

## PRINCIPAL YOGA POSES

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MY Page = Page numbers in *Modern Yoga*, by Duncan Peak, 2nd edition.

<b>Sanskrit (transliteration)</b>	<b>Sanskrit</b>	<b>English</b>	<b>MY Page</b>
Adho-Mukha-Śvānāsana	अधोमुखश्वानासन	Downward-facing dog	116
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Ardha-Candrāsana	अर्धचन्द्रासन	Half-moon pose	190
Ardha-Dhanurāsana	अर्धधनुरासन	Half-bow pose	189
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Ardha-Kapotāsana	अर्धकपोतासन	Half-pigeon pose (or Salamba-Kapotāsana)	142
Ardha-Matsyendrāsana	अर्धमत्स्येन्द्रासन	Half King Fish / Half Lord of the Fish pose	146
Ardha-Nāvāsana	अर्धनवासन	Low-boat pose / Half-boat pose (hands behind head)	162
Ardha-Pīñca-Mayūrāsana	अर्धपिञ्चमयूरासन	Dolphin pose (lit. Half-feathered peacock pose)	176
Ardha-Pūrvottānāsana	अर्धपूर्वोत्तानासन	Reverse tabletop pose	-
Ardha-Uttānāsana	अर्ध उत्तानासन	Half-way lift (standard name for Ūrdhva-Mukha-Uttānāsana)	148
Aṣṭāṅgāsana	अष्टाङ्गासन	Eight-limbed pose	-
Aṣṭāvakraśana	अष्टावक्रासन	Eight-angled pose, Aṣṭāvakra's (name of sage) pose	-
Baddha-Koṇāsana	बद्ध कोणासन	Bound angle pose	-
Baddha-Pārśvakoṇāsana	बद्धपार्श्वकोणासन	Bound side-angle pose	-
Baddha-Vīrabhadrāsana	बद्ध वीरभद्रासन	Humble Warrior pose	-
Bakāsana	बकासन	Crane pose (also known as crow pose)	173
Bālāsana	बालासन	Child's pose	114
Bharmanasana	भर्मनसन	Table-top pose	-
Bhekāsana	भेकासन	Frog pose	-
Bhujaṅgāsana	भुजङ्गासन	Cobra pose	170

<b>Sanskrit (transliteration)</b>	<b>Sanskrit</b>	<b>English</b>	<b>MY Page</b>
Bitilāsana	बितिलासन	Cow pose	-
Cakrasāsana	चक्रासन	Wheel pose (or Ūrdhva-Dhanurāsana)	140
Camatkārāsana	चमत्कारासन	Wild thing / flip dog pose	223
Caturaṅga-Daṇḍāsana	चतुरङ्गदण्डासन	Low plank ( or Four-limb-staff-pose)	122
Daṇḍāsana	दण्डासन	Staff pose (seated upright, legs outstretched)	-
Dekāsana	देकासन	Aeroplane pose (Warrior III variant)	-
Dhanurāsana	धनुरासन	Bow pose	164
Eka-Pāda-Galavāsana	एकपादगलवासन	Flying pigeon (or Galavāsana)	182
Eka-Pāda-Kauṇḍinyāsana	एकपादकौण्डिन्यासन	One-legged Kauṇḍinya's pose	-
Eka-Pāda-Rājakapotāsana	एकपादराजकपोतासन	One-legged royal pigeon pose (Mermaid pose is a variation)	200
Galavāsana	गलवासन	Flying pigeon (or Eka-Pāda-Galavāsana)	182
Garuḍāsana	गरुडासन	Eagle pose	178
Gomukhāsana	गोमुखासन	Cow face pose	171
Halāsana	हलासन	Plough pose	201
Hanumanāsana	हनुमनासन	Monkey pose (splits)	185
Jānu-Śīrṣāsana	जानुशीर्षासन	Head-to-knee pose	192
Karṇapīḍāsana	कर्णपीडासन	Ear-pressing pose (knees over ears after Plough pose)	-
Kauṇḍinyāsana	कौण्डिन्यासन	Kauṇḍinya's pose (sometimes spelled Koundinya)	193
Krauñcāsana	क्रौञ्चासन	Heron pose	-
Kūrmāsana	कूर्मासन	Tortoise pose	-
Marichyāsana	मरीच्यासन	Seated twist (lit. pose dedicated to the sage Marichi)	-
Mārjārāsana or Mārjāryāsana	माजारासन or मार्जार्यासन	Cat pose	-
Mālāsana	मालासन	Garland pose (or Squatting pose)	-
Makarāsana	मकरासन	Crocodile pose	-
Makṣikānagāsana	मक्षिकानगासन	Grasshopper pose	-
Matsyendrāsana	मत्स्येन्द्रासन	Lord of the Fishes pose	-
Matsyāsana	मत्स्यासन	Fish pose	181
Mayūrāsana	मयूरासन	Peacock pose (plank fully supported by backwards forearms)	-
Naṭarājāsana	नटराजासन	Dancer's pose (or Lord of the Dance pose)	174
Nāvāsana	नावासन	Boat pose	162
Pādahastāsana	पादहस्तासन	Reverse gorilla pose (hands under feet)	-
Pādānguṣṭhāsana	पादान्गुष्ठासन	Forward big toe bend (or Pādānguṣṭhāsana Paścimottānāsana)	184

