुर - आसन

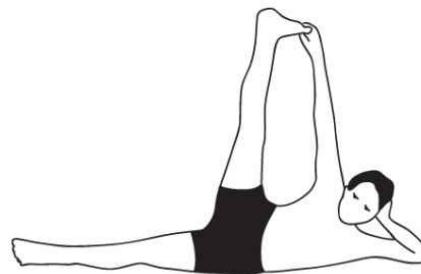
आकर्णधनुरासन



1:25 | Ākuñcanāsana  
 Ākuñcana - āsana  
 Bending - posture  
**आकुञ्जन - आसन**  
**आकुञ्जनासन**



1:41 | Anantāsana  
 Ananta - āsana  
 Endless (bed of Viṣṇu) - posture  
**अनन्त - आसन**  
**अनन्तासन**



2:10 | Apānāsana  
 Apāna - āsana  
 Downward air / abdominal breath - posture  
**अपान - आसन**  
**अपानासन**



2:10 | Ardha-Baddha-Padma-Paścimottānāsana  
 Ardha - baddha - padma - paścima - uttāna - āsana  
 Half - bound - lotus - back - stretched out - posture  
**अर्ध - बद्ध - पद्म - पश्चिम - उत्तान - आसन**  
**अर्धबद्धपद्मपश्चिमोत्तानासन**



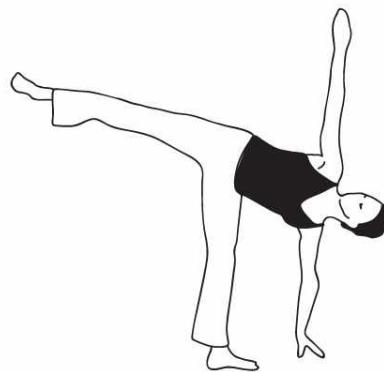
2:42 | Ardha-Baddha-Padmottānāsana  
 Ardha - baddha - padma - uttāna - āsana  
 Half - bound - lotus - stretched out - posture  
**अर्ध - बद्ध - पद्म - उत्तान - आसन**  
**अर्धबद्धपद्मोत्तानासन**





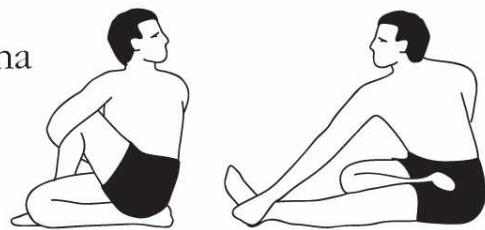
3:04

Ardha-Candrāsana  
Ardha - candra - āsana  
Half - moon - posture  
अर्ध - चन्द्र - आसन  
अर्धचन्द्रासन



3:20

Ardha-Matsyendrāsana  
Ardha - matsya - Indra - āsana  
Half - fish - lord - posture  
अर्ध - मत्स्य - इन्द्र - आसन  
अर्धमत्स्येन्द्रासन



3:39

Ardha-Nāvāsana  
Ardha - nāva - āsana  
Half - boat - posture  
अर्ध - नाव - आसन  
अर्धनावासन



3:54

Ardha-Śalabhāsana  
Ardha - śalabha - āsana  
Half - locust - posture  
अर्ध - शलभ - आसन  
अर्धशलभासन



4:09

Aṣṭāvakrāsana  
Aṣṭāvakra - āsana  
(Name of sage) - posture  
अष्टावक्र - आसन  
अष्टावक्रासन



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# B

## TRACK 39

Find individual postures with the time points provided.

:03

Baddha-Hasta-Śīrṣāsana

Baddha - hasta - śīrṣa - āsana

Bound - hand - head - posture

बद्ध - हस्त - शीर्ष - आसन

बद्धहस्तशीर्षासन



:21

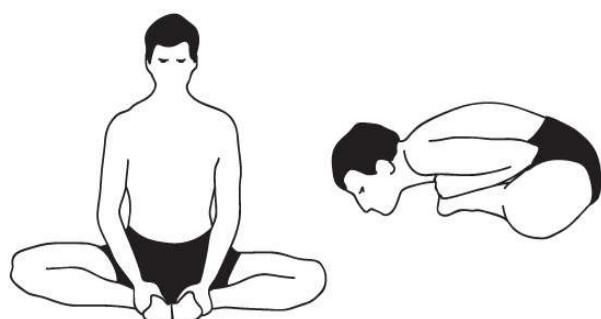
Baddha-Koṇāsana

Baddha - koṇa - āsana

Bound - angle - posture

बद्ध - कोण - आसन

बद्धकोणासन



:36

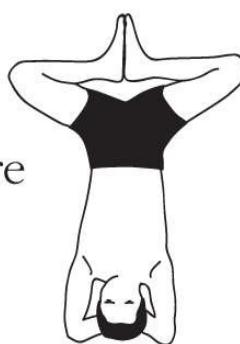
Baddha-Koṇa-Śīrṣāsana

Baddha - koṇa - śīrṣa - āsana

Bound - angle - head - posture

बद्ध - कोण - शीर्ष - आसन

बद्धकोणशीर्षासन



:56

Baddha-Padmāsana

Baddha - padma - āsana

Bound - lotus - posture

बद्ध - पद्म - आसन

बद्धपद्मासन





1:10 | Bakāsana  
Baka - āsana  
Crane - posture  
**बक** - आसन  
**बकासन**



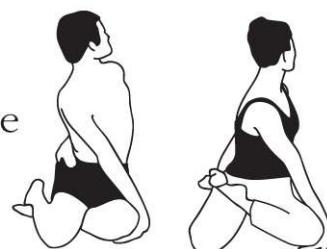
1:20 | Bälāsana  
Bāla - āsana  
Child - posture  
**बाल** - आसन  
**बालासन**



1:32 | Bhairavāsana  
Bhairava - āsana  
Formidable - posture  
**भैरव** - आसन  
**भैरवासन**



1:45 | Bharadvājāsana  
Bharadvāja - āsana  
(Name of sage) - posture  
**भरद्वाज** - आसन  
**भरद्वाजासन**



1:59 | Bhekāsana  
Bheka - āsana  
Frog - posture  
**भेक** - आसन  
**भेकासन**





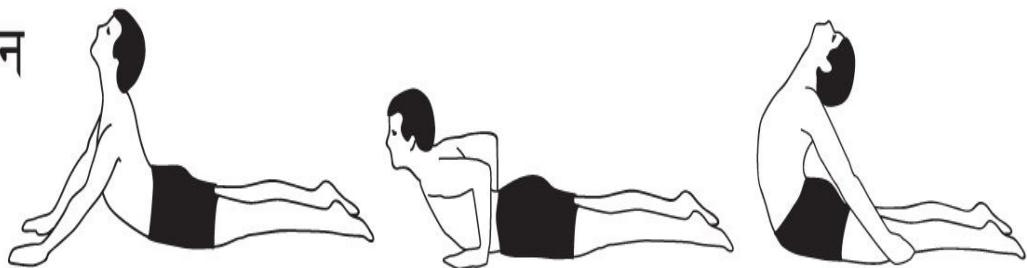
2:10 Bhujāṅgāsana

Bhujāṅga - āsana

Serpent - posture

भुजङ्ग - आसन

भुजङ्गासन



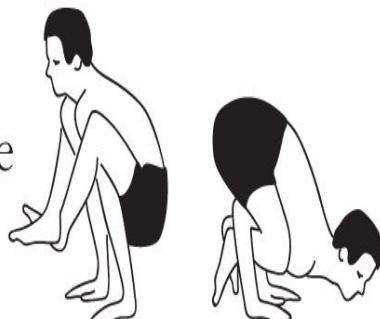
2:23 Bhujā-Pīḍāsana

Bhujā - pīḍa - āsana

Arm - pressure - posture

भुज - पीड - आसन

भुजपीडासन



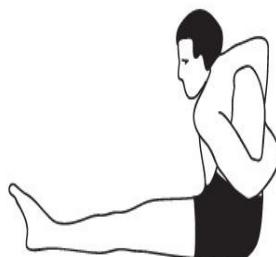
2:39 Buddhāsana

Buddha - āsana

Awakened - posture

बुद्ध - आसन

बुद्धासन



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# C

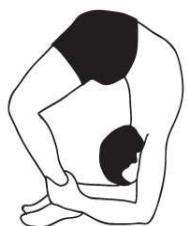
## TRACK 40

Find individual postures with the time points provided.

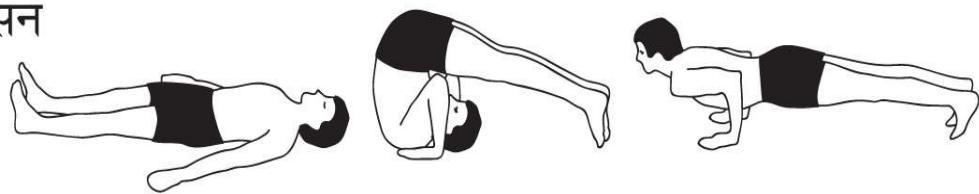
:03 | Cakorāsana  
Cakora - āsana  
Partridge - posture  
**चकोर - आसन**  
**चकोरासन**



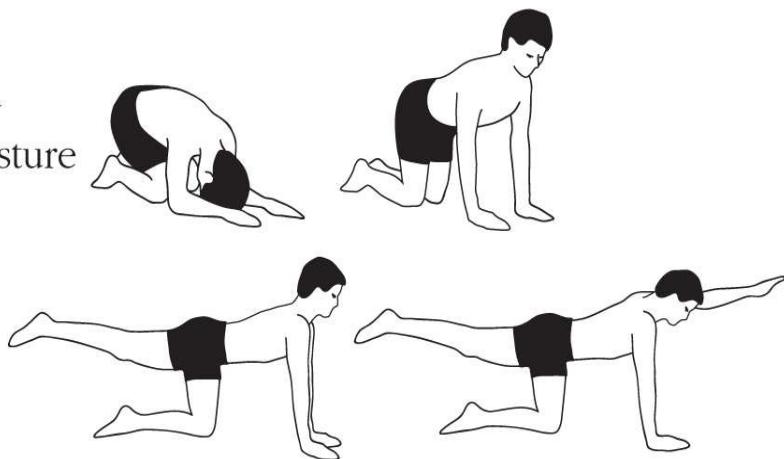
:13 | Cakra-Bandhāsana  
Cakra - bandha - āsana  
Wheel - lock - posture  
**चक्र - बन्ध - आसन**  
**चक्रबन्धासन**



:30 | Cakrāsana  
Cakra - āsana  
Wheel - posture  
**चक्र - आसन**  
**चक्रासन**



:42 | Cakravākāsana  
Cakravēka - āsana  
Ruddy goose - posture  
**चक्रवाक - आसन**  
**चक्रवाकासन**