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Padmāsana	पद्मासन	Lotus pose	-
Parivṛtta-Anjaneyāsana	परिवृत्त अञ्जनेयासन	Revolved crescent lunge	205
Parivṛtta-Pārśvakoṇāsana	परिवृत्तपार्श्वकोणासन	Revolved side-angle pose	-
Parivṛtta-Supta-Pādānguṣṭhāsana	परिवृत्तसुप्तपादानुष्ठासन	Supine twist (top leg stretched out holding big toe)	214
Parivṛtta-Trikoṇāsana	परिवृत्तत्रिकोणासन	Twisting triangle pose	138
Parivṛtta-Vīrabhadrāsana	परिवृत्तवीरभद्रासन	Reverse or peaceful warrior (or Viparīta-Vīrabhadrāsana)	206
Pārśva Bakāsana	पार्श्वकासन	Side crow pose	-
Pārśvottānāsana	पार्श्वोत्तानासन	Pyramid pose (or Intense side stretch)	-
Paścimottānāsana	पश्चिमोत्तानासन	Posterior stretch (or Seated forward bend pose)	203
Patīta-Tārāsana	पतिततारासन	Fallen triangle pose	-
Phalakāsana	फलकासन	High plank pose	-
Pīñca-Mayūrāsana	पीञ्चमयूरासन	Feathered peacock pose (handstand with forearms on floor)	-
Prasārita-Pādottānāsana	प्रसारितपादोत्तानासन	Wide-legged forward fold (lit. Exaggerated spread feet stretch pose)	180
Pūrvottānāsana	पूर्वोत्तानासन	Anterior stretch pose (or Front stretched-out pose)	160
Śalabhāsana	शलभासन	Locust pose (back bend on floor all limbs off ground)	197
Sālamba-Bhujāṅgāsana	सालम्बभुजङ्गासन	Sphinx pose (lit. Supported Cobra pose)	-
Sālamba-Kapotāsana	सालम्बकपोतासन	Half-pigeon (lit. Supported-pigeon) pose (or Ardha-Kapotāsana)	142
Sālamba-Sarvāṅgāsana	सालम्बसर्वाङ्गासन	Shoulder stand (lit. With-support-all-limb pose)	154
Sālamba-Śīrṣāsana	सालम्बशीर्षासन	Headstand (lit. Supported headstand)	152
Samasthitih	समस्थितिः	Mountain pose prayer	-
Śavāsana	शवासन	Corpse pose	156
Setu-Bandhāsana	सेतुबन्धासन	Bridge pose (supported by head not arms)	166
Setu-Bandha-Sarvāṅgāsana	सेतु बन्ध सर्वाङ्गासन	Bridge pose (supported by shoulders & elbows)	166
Śīrṣāsana	सलम्बशीर्षासन	Headstand	152
Skandāsana	स्कन्दासन	Deep side lunge (different to Astanga series Skandāsana)	-
Sukhāsana	सुखासन	Easy (sitting) pose	-
Supta-Baddha-Koṇāsana	सुप्तभद्रकोणासन	Reclining bound angle pose	-
Supta-Pādānguṣṭhāsana	सुप्तपादानुष्ठासन	Supine leg stretch A, B & C	213-215
Supta-Matsyendrāsana	सुप्तमत्स्येन्द्रासन	Supine twist (top knee bent)	212
Supta-Vīrāsana	सुप्तवीरासन	Reclining hero pose	-
Svarga Dvijāsana	स्वर्ग द्विजासन	Bird of paradise pose	-
Tāḍāsana	ताडासन	Mountain pose	104