:58

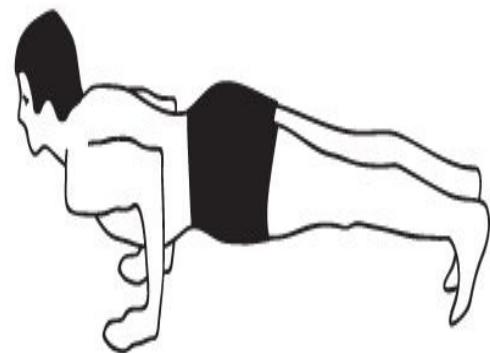
Caturaṅga-Daṇḍāsana

Catur - aṅga - daṇḍa - āsana

Four - limb - staff - posture

चतुर् - अङ्ग - दण्ड - आसन

चतुरङ्गदण्डासन



1:16

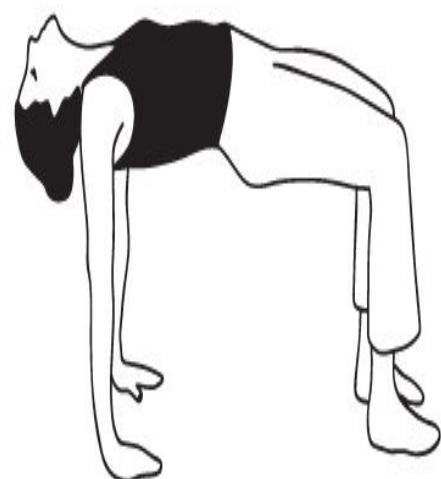
Catus-Pāda-Pīṭham

Catus - pāda - pīṭham

Four - leg - posture

चतुष् - पाद - पीठम्

चतुष्पादपीठम्

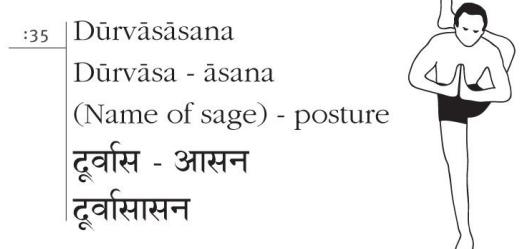
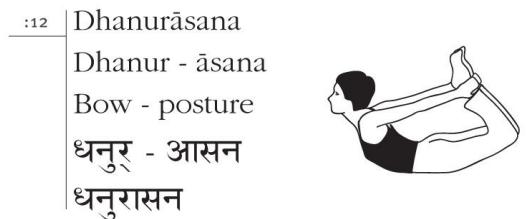
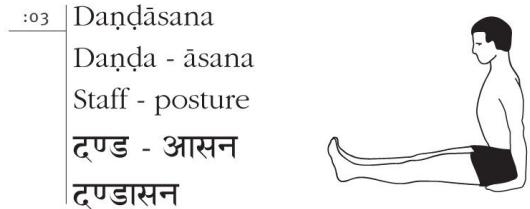


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# D

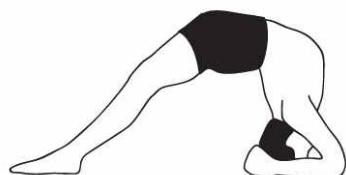
## TRACK 41

Find individual postures with the time points provided.





- :48** Dvihasta-Bhujāsana  
 Dvi - hasta - bhuja - āsana  
 Two - hand - arm - posture  
**द्वि - हस्त - भुज - आसन**  
**द्विहस्तभुजासन**
- 1:07** Dvipāda-Kauṇḍinyāsana  
 Dvi - pāda - Kauṇḍinya - āsana  
 Two - leg - (name of sage) - posture  
**द्वि - पाद - कौण्डिन्य - आसन**  
**द्विपादकौण्डिन्यासन**
- 1:29** Dvipāda-Pīṭham  
 Dvi - pāda - pīṭham  
 Two - leg - posture  
**द्वि - पाद - पीठम्**  
**द्विपादपीठम्**
- 1:46** Dvipāda-Śīrṣāsana  
 Dvi - pāda - śīrṣa - āsana  
 Two - leg - head - posture  
**द्वि - पाद - शीर्ष - आसन**  
**द्विपादशीर्षासन**
- 2:05** Dvipāda-Viparīta-Daṇḍāsana  
 Dvi - pāda - viparīta - daṇḍa - āsana  
 Two - leg - inverted - staff - posture  
**द्वि - पाद - विपरीत - दण्ड - आसन**  
**द्विपादविपरीतदण्डासन**



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# E

## TRACK 42

Find individual postures with the time points provided.

:03 | Eka-hasta-Bhujāsana

Eka - hasta - bhuja - āsana

One - hand - arm - posture

एक - हस्त - भुज - आसन

एकहस्तभुजासन



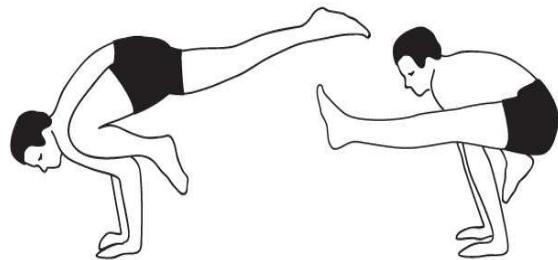
:19 | Ekapāda-Bakāsana

Eka - pāda - baka - āsana

One - leg - crane - posture

एक - पाद - बक - आसन

एकपादबकासन



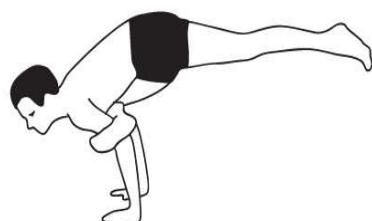
:39 | Ekapāda-Gālavāsana

Eka - pāda - Gālava - āsana

One - leg - (name of sage) - posture

एक - पाद - गालव - आसन

एकपादगालवासन



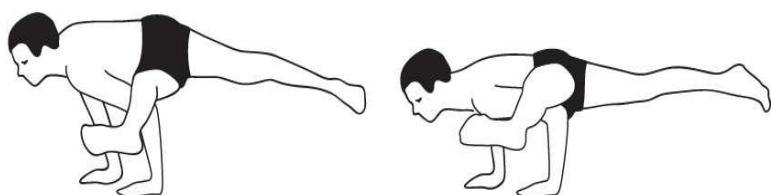
:59 | Ekapāda-Kauṇḍinyāsana

Eka - pāda - Kauṇḍinya - āsana

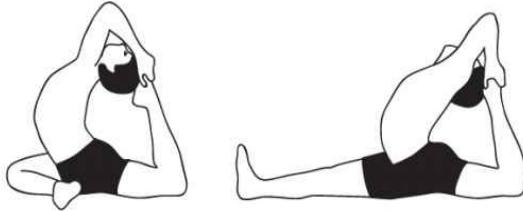
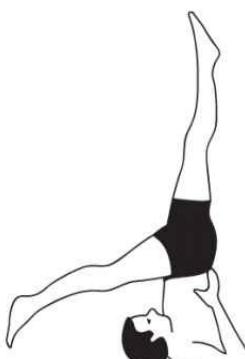
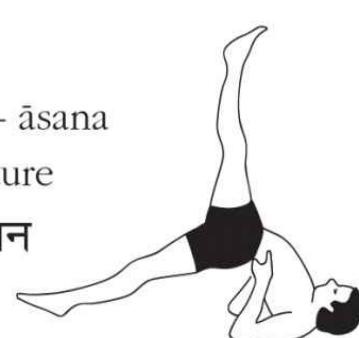
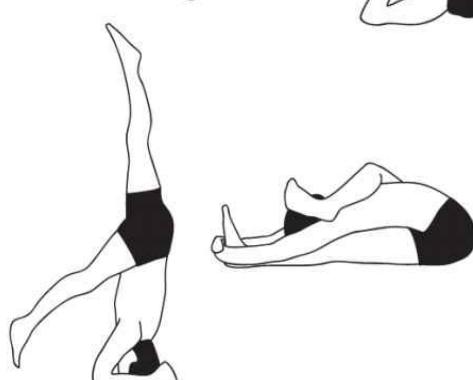
One - leg - (name of sage) - posture

एक - पाद - कौण्डन्य - आसन

एकपादकौण्डन्यासन





- 1:21** | Ekapāda-Rāja-Kapotāsana  
 Eka - pāda - rāja - kapota - āsana  
 One - leg - king - pigeon - posture  
**एक - पाद - राज - कपोत - आसन**  
**एकपादराजकपोतासन**
- 
- 1:44** | Ekapāda-Sarvāṅgāsana  
 Eka - pāda - sarva - aṅga - āsana  
 One - leg - all - limb - posture  
**एक - पाद - सर्व - अङ्ग - आसन**  
**एकपादसर्वाङ्गासन**
- 
- 2:09** | Ekapāda-Setu-Bandha-Sarvāṅgāsana  
 Eka - pāda - setu - bandha - sarva - aṅga - āsana  
 One - leg - bridge - lock - all - limb - posture  
**एक - पाद - सेतु - बन्ध - सर्व - अङ्ग - आसन**  
**एकपादसेतुबन्धसर्वाङ्गासन**
- 
- 2:40** | Ekapāda-Śīrṣāsana  
 Eka - pāda - śīrṣa - āsana  
 One - leg - head - posture  
**एक - पाद - शीर्ष - आसन**  
**एकपादशीर्षासन**
- 
- 3:01** | Ekapāda Ūrdhvā-Dhanurāsana  
 Eka - pāda ūrdhvā - dhanur - āsana  
 One - leg upward - bow - posture  
**एक - पाद ऊर्ध्वा - धनुर - आसन**  
**एकपाद ऊर्ध्वाधनुरासन**
- 



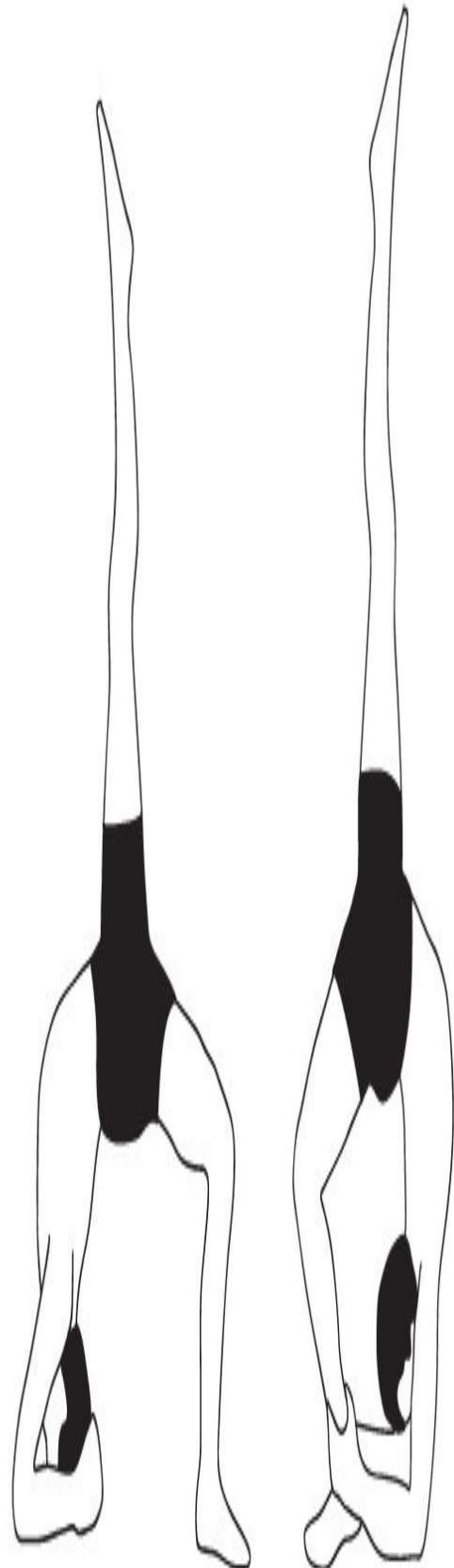
3:25 | Ekapāda-Viparita-Dandāsana

Eka - pāda - viparīta - danda - āsana

One - leg - inverted - staff - posture

एक - पाद - विपरीत - दण्ड - आसन

एकपादविपरीतदण्डासन



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# G

## TRACK 43

Find individual postures with the time points provided.