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Tiryaka-Ardha-Candrāsana	तिर्यक अर्धचन्द्रासन	Side-bending half-moon pose	196
Ṭiṭṭibhāsana	टिट्टिभासन	Firefly pose	-
Tolāsana	तोलासन	Scale pose	-
Trikoṇāsana	त्रिकोणासन	Triangle pose (or Utthita-Trikoṇāsana)	134
Upaviṣṭha-Koṇāsana	उपविष्ठ कोणासन	Straddle forward bend (or Seated wide-legged forward bend)	211
Ūrdhva-Dhanurāsana	ऊर्ध्वधनुरासन	Upward bow pose (wheel) (or Cakrasāsana)	140
Ūrdhva-Hastāsana	ऊर्ध्वहस्तासन	Mountain pose reaching for sky	-
Ūrdhva-Mukha-Śvānāsana	ऊर्ध्वमुखश्वानासन	Upward-facing dog	124
Ūrdhva-Mukha-Uttānāsana	ऊर्ध्वमुख उत्तानासन	Upward-facing forward-fold (or Ardha-Uttānāsana)	148
Ūrdhva-Prasārita-Eka-Padāsana	ऊर्ध्व प्रसारित एक पादासन	Standing splits	209
Uṣṭrāsana	उष्ट्रासन	Camel pose	167
Utkāṭāsana	उत्कटासन	Chair pose (or: fierce pose; lightning pose; full-squat pose)	188
Utkāṭakonāsana	उत्कटकोनासन	Goddess pose	
Uttānāsana	उत्तानासन	Forward-fold (also used for Ragdoll pose)	118, 204
Uttāna-Prṣṭhāsana	उत्तन् पृष्ठासन	Lizard pose (or Lunge pose, Runner's lunge; lit. Back stretched pose)	199
Utthita-Hastapādāṅguṣṭhāsana	उत्थितहस्तपादाङ्गुष्ठासन	Standing big toe hold	-
Utthita-Pārśvakoṇāsana	उत्थितपार्श्वकोणासन	Extended side-angle pose	132
Utthita-Trikoṇāsana	उत्थितत्रिकोणासन	Triangle pose (or just Trikoṇāsana)	134
Vasiṣṭhāsana	वसिष्ठासन	Side plank (lit. Vasiṣṭha's pose)	208
Viparīta-Karaṇi	विपरीतकरणि	Legs-up-the-Wall pose / modified shoulder stand	155
Viparīta-Vīrabhadrāsana	विपरीतवीरभद्रासन	Reverse or peaceful warrior (or Parivṛtta-Vīrabhadrāsana)	206
Vīrabhadrāsana I	वीरभद्रासन I	Warrior I	126
Vīrabhadrāsana II	वीरभद्रासन II	Warrior II	220
Vīrabhadrāsana III	वीरभद्रासन III	Warrior III	221
Vīrāsana	वीरासन	Hero pose (like Japanese meditation posture)	-
Viśvāmitrāsana	विश्वामित्रासन	Viśvāmitra's pose (name of sage)	219
Vṛkṣāsana	वृक्षासन	Tree pose	216
Vṛścikāsana	वृश्चिकासन	Scorpion pose (backbend)	-
-	-	Body tension roll	163
-	-	Lunge airplane	198
-	-	Twisted thigh stretch	217
-	-	Chest opener pose	169