:103 | Gālavāsana

Gālava - āsana

(Name of sage) - posture

गाल्व - आसन

गाल्वासन



:11 | Gaṇḍa-Bheruṇḍāsana

Gaṇḍa - bheruṇḍa - āsana

Side of face - formidable - posture

गण्ड - भेरुण्ड - आसन

गण्डभेरुण्डासन



:31 | Garbha-Piṇḍāsana

Garbha - piṇḍa - āsana

Womb - ball - posture

गर्भ - पिण्ड - आसन

गर्भपिण्डासन



:47 | Garuḍāsana

Garuḍa - āsana

Eagle - posture

गरुड - आसन

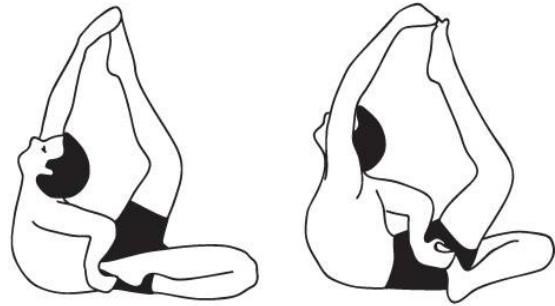
गरुडासन





:59

Gheraṇḍāsana  
Gheraṇḍa - āsana  
(Name of sage) - posture  
**घेरण्ड - आसन**  
**घेरण्डासन**



1:11

Godhāpīṭham  
Godhā - pīṭham  
Alligator - posture  
**गोधा - पीठम्**  
**गोधापीठम्**



1:25

Go-Mukhāsana  
Go - mukha - āsana  
Cow - face - posture  
**गो - मुख - आसन**  
**गोमुखासन**



1:39

Gorakṣāsana  
Gorakṣa - āsana  
Cowherd - posture  
**गोरक्ष - आसन**  
**गोरक्षासन**



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# H

## TRACK 44

Find individual postures with the time points provided.

:03	Halāsana Hala - āsana Plow - posture हल - आसन हलासन	
:11	Hamṣāsana Hamṣa - āsana Swan - posture हंस - आसन हंसासन	
:23	Hanumānāsana Hanumān - āsana (Name of monkey deity) - posture हनुमान् - आसन हनुमानासन	

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# J

## TRACK 45

Find individual postures with the time points provided.

:03 Jānu-Śīrṣāsana

Jānu - śīrṣa - āsana

Knee - head - posture

जानु - शीर्ष - आसन

जानुशीर्षासन



:18 Jāṭhara-Parivartanāsana

Jāṭhara - parivartana - āsana

Stomach - revolving - posture

जठर - परिवर्तन - आसन

जठरपरिवर्तनासन



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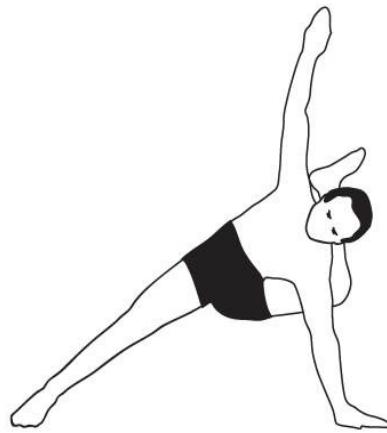
# K

## TRACK 46

Find individual postures with the time points provided.

:03

Kālabhairavāsana  
Kālabhairava - āsana  
(Name of Śiva) - posture  
**कालभैरव - आसन**  
**कालभैरवासन**



:16

Kandāsana  
Kanda - āsana  
Knot - posture  
**कन्द - आसन**  
**कन्दासन**



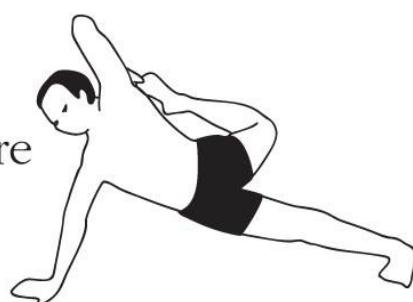
:27

Kapilāsana  
Kapila - āsana  
(Name of sage) - posture  
**कपिल - आसन**  
**कपिलासन**



:38

Kapiñjalāsana  
Kapiñjala - āsana  
Bird that lives on raindrops - posture  
**कपिञ्जल - आसन**  
**कपिञ्जलासन**





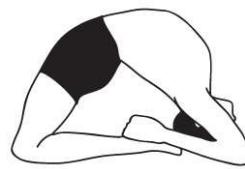
1:51 | Kapotāsana

Kapota - āsana

Pigeon - posture

कपोत - आसन

कपोतासन



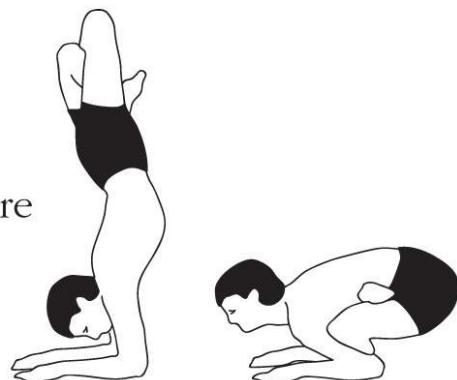
1:03 | Kāraṇḍavāsana

Kāraṇḍava - āsana

Himalayan goose - posture

कारण्डव - आसन

कारण्डवासन



1:18 | Karṇapīḍāsana

Karṇa - pīḍa - āsana

Ear - pressure - posture

कर्ण - पीड - आसन

कर्णपीडासन



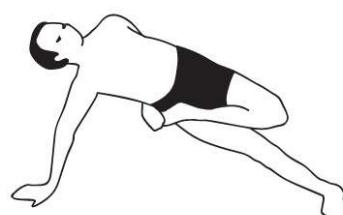
1:34 | Kaśyapāsana

Kaśyapa - āsana

(Name of sage) - posture

कश्यप - आसन

कश्यपासन



1:45 | Krauñcāsana

Krauñca - āsana

Heron - posture

क्रौञ्च - आसन

क्रौञ्चासन



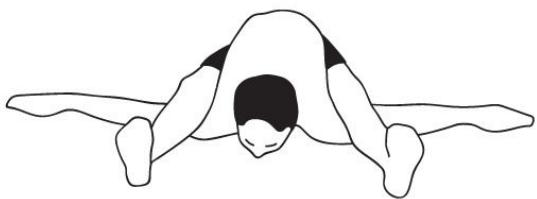
1:51

Kukkuṭāsana  
Kukkuṭa - āsana  
Rooster - posture  
**कुक्कुट - आसन**  
**कुक्कुटासन**



2:09

Kūrmāsana  
Kūrma - āsana  
Tortoise - posture  
**कूर्म - आसन**  
**कूर्मासन**



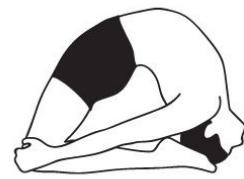
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# L

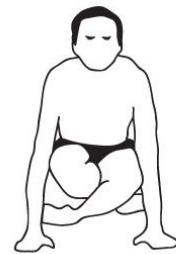
## TRACK 47

Find individual postures with the time points provided.

:03 | Laghu-Vajrāsana  
Laghu - vajra - āsana  
Light weight - thunderbolt - posture  
**लघु - वज्र - आसन**  
**लघुवज्रासन**



:18 | Lolāsana  
Lola - āsana  
Dangling - posture  
**लोल - आसन**  
**लोलासन**



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# M

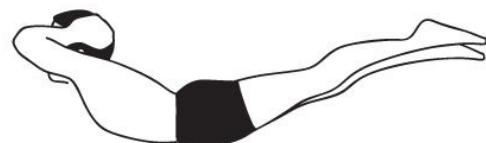
## TRACK 48

Find individual postures with the time points provided.

:03 | Mahāmudrā  
Mahā - mudrā  
Great - seal  
**महा - मुद्रा**  
**महामुद्रा**



:15 | Makarāsana  
Makara - āsana  
Sea animal - posture  
**मकर - आसन**  
**मकरासन**



:30 | Mālāsana  
Mālā - āsana  
Garland - posture  
**माला - आसन**  
**मालासन**



:42 | Maṇḍalāsana  
Maṇḍala - āsana  
Circle - posture  
**मण्डल - आसन**  
**मण्डलासन**





:54 Marīcyāsana

Marīci - āsana

(Name of sage) - posture

मरीचि - आसन

मरीच्यासन



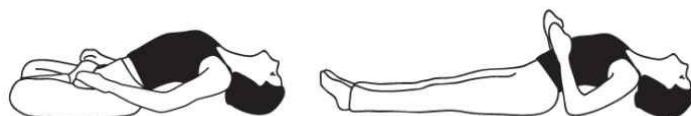
1:06 Matsyāsana

Matsya - āsana

Fish - posture

मत्स्य - आसन

मत्स्यासन



*in Padmāsana*

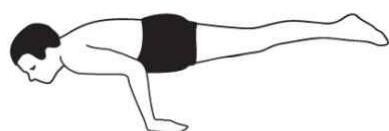
1:17 Mayūrāsana

Mayūra - āsana

Peacock - posture

मयूर - आसन

मयूरासन



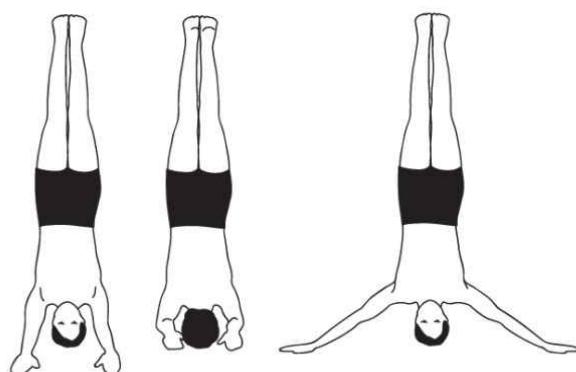
1:29 Mukta-Hasta-Śīrṣāsana

Mukta - hasta - śīrṣa - āsana

Free - hand - head - posture

मुक्त - हस्त - शीर्ष - आसन

मुक्तहस्तशीर्षासन



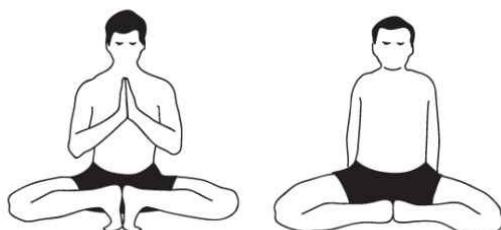
1:49 Mūlabandhāsana

Mūla - bandha - āsana

Root - lock - posture

मूल - बन्ध - आसन

मूलबन्धासन



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**N**

**TRACK 49**

Find individual postures with the time points provided.