English	Sanskrit (transliteration)	Sanskrit	MY Page
Aeroplane pose (Warrior III variant)	Dekāsana	देकासन	-
Anterior stretch pose (or Front stretched-out pose)	Pūrvottānāsana	पूर्वोत्तानासन	160
Archer's pose	Akarṇa-Dhanurāsana	अकर्ण धनुरासन	-
Arrowhead pose	Añjaneyāsana	अञ्जनेयासन	-
Bird of paradise pose	Svarga-Dvijāsana	स्वर्ग द्विजासन	-
Boat pose	Nāvāsana	नावासन	162
Body tension roll	-	-	163
Bound angle pose	Baddha-Koṇāsana	बद्धकोणासन	-
Bound side-angle pose	Baddha-Pārśvakoṇāsana	बद्धपार्श्वकोणासन	-
Bow pose	Dhanurāsana	धनुरासन	164
Bridge pose (supported by head not arms)	Setu-Bandhāsana	सेतुबन्धासन	166
Bridge pose (supported by shoulders & elbows)	Setu-Bandha-Sarvāṅgāsana	सेतु बन्ध सर्वाङ्गासन	166
Camel pose	Uṣṭrāsana	उष्ट्रासन	167
Cat pose	Mārjārāsana or Mārjāryāsana	माजारासन or मार्जार्यासन	-
Chair pose (or: fierce pose; lightning pose; full-squat pose)	Utkaṭāsana	उत्कटासन	188
Chest opener pose	-	-	169
Child's pose	Bālāsana	बालासन	114
Cobra pose	Bhujaṅgāsana	भुजङ्गासन	170
Corpse pose	Śavāsana	शवासन	156
Cow-face pose	Gomukhāsana	गोमुखासन	171
Cow pose	Bitilāsana	बितिलासन	-
Crane pose (also known as crow pose)	Bakāsana	बकासन	173
Crescent lunge (& arrowhead variation)	Añjaneyāsana	अञ्जनेयासन	130 (& 161)
Crocodile pose	Makarāsana	मकरासन	-
Crow pose (lit. crane pose)	Bakāsana	बकासन	173
Dancer's pose (or Lord of the Dance pose)	Naṭarājāsana	नटराजासन	174
Deep side lunge (different to Astanga series Skandāsana)	Skandāsana	स्कन्दासन	-
Dolphin pose (lit. Half-feathered peacock pose)	Ardha-Pīñca-Mayūrāsana	अर्धपिन्चमयूरासन	176
Double pigeon (or Firelog pose)	Agni-Stambhāsana	अग्निस्तम्भासन	177
Downward-facing dog	Adho-Mukha-Śvānāsana	अधोमुखश्वानासन	116
Eagle pose	Garuḍāsana	गरुडासन	178
Ear-pressing pose (knees over ears after Plough pose)	Karṇapīḍāsana	कर्णपीडासन	-

English	Sanskrit (transliteration)	Sanskrit	MY Page
Easy (sitting) pose	Sukhāsana	सुखासन	-
Eight-angled pose, Aṣṭāvakra's (name of sage) pose	Aṣṭāvakrāsana	अष्टावक्रासन	-
Eight-limbed pose	Aṣṭāṅgāsana	अष्टाङ्गासन	-
Extended side-angle pose	Utthita-Pārśvakoṅāsana	उत्थितपार्श्वकोणासन	132
Fallen triangle pose	Patita-Tārāsana	पतिततारासन	-
Feathered peacock pose (handstand with forearms on floor)	Pīñca-Mayūrāsana	पीञ्चमयूरासन	-
Firelog pose (or Double pigeon)	Agni-Stambhāsana	अग्निस्तम्भासन	177
Firefly pose	Ṭiṭṭibhāsana	टिट्ठिभासन	-
Fish pose	Matsyāsana	मत्स्यासन	181
Flying pigeon (or Eka-Pāda-Galavāsana)	Galavāsana	गलवासन	182
Flying pigeon (or Galavāsana)	Eka-Pāda-Galavāsana	एकपादगलवासन	182
Forward big toe bend (or Pādānguṣṭhāsana Paścimottānāsana)	Pādānguṣṭhāsana	पादान्गुष्ठासन	184
Forward-fold (also used for Ragdoll pose)	Uttānāsana	उत्तानासन	118
Frog pose	Bhekāsana	भेकासन	-
Garland pose (or Squatting pose)	Mālāsana	मालासन	-
Goddess pose	Utkaṭakonāsana	उत्कटकोनासन	-
Grasshopper pose	Makṣikānagāsana	मक्षिकानगासन	-
Half-boat pose (or low boat pose)	Ardha-Nāvāsana	अर्धनवासन	162
Half-bow pose	Ardha-Dhanurāsana	अर्धधनुरासन	189
Half King Fish / Half Lord of the Fish pose	Ardha-Matsyendrāsana	अर्धमत्स्येन्द्रासन	146
Half-moon pose	Ardha-Candrāsana	अर्धचन्द्रासन	190
Half-pigeon pose	Ardha-Kapotāsana	अर्धकपोतासन	142
Half-pigeon (lit. Supported-pigeon) pose	Sālamba-Kapotāsana	सालम्बकपोतासन	142
Half-splits (lit. Half-monkey pose)	Adrha-Hanumanāsana	अर्ध हनुमनासन	-
Half-way lift (standard name for Ūrdhva-Mukha-Uttānāsana)	Ardha-Uttānāsana	अर्ध उत्तानासन	148
Handstand (lit. Downward-Facing Tree pose)	Adho-Mukha-Vr̥kṣāsana	अधोमुखवृक्षासन	150
Happy baby	Ānanda Bālāsana	आनन्दबालासन	191
Headstand	Śīrṣāsana	सलम्बशीर्षासन	152
Headstand (lit. Supported headstand)	Sālamba-Śīrṣāsana	सालम्बशीर्षासन	152
Head-to-knee pose	Jānu-Śīrṣāsana	जानुशीर्षासन	192
Hero pose (like Japanese meditation posture)	Vīrāsana	वीरासन	-
Heron pose	Krauñcāsana	क्रौञ्चासन	-