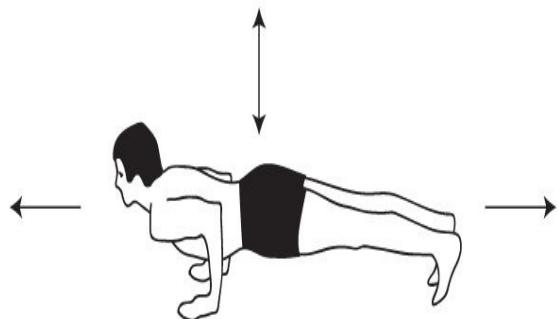
:03 | Nakrāsana

Nakra - āsana

Crocodile - posture

नक्र - आसन

नक्रासन



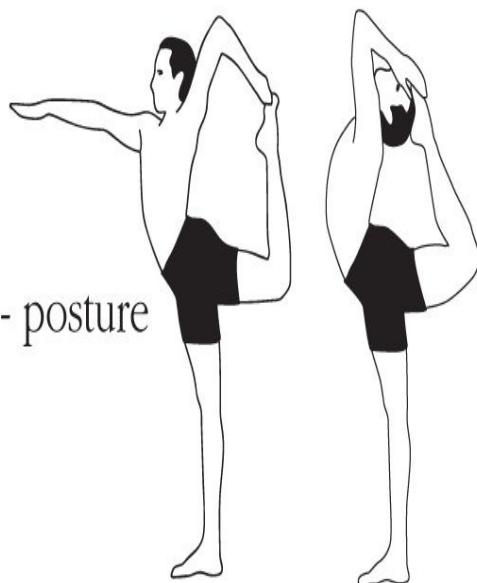
:13 | Natarājāsana

Natarāja - āsana

Lord of the dance (name of Śiva) - posture

नटराज - आसन

नटराजासन



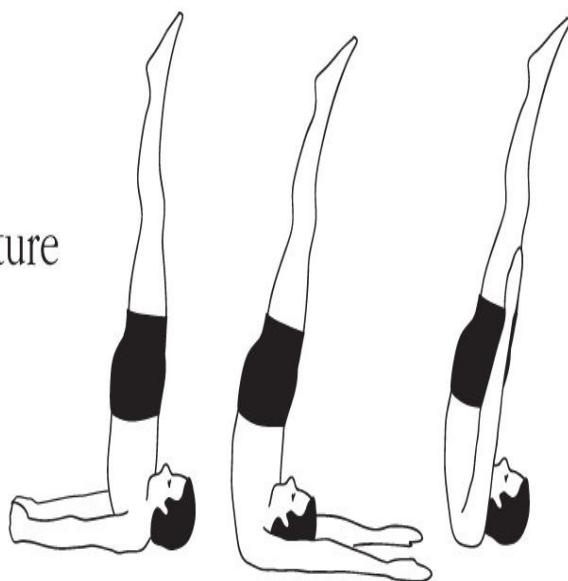
:27 | Nirālamba-Sarvāṅgāsana

Nir - ālamba - sarva - aṅga - āsana

Without - support - all - limb - posture

निर् - आलम्ब - सर्व - अङ्ग - आसन

निरालम्बसर्वाङ्गासन



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# P

## TRACK 50

Find individual postures with the time points provided.

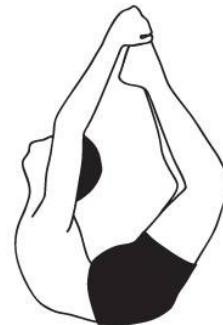
:03

Pāda-Hastāsana  
Pāda - hasta - āsana  
Foot - hand - posture  
**पाद - हस्त - आसन**  
**पादहस्तासन**



:16

Pādāṅguṣṭha-Dhanurāsana  
Pādāṅguṣṭha - dhanur - āsana  
Big toe - bow - posture  
**पादाङ्गुष्ठ - धनुर - आसन**  
**पादाङ्गुष्ठधनुरासन**



:36

Pādāṅguṣṭhāsana  
Pādāṅguṣṭha - āsana  
Big toe - posture  
**पादाङ्गुष्ठ - आसन**  
**पादाङ्गुष्ठासन**



:51

Padma-Mayūrāsana  
Padma - mayūra - āsana  
Lotus - peacock - posture  
**पद्म - मयूर - आसन**  
**पद्ममयूरासन**





1:07 | Padmāsana  
Padma - āsana  
Lotus - posture  
**पद्म - आसन**  
**पद्मासन**



1:17 | Parighāsana  
Parigha - āsana  
Beam (for shutting a gate) - posture  
**परिघ - आसन**  
**परिघासन**



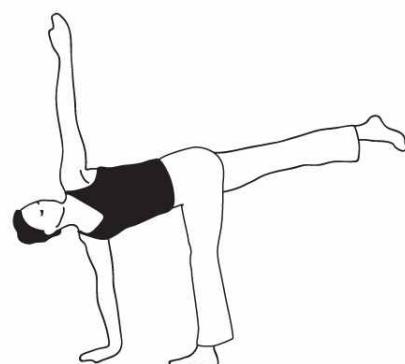
1:30 | Paripūrṇa-Matsyendrāsana  
Paripūrṇa - matsya - Indra - āsana  
Complete - fish - lord - posture  
**परिपूर्ण - मत्स्य - इन्द्र - आसन**  
**परिपूर्णमत्स्येन्द्रासन**



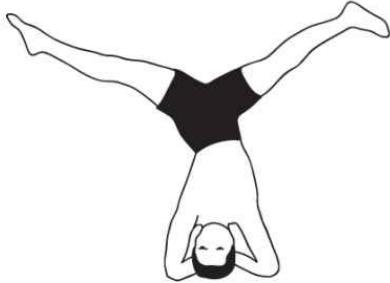
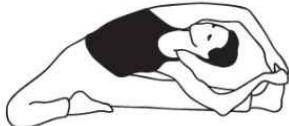
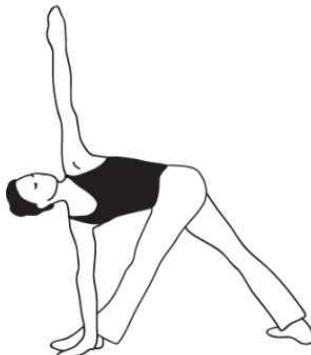
1:51 | Paripūrṇa-Nāvāsana  
Paripūrṇa - nāva - āsana  
Full - boat - posture  
**परिपूर्ण - नाव - आसन**  
**परिपूर्णनावासन**



2:08 | Parivṛtta-Ardha-Candrāsana  
Parivṛtta - ardha - candra - āsana  
Revolved - half - moon - posture  
**परिवृत्त अर्ध - चन्द्र - आसन**  
**परिवृत्त अर्धचन्द्रासन**





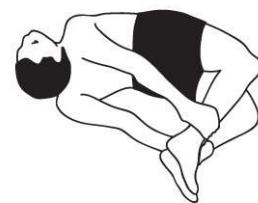
2:30	<p>Parivṛttaikapāda-Śīrṣāsana</p> <p>Parivṛtta - eka - pāda - śīrṣa - āsana</p> <p>Revolved - one - leg - head - posture</p> <p><b>परिवृत्त - एक - पाद - शीर्ष - आसन</b></p> <p><b>परिवृत्तैकपादशीर्षासन</b></p>	
2:54	<p>Parivṛtta-Jānu-Śīrṣāsana</p> <p>Parivṛtta - jānu - śīrṣa - āsana</p> <p>Revolved - knee - head - posture</p> <p><b>परिवृत्त - जानु - शीर्ष - आसन</b></p> <p><b>परिवृत्तजानुशीर्षासन</b></p>	
3:16	<p>Parivṛtta-Pārśvakoṇāsana</p> <p>Parivṛtta - pārśva - koṇa - āsana</p> <p>Revolved - side - angle - posture</p> <p><b>परिवृत्त - पार्श्व - कोण - आसन</b></p> <p><b>परिवृत्तपार्श्वकोणासन</b></p>	
3:36	<p>Parivṛtta-Paścimottānāsana</p> <p>Parivṛtta - paścima - uttāna - āsana</p> <p>Revolved - back - stretched out - posture</p> <p><b>परिवृत्त - पश्चिम - उत्तान - आसन</b></p> <p><b>परिवृत्तपश्चिमोत्तानासन</b></p>	
3:58	<p>Parivṛtta-Trikoṇāsana</p> <p>Parivṛtta - trikoṇa - āsana</p> <p>Revolved - triangle - posture</p> <p><b>परिवृत्त - त्रिकोण - आसन</b></p> <p><b>परिवृत्तत्रिकोणासन</b></p>	



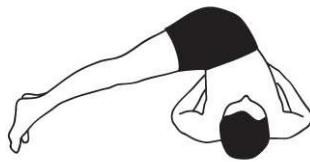
4:16 Pārśva-Bakāsana  
Pārśva - baka - āsana  
Side - crane - posture  
**पार्श्व - बक - आसन**  
**पार्श्वबकासन**



4:31 Pārśva-Dhanurāsana  
Pārśva - dhanur - āsana  
Side - bow - posture  
**पार्श्व - धनुर - आसन**  
**पार्श्वधनुरासन**



4:47 Pārśva-Halāsana  
Pārśva - hala - āsana  
Side - plow - posture  
**पार्श्व - हल - आसन**  
**पार्श्वहलासन**



5:02 Pārśva-Kukkuṭāsana  
Pārśva - kukkuṭa - āsana  
Side - rooster - posture  
**पार्श्व - कुक्कुट - आसन**  
**पार्श्वकुक्कुटासन**

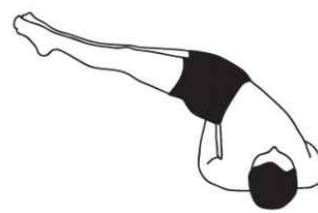


5:18 Pārśva-Piṇḍāsana  
Pārśva - piṇḍa - āsana  
Side - ball - posture  
**पार्श्व - पिण्ड - आसन**  
**पार्श्वपिण्डासन**





5:33 Pārśva-Sarvāṅgāsana  
 Pārśva - sarva - aṅga - āsana  
 Side - all - limb - posture  
**पार्श्व - सर्व - अङ्ग - आसन**  
**पार्श्वसर्वाङ्गासन**