<b>English</b>	<b>Sanskrit (transliteration)</b>	<b>Sanskrit</b>	<b>MY Page</b>
High plank pose	Phalakāsana	फलकासन	-
Humble Warrior pose	Baddha Vīrabhadrāsana	बद्ध वीरभद्रासन	-
Kauṇḍinya's pose (sometimes spelled Koundinya)	Kauṇḍinyāsana	कौण्डिन्यासन	193
Legs-up-the-Wall pose / modified shoulder stand	Viparīta-Karaṇi	विपरीतकरणि	155
Lizard pose (or Lunge pose, Runner's lunge; lit. Back stretched pose)	Uttāna-Prṣṭhāsana	उत्तन् पृष्ठासन	199
Locust pose (back bend on floor all limbs off ground)	Śalabhāsana	शलभासन	197
Lord of the Fishes pose	Matsyendrāsana	मत्स्येन्द्रासन	-
Lotus pose	Padmāsana	पद्मासन	-
Low boat pose / Half-boat pose	Ardha-Nāvāsana	अर्धनवासन	162
Low cobra pose	Ardha-Bhujaṅgāsana	अर्धभुजङ्गासन	-
Low plank ( or Four-limb-staff-pose)	Caturaṅga-Daṇḍāsana	चतुरङ्गदण्डासन	122
Lunge airplane	-	-	198
Mermaid pose (a variation of Eka-Pāda-Rājapotaśana)	Eka-Pāda-Rājapotaśana	एकपादराजकपोतासन	200
Monkey pose (splits)	Hanumanāsana	हनुमनासन	185
Mountain pose	Tāḍāsana	ताडासन	104
Mountain pose - hands in prayer position	Samasthitiḥ	समस्थितिः	-
Mountain pose reaching for sky	Ūrdhva-Hastāsana	ऊर्ध्वहस्तासन	-
One-legged Kauṇḍinya's pose	Eka-Pāda-Kauṇḍinyāsana	एकपादकौण्डिन्यासन	-
One-legged royal pigeon pose (Mermaid pose is a variation)	Eka-Pāda-Rājapotaśana	एकपादराजकपोतासन	200
Peacock pose (plank fully supported by backwards forearms)	Mayūrāsana	मयूरासन	-
Plough pose	Halāsana	हलासन	201
Posterior stretch (or Seated forward bend)	Paścimottānāsana	पश्चिमोत्तानासन	203
Pyramid pose (or Intense side stretch)	Pārśvottānāsana	पार्श्वोत्तानासन	-
Ragdoll pose (also used for Forward-fold)	Uttānāsana	उत्तानासन	204
Reclining bound angle pose	Supta-Baddha-Koṇāsana	सुप्तबद्धकोणासन	-
Reclining hero pose	Supta-Vīrāsana	सुप्तवीरासन	-
Reverse gorilla pose (hands under feet)	Pādahastāsana	पादहस्तासन	-
Reverse or peaceful warrior (or Parivṛtta-Vīrabhadrāsana)	Viparīta-Vīrabhadrāsana	विपरीतवीरभद्रासन	206
Reverse or peaceful warrior (or Viparīta-Vīrabhadrāsana)	Parivṛtta-Vīrabhadrāsana	परिवृत्तवीरभद्रासन	206
Reverse tabletop pose	Ardha-Pūrvottānāsana	अर्धपूर्वोत्तानासन	-
Revolved crescent lunge	Parivṛtta-Aṅjaneyāsana	परिवृत्त अङ्गनेयासन	205
Revolved side-angle pose	Parivṛtta-Pārśvakoṇāsana	परिवृत्तपार्श्वकोणासन	-