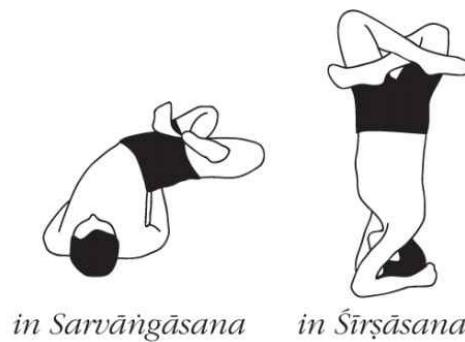
5:53 Pārśva-Śīrṣāsana  
 Pārśva - śīrṣa - āsana  
 Side - head - posture  
**पार्श्व - शीर्ष - आसन**  
**पार्श्वशीर्षासन**



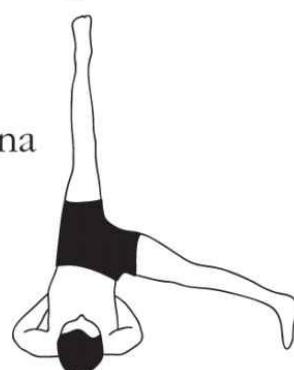
6:11 Pārśva-Upaviṣṭa-Koṇāsana  
 Pārśva upaviṣṭa- koṇa - āsana  
 Side seated - angle - posture  
**पार्श्व उपविष्ट - कोण - आसन**  
**पार्श्व उपविष्टकोणासन**



6:32 Pārśva-Ūrdhvā-Padmāsana  
 Pārśva ūrdhvā - padma - āsana  
 Side upward - lotus - posture  
**पार्श्व ऊर्ध्व - पद्म - आसन**  
**पार्श्व ऊर्ध्वपद्मासन**

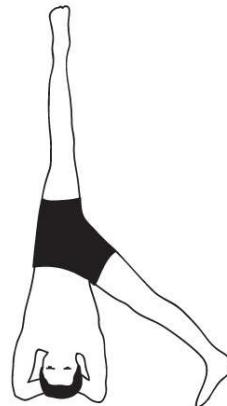


6:51 Pārśvakapāda-Sarvāṅgāsana  
 Pārśva - eka - pāda - sarva - aṅga - āsana  
 Side - one - leg - all - limb - posture  
**पार्श्व - एक - पाद - सर्व - अङ्ग - आसन**  
**पार्श्वकपादसर्वाङ्गासन**





7:19 Pārśvaikapāda-Śīrṣāsana  
 Pārśva - eka - pāda - śīrṣa - āsana  
 Side - one - leg - head - posture  
**पार्श्व - एक - पाद - शीर्ष - आसन**  
**पार्श्वेकपादशीर्षासन**



7:43 Pārśvottānāsana  
 Pārśva - uttāna - āsana  
 Side - stretched out - posture  
**पार्श्व - उत्तान - आसन**  
**पार्श्वोत्तानासन**



7:59 Parvatāsana  
 Parvata - āsana  
 Mountain - posture  
**पर्वत - आसन**  
**पर्वतासन**



8:10 Paryāṅkāsana  
 Paryāṅka - āsana  
 Couch - posture  
**पर्यङ्क - आसन**  
**पर्यङ्कासन**



8:22 Pāśāsana  
 Pāśa - āsana  
 Noose - posture  
**पाश - आसन**  
**पाशासन**





8:32 | Paścimottānāsana

Paścima - uttāna - āsana

Back - stretched out - posture

पश्चिम - उत्तान - आसन

पश्चिमोत्तानासन



8:49 | Piñca-Mayūrāsana

Piñca - mayūra - āsana

Feather - peacock - posture

पीञ्च - मयूर - आसन

पीञ्चमयूरासन



9:08 | Piṇḍāsana

Piṇḍa - āsana

Ball - posture

पिण्ड - आसन

पिण्डासन



in Sarvāṅgāsana

in Śīrṣāsana

9:19 | Prasārita Pādottānāsana

Prasārita pāda - uttāna - āsana

Spread leg - stretched out - posture

प्रसारित पाद - उत्तान - आसन

प्रसारितपादोत्तानासन



9:40 | Pūrvottānāsana

Pūrva - uttāna - āsana

Front - stretched out - posture

पूर्व - उत्तान - आसन

पूर्वोत्तानासन



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# R

## TRACK 51

Find individual postures with the time points provided.

:03

Rāja-Kapotāsana

Rāja - kapota - āsana

King - pigeon - posture

राज - कपोत - आसन

राजकपोतासन



:18

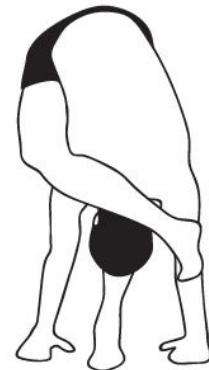
Rcīkāsana

Rcīka - āsana

(Name of sage) - posture

ऋचीक - आसन

ऋचीकासन



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# S

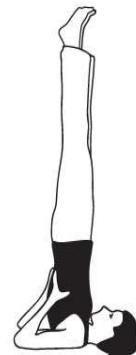
## TRACK 52

Find individual postures with the time points provided.

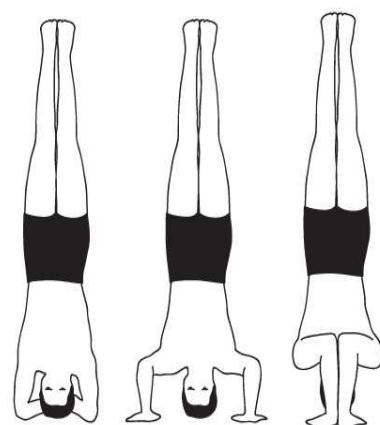
:03 | Śalabhaśāna  
 Śalabha - āsana  
 Locust - posture  
**शलभ - आसन**  
**शलभासन**



:14 | Sālamba-Sarvāṅgāsana  
 Sa - ālamba - sarva - aṅga - āsana  
 With - support - all - limb - posture  
**स - आलम्ब - सर्व - अङ्ग - आसन**  
**सालम्बसर्वाङ्गासन**



:40 | Sālamba-Śīrṣāsana  
 Sa - ālamba - śīrṣa - āsana  
 With - support - head - posture  
**स - आलम्ब - शीर्ष - आसन**  
**सालम्बशीर्षासन**



1:00 | Samakoṇāsana  
 Sama - koṇa - āsana  
 Equal - angle - posture  
**सम - कोण - आसन**  
**समकोणासन**

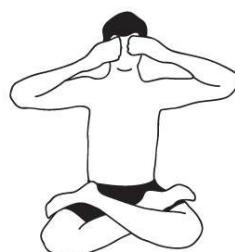




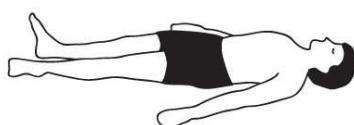
1:14 | Samasthiti  
 Sama - sthiti  
 Equal - standing  
**सम - स्थिति**  
**समस्थिति**



1:28 | Ṣanmukhī-*Mudrā*  
 Ṣan - mukhī - mudrā  
 Six - faced - seal  
**षन् - मुखी - मुद्रा**  
**षन्मुखीमुद्रा**



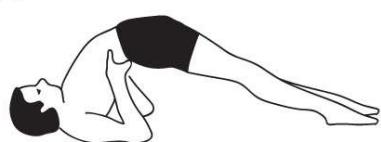
1:48 | Šavāsana  
 Šava - āsana  
 Corpse - posture  
**शव - आसन**  
**शवासन**



1:59 | Šayanāsana  
 Šayana - āsana  
 Relaxing - posture  
**शयन - आसन**  
**शयनासन**

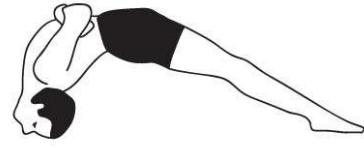


2:11 | Setubandha-Sarvāṅgāsana  
 Setu - bandha - sarva - aṅga - āsana  
 Bridge - lock - all - limb - posture  
**सेतु - बन्ध - सर्व - अङ्ग - आसन**  
**सेतुबन्धसर्वाङ्गासन**





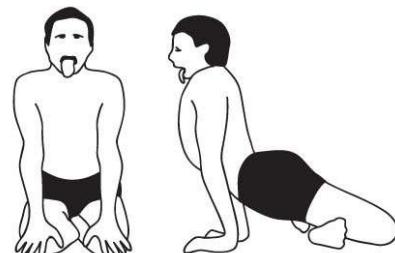
2:35 | Setu-Bandhāsana  
 Setu - bandha - āsana  
 Bridge - lock - posture  
**सेतु - बन्ध - आसन**  
**सेतुबन्धासन**



2:51 | Siddhāsana  
 Siddha - āsana  
 Accomplished - posture  
**सिद्ध - आसन**  
**सिद्धासन**



3:03 | Simhāsana  
 Simha - āsana  
 Lion - posture  
**सिंह - आसन**  
**सिंहासन**



3:14 | Śīrṣa-Pādāsana  
 Śīrṣa - pāda - āsana  
 Head - foot - posture  
**शीर्ष - पाद - आसन**  
**शीर्षपादासन**



3:31 | Skandāsana  
 Skanda - āsana  
 (Name of sage) - posture  
**स्कन्द - आसन**  
**स्कन्दासन**

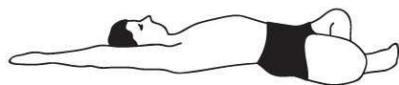




3:41 | Sukhāsana  
Sukha - āsana  
Easy - posture  
**सुख - आसन**  
**सुखासन**



3:52 | Supta-Baddha-Koṇāsana  
Supta - baddha - koṇa - āsana  
Supine - bound - angle - posture  
**सुप्त - बद्ध - कोण - आसन**  
**सुप्तबद्धकोणासन**



4:12 | Supta-Bhekāsana  
Supta - bheka - āsana  
Supine - frog - posture  
**सुप्त - भेक - आसन**  
**सुप्तभेकासन**



4:27 | Supta-Daṇḍāsana  
Supta - daṇḍa - āsana  
Supine - staff - posture  
**सुप्त - दण्ड - आसन**  
**सुप्तदण्डासन**



4:42 | Supta-Koṇāsana  
Supta - koṇa - āsana  
Supine - angle - posture  
**सुप्त - कोण - आसन**  
**सुप्तकोणासन**

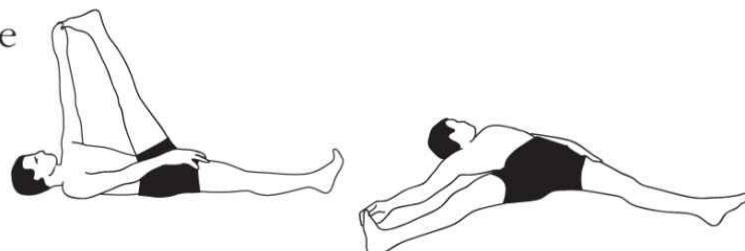




- 4:56 | Supta-Kūrmāsana  
 Supta - kūrma - āsana  
 Supine - tortoise - posture  
**सुप्त - कूर्म - आसन**  
**सुप्तकूर्मासन**



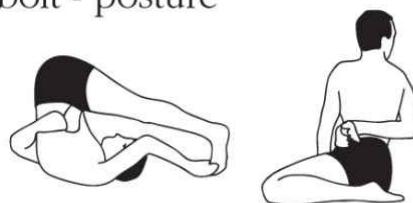
- 5:11 | Supta-Pādāṅguṣṭhāsana  
 Supta - pādāṅguṣṭha - āsana  
 Supine - big toe - posture  
**सुप्त - पादाङ्गुष्ठ - आसन**  
**सुप्तपादाङ्गुष्ठासन**



- 5:29 | Supta-Trivikramāsana  
 Supta - tri - vikrama - āsana  
 Supine - three - stride - posture  
**सुप्त - त्रि - विक्रम - आसन**  
**सुप्तत्रिविक्रमासन**



- 5:49 | Supta-Ūrdhva-Pāda-Vajrāsana  
 Supta ūrdhva - pāda - vajra - āsana  
 Supine upwards - foot - thunderbolt - posture  
**सुप्त ऊर्ध्व - पाद - वज्र - आसन**  
**सुप्त ऊर्ध्वपादवज्रासन**



- 6:13 | Supta-Vajrāsana  
 Supta - vajra - āsana  
 Supine - thunderbolt - posture  
**सुप्त - वज्र - आसन**  
**सुप्तवज्रासन**





6:28 | Supta-Vīrāsana

Supta - vīra - āsana

Supine - hero - posture

सुप्त - वीर - आसन

सुप्तवीरासन



6:43 | Sūrya-Namaskāra

Sūrya - namaskāra

Sun - salutation

सूर्य - नमस्कार

सूर्यनमस्कार

*A series of postures  
with numerous variations,  
one of which is in the  
Aṣṭāṅga section*

6:58 | Svastikāsana

Svastika - āsana

Auspicious - posture

स्वस्तिक - आसन

स्वस्तिकासन



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# T

## TRACK 53

Find individual postures with the time points provided.

:03 | Taḍāka-Mudrā  
 Taḍāka - mudrā  
 Pond - gesture  
**तडाक - मुद्रा**  
**तडाकमुद्रा**



:17 | Tāḍāsana  
 Tāḍa - āsana  
 Mountain - posture  
**ताड - आसन**  
**ताडासन**



:28 | Tiryaṇ-Mukhaikapāda-Paścimottānāsana  
 Tiryaṇ - mukha - eka - pāda - paścima - uttāna - āsana  
 Oblique - face - one - leg - back - stretched out - posture  
**तिर्यङ् - मुख - एक - पाद - पश्चिम - उत्तान - आसन**  
**तिर्यङ्-मुखैकपादपश्चिमोत्तानासन**



1:03 | Tiryaṇ-Mukhottānāsana  
 Tiryaṇ - mukha - uttāna - āsana  
 Upside down - face - stretched out - posture  
**तिर्यङ् - मुख - उत्तान - आसन**  
**तिर्यङ्-मुखोत्तानासन**



<p><b>1:28</b></p>	<p>Tittibhāsana Tittibha - āsana Firefly - posture <b>तित्तिभ - आसन</b> <b>तित्तिभासन</b></p>	
<p><b>1:40</b></p>	<p>Tolāsana Tola - āsana Scale (for weighing) - posture <b>तोल - आसन</b> <b>तोलासन</b></p>	
<p><b>1:50</b></p>	<p>Trivikramāsana Tri - vikrama - āsana Three - stride - posture <b>त्रि - विक्रम - आसन</b> <b>त्रिविक्रमासन</b></p>	

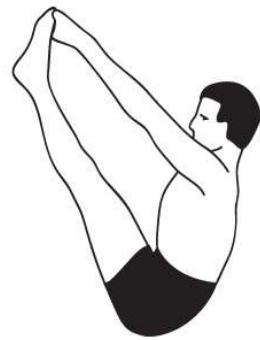
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# U

## TRACK 54

Find individual postures with the time points provided.

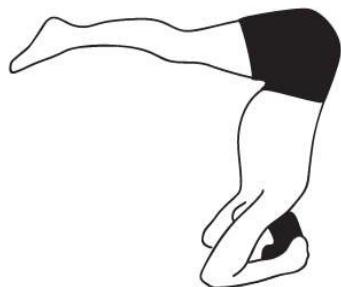
:03 | Ubhaya-Pādāṅguṣṭhāsana  
Ubhaya - pādāṅguṣṭha - āsana  
Both - big toe - posture  
**उभय - पादाङ्गुष्ठ - आसन**  
**उभयपादाङ्गुष्ठासन**



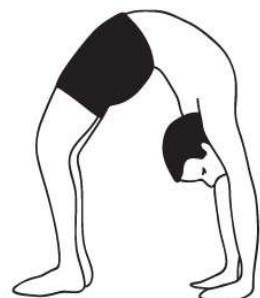
:21 | Upaviṣṭa-Koṇāsana  
Upaviṣṭa - koṇa - āsana  
Seated - angle - posture  
**उपविष्ट - कोण - आसन**  
**उपविष्टकोणासन**



:37 | Ūrdhvā-Daṇḍāsana  
Ūrdhvā - daṇḍa - āsana  
Upward - staff - posture  
**ऊर्ध्व - दण्ड - आसन**  
**ऊर्ध्वदण्डासन**



:53 | Ūrdhvā-Dhanurāsana  
Ūrdhvā - dhanur - āsana  
Upward - bow - posture  
**ऊर्ध्व - धनुर् - आसन**  
**ऊर्ध्वधनुरासन**

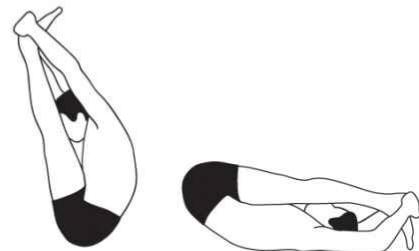




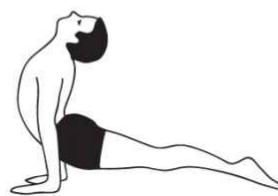
1:09 | Ūrdhvā-Kukkuṭāsana  
 Ūrdhvā - kukkuṭa - āsana  
 Upward - rooster - posture  
 ऊर्ध्व - कुक्कुट - आसन  
 ऊर्ध्वकुक्कुटासन



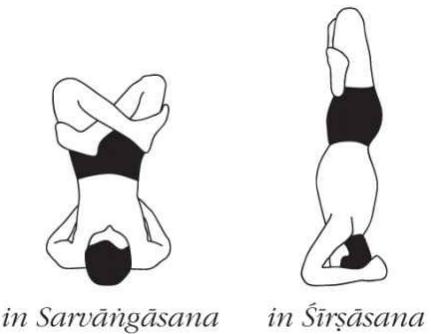
1:25 | Ūrdhvā-Mukha-Paścimottānāsana  
 Ūrdhvā - mukha - paścima - uttāna - āsana  
 Upward - facing - back - stretched out - posture  
 ऊर्ध्व - मुख - पश्चिम - उत्तान - आसन  
 ऊर्ध्वमुखपश्चिमोत्तानासन



1:53 | Ūrdhvā-Mukha-Śvānāsana  
 Ūrdhvā - mukha - śvāna - āsana  
 Upward - facing - dog - posture  
 ऊर्ध्व - मुख - श्वान - आसन  
 ऊर्ध्वमुखश्वानासन



2:12 | Ūrdhvā-Padmāsana  
 Ūrdhvā - padma - āsana  
 Upward - lotus - posture  
 ऊर्ध्व - पद्म - आसन  
 ऊर्ध्वपद्मासन



2:27 | Ūrdhvā-Prasārita-Ekapādāsana  
 Ūrdhvā - prasārita eka - pāda - āsana  
 Upward - spread one - leg - posture  
 ऊर्ध्व - प्रसारित एक - पाद - आसन  
 ऊर्ध्वप्रसारित एकपादासन





2:53 | Uṣṭrāsana

Uṣṭra - āsana

Camel - posture

उष्ट्र - आसन

उष्ट्रासन



3:05 | Utkaṭāsana

Utkāṭa - āsana

Fierce - posture

उत्कट - आसन

उत्कटासन



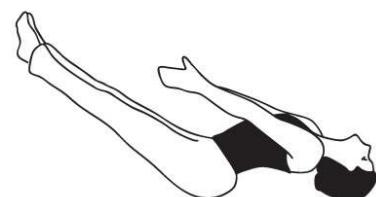
3:17 | Uttānapādāsana

Uttāna - pāda - āsana

Stretched out - leg - posture

उत्तान - पाद - आसन

उत्तानपादासन



3:34 | Uttāna-Padma-Mayūrāsana

Uttāna - padma - mayūra - āsana

Stretched out - lotus - peacock - posture

उत्तान - पद्म - मयूर - आसन

उत्तानपद्ममयूरासन



3:56 | Uttānāsana

Uttāna - āsana

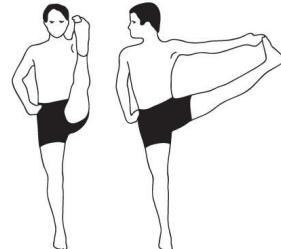
Stretched out - posture

उत्तान - आसन

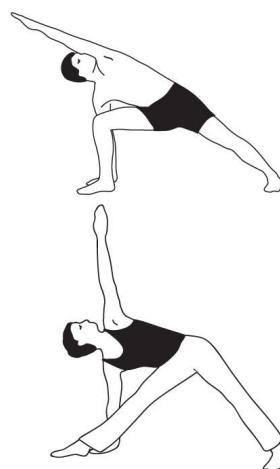
उत्तानासन



4:11 | Utthita-Hasta-Pādāṅguṣṭhāsana  
Utthita - hasta - pādāṅguṣṭha - āsana  
Extended - hand - big toe - posture  
**उत्थित - हस्त - पादाङ्गुष्ठ - आसन**  
**उत्थितहस्तपादाङ्गुष्ठासन**



4:34 | Utthita-Pārśvakoṇāsana  
Utthita - pārśva - koṇa - āsana  
Extended - side - angle - posture  
**उत्थित - पार्श्व - कोण - आसन**  
**उत्थितपार्श्वकोणासन**



4:55 | Utthita-Trikoṇāsana  
Utthita - trikoṇa - āsana  
Extended - triangle - posture  
**उत्थित - त्रिकोण - आसन**  
**उत्थितत्रिकोणासन**



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# V

## TRACK 55

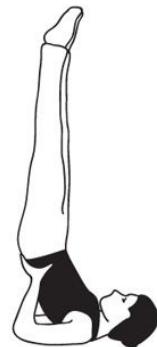
Find individual postures with the time points provided.

:03	Vajrāsana Vajra - āsana Thunderbolt - posture वज्र - आसन वज्रासन	
:13	Vāmadevāsana Vāmadeva - āsana (Name of sage) - posture वामदेव - आसन वामदेवासन	
:24	Vasiṣṭhāsana Vasiṣṭha - āsana (Name of sage) - posture वसिष्ठ - आसन वसिष्ठासन	
:36	Vātāyanāsana Vātāyana - āsana Horse - posture वातायन - आसन वातायनासन	



:49

Viparīta-Karaṇī  
Viparīta - karaṇī  
Inverted - doing  
विपरीत - करणी  
विपरीतकरणी



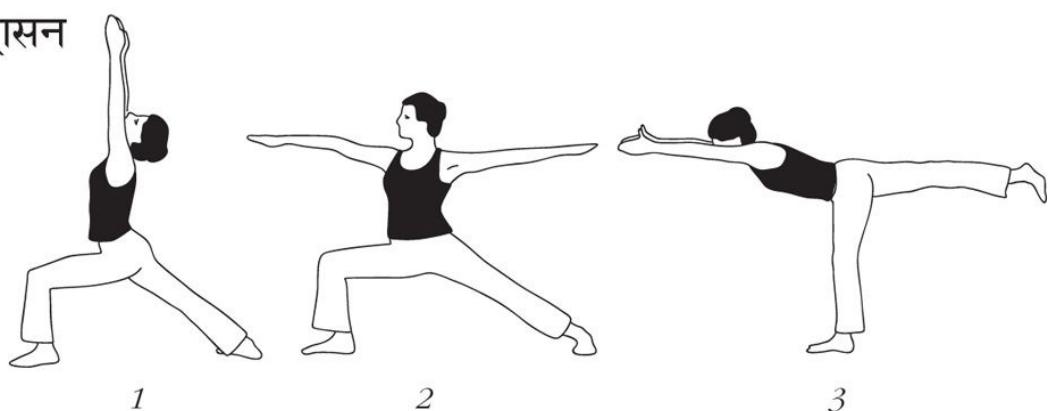
1:06

Viparīta-Śalabhāsana  
Viparīta - śalabha - āsana  
Inverted - locust - posture  
विपरीत - शलभ - आसन  
विपरीतश्लभासन



1:23

Vīrabhadrāsana  
Vīrabhadra - āsana  
Warrior - posture  
वीरभद्र - आसन  
वीरभद्रासन



1

2

3

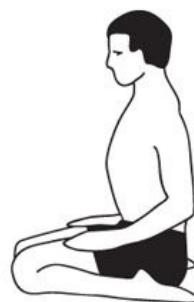
1:36

Virañcyāsana  
Virañci - āsana  
(Name of sage) - posture  
विरञ्चि - आसन  
विरञ्च्यासन





1:47 | Vīrāsana  
Vīra - āsana  
Hero - posture  
**वीर** - आसन  
**वीरासन**



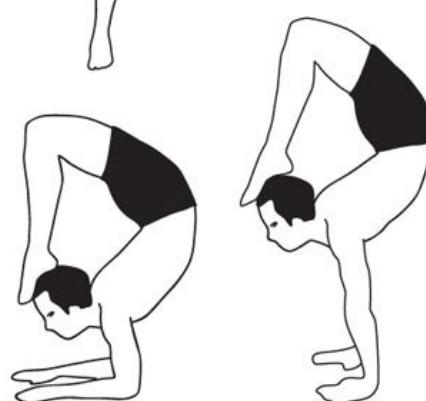
1:58 | Viśvāmitrāsana  
Viśvāmitra - āsana  
(Name of sage) - posture  
**विश्वामित्र** - आसन  
**विश्वामित्रासन**



2:11 | Vṛkṣāsana  
Vṛkṣa - āsana  
Tree - posture  
**वृक्ष** - आसन  
**वृक्षासन**



2:22 | Vṛścikāsana  
Vṛścika - āsana  
Scorpion - posture  
**वृश्चिक** - आसन  
**वृश्चिकासन**



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# Y

## TRACK 56

Find individual postures with the time points provided.

:03	<p>Yoga-Daṇḍāsana Yoga - daṇḍa - āsana Yoga - staff - posture योग - दण्ड - आसन योगदण्डासन</p>
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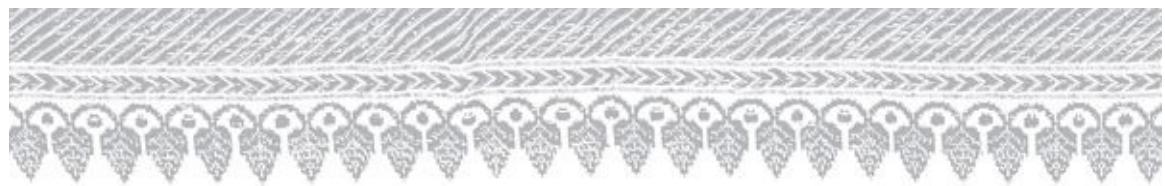


:18	<p>Yoga-Mudrā<sup>ा</sup> Yoga - mudrā<sup>ा</sup> Yoga - seal योग - मुद्रा योगमुद्रा</p>
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:33	<p>Yoga-Nidrāsana Yoga - nidrā - āsana Yoga - sleep - posture योग - निद्रा - आसन योगनिद्रासन</p>
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# INDICES



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# Āsana Name Synonyms

## TRACK 57

Adho Mukha Vīrāsana (down-faced hero)  
See Bālāsana



Añjaneyāsana (name of monkey - God)  
See Hanumānāsana (same meaning)



Brahmacaryāsana (control of vital energy)  
See Upaviṣṭa - Konāsana (seated - angle)



Bhagīrathāsana (name of sage)  
See Vṛkṣāsana (tre)



Hasta - Pādāsana (hand - foot)  
See Pāda - Hastāsana



Jāṭhara - Parivṛtti (stomach - revolved) See Jāṭhara - Parivartānāsana (same meaning)



Kākāsana (crow)  
See Bakāsana (crane)



Kāñcyāsana (girdle)  
See Mālāsana (garland)



Maṇḍukāsana (frog) See Bhekāsana (same meaning)



Matsyendrāsana (fish)

See Paripūrṇa - Matsyendrāsana (full - fish)



Mṛtāsana (dead)

See Śavāsana (corpse)



Nāvāsana (boat)

See Paripūrṇa - Nāvāsana (full - boat)



Paścimatānāsana (back - stretching)

See Paścimottānāsana (same meaning)

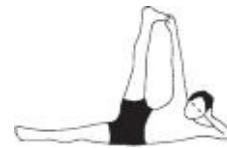


Pūrvatānāsana (front - stretching)

See Pūrvottānāsana (same meaning)



Sama - Samsthānam (level - position) See Anantāsana (endless)



Sarvāṅgāsana (shoulderstand) See Sālamba - Sarvāṅgāsana (suported - all - limb)



Śīrṣāsana (headstand) See Sālamba - Śīrṣāsana (supported - head)

Triaṅga - Mukhaikapāda (three - limb - face...) See Tiryāñ - Mukhaikapāda (oblique - face...)



Trikoṇāsana (triangle) See Utthita - Trikoṇāsana (extended - triangle)

Ugrāsana (ferocious)

See Upaviṣṭa - Koṇāsana (seated - angle)



Ūrdhvā - Prasārita - Pādāsana

See Supta - Daṇḍāsana

Utpluti (floating up)  
See Tolāsana (balance)



Uttāna - Mayūrāsana (stretched out - peacock)  
See Setu - Bandha - Sarvāṅgāsana (bridge - lock - al - limb)



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## English Names

Accomplished: Siddhāsana



Airplane: Digāsana / Vīrabhadrāsana 3



All - limb: Sarvāṅgāsana (Sālamba-Sarvāṅgāsana)



Arm - pressure: Bhuja-Pīḍāsana



Auspicious: Svastikāsana



Back - stretched out:  
Paścimottānāsana / Paścimatānāsana



Ball: Piṇḍāsana (in Sarvāṅgasana)



Beam/gate: Parighāsana



Bed/couch: Paryāñkāsana



Bending: Ākuñcanāsana



Big toe: Pādāṅguṣṭhāsana



Big toe - bow: Pādāṅguṣṭha - Dhanurāsana



Bird that lives on raindrops: Kapiñjalāsana



Boat - full: Paripūrṇa-Nāvāsana



Boat - half: Ardha-Nāvāsana



Both - big toe: Ubhaya-Pādāṅguṣṭhāsana



Bound - angle: Baddha-Koṇāsana





Bound - angle - head: Buddha-Koṇa-Śīrṣāsana



Bound - hand - head: Buddha-Hasta-Śīrṣāsana



Bound - lotus: Buddha-Padmāsana



Bow: Dhanurāsana



Bow, standing: Naṭarājāsana



Bow, towards ear: Ākarna-Dhanurāsana



Bridge: Setu-Bandhāsana



Bridge (one leg) in shoulderstand: Ekapāda-Setu-Bandha-Sarvāṅgāsana



Bridge in shoulderstand: Setubandha-Sarvāṅgāsana



Buddha: Buddhāsana



Butterfly: Baddha-Koṇāsana

Cakra: Cakrāsana



Camel: Uṣṭrāsana



Cat: Cakravākāsana



Child: Bälāsana



Circle: Maṇḍalāsana



Cobra: Bhujāṅgāsana



Comfortable: Sukhāsana



Corpse: Šavāsana



Cow - face: Go-Mukhāsana



Cowherd: Gorakṣāsana



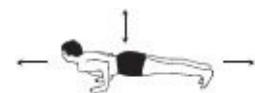
Crane: Bakāsana



Crane - side: Pārśva-Bakāsana



Crocodile: Nakrāsana (see also Makarāsana)



Cross - legged: Sukhāsana



Crow (Kākāsana): see Bakāsana (crane)



Dancer: Naṭarājāsana



Dangling: Lolāsana



Dangling: Tolāsana



Dead: Śavāsana



Direction: Digāsana / Vīrabhadrāsana 3



Dog, downward facing: Adho-Mukha-Śvānāsana



Dog, upward facing: Ūrdhvā-Mukha-Śvānāsana



Downward - air: Apānāsana



Downward - facing - fish: Adho-Mukha-Matsyāsana



Downward - facing - tree: Adho-Mukha-Vṛkṣāsana



Eagle: Garuḍāsana



Ear - pressure: Karṇapīḍāsana



Easy: Sukhāsana



Endless/Viṣṇu: Anantāsana



Equal - angle: Samakonjāsana



Equal - standing: Samasthiti



Extended - hand - big toe:  
Utthita-Hasta-Pādāṅguṣṭhāsana



Extended - side - angle: Utthita-Pārśvakonjāsana



Feather - peacock: Piñca-Mayūrāsana



Firefly: Tittibhāsana



Fish: Matsyāsana



Fish, downward - facing: Adho-Mukha-Matsyāsana



Fish - lord, complete: Paripūrṇa-Matsyendrāsana



Fish - lord, half: Ardha-Matsyendrāsana



Foot - hand: Pāda-Hastāsana (Hastapādāsana)



Formidable: Bhairavāsana



Forward bend: Uttānāsana



Forward bend, standing: Pāda-Hastāsana



Frog: Bhekāsana



Front, stretched out:  
Pūrvottānāsana (Pūrvvatānāsana)



Ful - boat: Paripūrṇa-Nāvāsana



Garland/necklace: Mālāsana



Gate/beam: Parighāsana



Half - boat: Ardha-Nāvāsana



Half - bound - lotus, standing:  
Ardha-Baddha-Padmottānāsana



Half - bound - lotus, sitting:  
Ardha-Baddha-Padma-Paścimottānāsana



Half - fish - lord: Ardha-Matsyendrāsana



Half - locust: Ardha-Śalabhāsana



Half - mon: Ardha-Candrāsana



Handstand: Adho-Mukha-Vṛkṣāsana



Head - foot: ŚīrṣaPādāsana



Headstand, bound hands: Baddha-Hasta-Śīrṣāsana



Headstand, freed hands: Mukta-Hasta-Śīrṣāsana



Headstand, one leg: Ekapāda-Śīrṣāsana



Headstand, revolved - one leg:  
Parivṛttakapāda-Śīrṣāsana



Headstand, side: Pārśva-Śīrṣāsana



Headstand, side one leg: Pārśvaikapāda-Śīrṣāsana



Headstand, two legs: Dvipāda-Śīrṣāsana



Headstand, supported: Sālamba-Śīrṣāsana



Hero: Vīrāsana



Heron: Krauñcāsana



Himalayan goose: Kāraṇḍavāsana



Horse: Vātāyanāsana



Inverted-doing: Viparīta-Karaṇī



Inverted - locust: Viparīta-Śalabhbhāsana



King - pigeon: Rāja-Kapotāsana



Knee - head: Jānu-Śīrṣāsana



Knot: Kandāsana



Light (weight) - thunderbolt: Laghu-Vajrāsana



Lion: Simhāsana



Lizard (iguana): Godhāpīṭham



Locust: Śalabhbhāsana



Lotus - peacock: Padma-Mayūrāsana



Lotus, full: Padmāsana



Mighty: Utkatāsana



Moon, half: Ardha-Candrāsana



Mountain: Tāḍāsana



Mountain: seated: Parvatāsana



Mudra, great: Mahāmudrā



Mudra, six - faced: Ṣanmukhī-Mudrā



Mudra, yoga: Yoga-Mudrā



Noose: Pāśāsana



One - leg - (name of sage): Ekapāda-Gālavāsana



One - leg - (name of sage)  
Ekapāda-Kaunḍinyāsana



One - leg - crane: Ekapāda-Bakāsana



One - leg - inverted - staff:  
Ekapāda-Viparīta-Daṇḍāsana



One - leg - king - pigeon: Ekapāda-Rāja-Kapotāsana



One - leg - upward - bow:  
Ekapāda-Ūrdhvā-Dhanurāsana



One - hand - arm: Ekaḥasta-Bhujāsana



Partridge: Cakorāsana



Peacock: Mayūrāsana



Peacock, extended - lotus:  
Uttāna-Padma-Mayūrāsana



Peacock, lotus: Padma-Mayūrāsana



Peacock - feather: Pīñca-Mayūrāsana



Pigeon: Kapotāsana



Plank (top of push-up): Same as Caturaṅga-Daṇḍāsana but arms are straight



Plow: Halāsana



Plow, sideways: Pārśva-Halāsana



Reclining: See supine



Relaxing: Šayanāsana



Revolved - back - stretched out: Parivṛtta-Paścimottānāsana

Revolved - half - moon:  
Parivṛtta-Ardha-Candrāsana



Revolved - knee - head: Parivṛtta-Jānu-Śīrṣāsana



Revolved - side - angle: Parivṛtta-Pārśvakonāsana



Revolved - triangle: Parivṛtta-Trikonāsana



Rooster: Kukkuṭāsana



Rooster: upward: Ěrdhva-Kukkuṭāsana



Root - lock: Mūlabandhāsana



Ruddy goose: Cakravākāsana



Scale/balance: Tolāsana



Scorpion: Vṛścikāsana



Seated - angle: Upaviṣṭa-Koṇāsana



Serpent/snake: Bhujāṅgāsana



Shoulderstand: Sālamba-Sarvāṅgāsana



Shoulderstand, one leg: Ekapāda-Sarvāṅgāsana



Shoulderstand, sideways: Pārśva-Sarvāṅgāsana



Shoulderstand, sideways - one - leg:  
Pārśvaikapāda-Sarvāṅgāsana



Shoulderstand, without support:  
Nirālamba-Sarvāṅgāsana



Side - ball: Pārśva-Piṇḍāsana (in Sarvāṅgāsana)



Side - bow: Pārśva-Dhanurāsana



Side - rooster: Pārśva-Kukkuṭāsana



Side - seated - angle: Pārśva-Upaviṣṭa-Koṇāsana



Side - stretched out: Pārśvottānāsana



Side - upward - lotus: Pārśva-Ūrdhvā-Padmāsana



Side of face - formidable: Gaṇḍa-Bheruṇḍāsana



Six - faced seal: **Ṣanmukhī-Mudrā**



Split, front: **Hanumānāsana**



Split, side: **Samakonṭāsana**



Split, standing: **Ūrdhvā-Prasārita-Ekapādāsana / Trivikramāsana**



Split, supine: **Supta-Trivikramāsana**



Spread - leg - stretched out:  
**Prasārita-Pādottānāsana**



Squat: **Mālāsana**



Staff: **Dāṇḍāsana**



Staff, four - limb: **Caturāṅga-Dāṇḍāsana**



Staff, supine: **Supta-Dāṇḍāsana**



Staff, upward: **Ūrdhvā-Dāṇḍāsana**



Stomach - revolving: **Jāthara-Parivartanāsana**



Stretched out - leg: **Uttānapādāsana**



Sun salutation: **Sūrya-Namaskāra**

(for example, see *Aṣṭāṅga* section)

Supine - angle: *Supta-Koṇāsana*



Supine - bound - angle: *Supta-Baddha-Koṇāsana*



Supine - big toe: *Supta-Pādāṅguṣṭhāsana*



Supine - frog: *Supta-Bhekāsana*



Supine - hero: *Supta-Vīrāsana*



Supine - staff: *Supta-Daṇḍāsana*



Supine - three - stride: *Supta-Trivikramāsana*



Supine - tortoise: *Supta-Kūrmāsana*



Supine - upwards - foot - thunderbolt:  
*Supta-Ūrdhva-Pāda-Vajrāsana*



Supported headstand: *Sālamba-Śīrṣāsana*



Supported shoulderstand: *Sālamba-Sarvāṅgāsana*



Swan: *Haṁsāsana*



Table: *Catuś-Pāda-Pīṭham / Pūrvottānāsana*



Oblique - face - one - leg - back - stretched out: *Tiryāñ-Mukhaikapāda-Paścimottānāsana*



Three - stride: *Trivikramāsana*



Thunderbolt: Vajrāsana



Thunderbolt, supine: Supta-Vajrāsana



Tortoise: Kūrmāsana



Tree: Vṛkṣāsana



Tree, downward - facing: Adho-Mukha-Vṛkṣāsana



Triangle, extended: Utthita-Trikonāsana



Triangle, revolved: Parivṛtta-Trikonāsana



Two - leg: Dvipāda-Pīṭham



Two - leg - (name of sage):  
Dvipāda-Kauṇḍinyāsana



Two - leg - inverted - staff:  
Dvipāda-Viparīta-Daṇḍāsana



Two - hand - arm: Dvihasta-Bhujāsana



Upside down - face - stretched out:  
Tiryāñ-Mukhottānāsana



Upward - bow: Ūrdhva-Dhanurāsana



Upward - facing - back - stretched out:  
Ūrdhva-Mukha-Paścimottānāsana



Upward - facing - dog:  
Ūrdhva-Mukha-Śvānāsana



Upward - lotus: Ūrdhva-Padmāsana



Upwards - spread - one - leg: Ūrdhva-Prasārita-Ekapādāsana



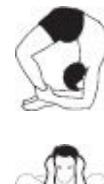
Warrior: Vīrabhadrāsana



Wheel: Cakrāsana



Wheel - lock: Cakra-Bandhāsana



Womb - ball: Garbha-Piṇḍāsana



Yoga - seal: Yoga-Mudrā



Yoga - sleep: Yoga-Nidrāsana



Yoga - staff: Yoga-Daṇḍāsana



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# Sanskrit Alphabet

## TRACK 58

14 Vowels (some have 2 forms)

अ	a	<u>another</u>
आ / ा	ā	<u>father</u> (2 beats)
इ / ि	i	<u>pin</u>
ई / ई	ī	<u>need</u> (2 beats)
उ / ऊ	u	<u>flute</u>
ऊ / ऊ	ū	<u>mood</u> (2 beats)
ऋ / ॒	r̥	<u>macabre</u>
ऋ / ॑	r̥̄	trill for 2 beats
ल्ल / ॒	l̥	<u>table</u>
ए / े	e	<u>étude</u> (2 beats)
ऐ / ै	ai	<u>aisle</u> (2 beats)
ओ / ो	o	<u>yoke</u> (2 beats)
औ / ौ	au	<u>flautist</u> (2 beats)

Two Special Letters

ॐ	am	<u>hum</u>
अः	ah	out-breath

## 33 Consonants

କ	ka	papri <u>ka</u>
ଖ	kha	thick <u>honey</u>
ଗ	ga	saga
ଘ	gha	big <u>honey</u>
ଡ	ନ୍ତା	i <u>nk</u>
ଚ	ca	<u>chutney</u>
ଛ	cha	much <u>honey</u>
ଜ	ja	Japan
ଝ	jha	raj <u>honey</u>
ଞ	ନ୍ତା	i <u>nch</u>
ଟ	ତା	borscht <u>again</u>
ଠ	ତା	borscht <u>honey</u>
ଡ	ଢା	sh <u>dum</u>
ଢ	ଢା	sh <u>d hum</u>
ଣ	ଣା	sh <u>num</u>
ତ	ta	past <u>a</u>
ଥ	tha	eat <u>honey</u>
ଦ	da	sod <u>a</u>
ଧ	dha	good <u>honey</u>

ନ	na	<u>banana</u>
ପ	pa	<u>p</u> aternal
ଫ	pha	scoop <u>honey</u>
ବ	ba	scuba
ଭ	bha	rub <u>honey</u>
ମ	ma	aroma
ୟ	ya	employable
ର	ra	ab <u>ra</u> cadab <u>ra</u>
ଲ	la	hula
ବ	va	<u>v</u> ariety
ଶ	śa	<u>sh</u> ut
ଷ	ṣa	<u>shn</u> apps
ସ	sa	Li <u>sa</u>
ହ	ha	<u>h</u> oney



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... has been teaching Sanskrit, Āyurveda, chanting, and yoga-related topics for over ten years. He studied extensively at the American Sanskrit Institute, VagYoga Institute in India, the American Institute of Vedic Studies, the Ayurvedic Institute, and earned an M.A. in Eastern Philosophy from St. John's College.

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