<b>English</b>	<b>Sanskrit (transliteration)</b>	<b>Sanskrit</b>	<b>MY Page</b>
Scale pose	Tolāsana	तोलासन	-
Scorpion pose (backbend)	Vṛścikāsana	वृश्चिकासन	-
Seated forward bend (or Posterior stretch)	Paścimottānāsana	पश्चिमोत्तानासन	203
Seated twist (lit. pose dedicated to the sage Marichi)	Marichyāsana	मरीच्यासन	-
Shoulder stand (lit. With-support-all-limb pose)	Sālamba-Sarvāṅgāsana	सालम्बसर्वाङ्गासन	154
Side-bending half-moon pose	Tiryaka-Ardha-Candrāsana	तिर्यक अर्धचन्द्रासन	196
Side crow pose	Pārśva Bakāsana	पार्श्वबकासन	-
Side plank (lit. Vasiṣṭa's pose)	Vasiṣṭāsana	वसिष्ठासन	208
Sphinx pose (lit. Supported Cobra pose)	Sālamba-Bhujāṅgāsana	सालम्बभुजङ्गासन	-
Splits (or Monkey pose)	Hanumanāsana	हनुमनासन	185
Staff pose (seated upright, legs outstretched)	Daṇḍāsana	दण्डासन	-
Standing big toe hold	Utthita-Hastapādāṅguṣṭhāsana	उत्थितहस्तपादाङ्गुष्ठासन	-
Standing splits	Ūrdhva-Prasārita-Eka-Padāsana	ऊर्ध्व प्रसारित एक पादासन	209
Straddle forward bend (or Seated wide-legged forward bend)	Upaviṣṭha-Koṇāsana	उपविष्ट कोणासन	211
Supine leg stretch A, B & C	Supta-Pādāṅguṣṭhāsana	सुप्तपादान्गुष्ठासन	213-215
Supine twist (top leg stretched out holding big toe)	Parivṛtta-Supta-Pādāṅguṣṭhāsana	परिवृत्तसुप्तपादान्गुष्ठासन	214
Supine twist (top knee bent)	Supta-Matsyendrāsana	सुप्तमत्स्येन्द्रासन	212
Table-top pose	Bharmanasana	भर्मनसन	-
Tortoise pose	Kūrmāsana	कूर्मासन	-
Tree pose	Vṛkṣāsana	वृक्षासन	216
Triangle pose (or just Trikoṇāsana)	Utthita-Trikoṇāsana	उत्थितत्रिकोणासन	134
Triangle pose (or Utthita-Trikoṇāsana)	Trikoṇāsana	त्रिकोणासन	134
Twisted thigh stretch	-	-	217
Twisting triangle pose	Parivṛtta-Trikoṇāsana	परिवृत्तत्रिकोणासन	138
Upward bow pose (wheel) (or Cakrasāsana)	Ūrdhva-Dhanurāsana	ऊर्ध्वधनुरासन	140
Upward-facing dog	Ūrdhva-Mukha-Śvānāsana	ऊर्ध्वमुखश्वानासन	124
Upward-facing forward-fold (or Ardha-Uttānāsana)	Ūrdhva-Mukha-Uttānāsana	ऊर्ध्वमुख उत्तानासन	148
Viśvāmitra's pose (name of sage)	Viśvāmitrāsana	विश्वामित्रासन	219
Warrior I	Vīrabhadrāsana I	वीरभद्रासन I	126
Warrior II	Vīrabhadrāsana II	वीरभद्रासन II	220
Warrior III	Vīrabhadrāsana III	वीरभद्रासन III	221
Wheel pose	Ūrdhva-Dhanurāsana (or Cakrasāsana)	ऊर्ध्व धनुरासन (or चक्रासन)	140

English	Sanskrit (transliteration)	Sanskrit	MY Page
Wide-legged forward fold (lit. Exaggerated spread feet stretch pose)	Prasārita-Pādottānāsana	प्रसारितपादोत्तानासन	180
Wild thing / flip dog pose	Camatkārāsana	चमत्कारासन	223

\* There are a couple of differences in this list from the usage in *Modern Yoga*, which you may want to note:

**High plank** is here referred to as Phalakāsana (phalaka means 'plank' , 'board' or 'slab' in Sanskrit) rather than Daṇḍāsana, since Daṇḍāsana seems to be much more widely used for the staff pose where where the person is seated upright with legs outstretched. Google images for 'dandasana' and you will see how common that usage is. Phalakāsana seems better to avoid confusion.

**Half-pigeon** is often not given its Sanskrit name, but literally it is Ardha-Kapotāsana. Eka-Pāda-Rājapotaśana refers to a more upright pigeon pose reaching overhead and grabbing the toes of the rear foot with both hands.

## Positions & Orientations

Adho	अधो	Downward
Ardha	अर्ध	Half
Āsana	आसन	Seat, pose, posture
Bandha	बन्ध	Lock
Dhanu	धनु	Bow
Koṇa	कोण	Angle
Parivṛtta	परिवृत्त	Revolved, twisted
Parśva	पार्श्व	Side
Prasārita	प्रसारित	Wide stance
Sālamba	सालम्ब	Supported
Supta	सुप्त	Supine, reclining
Tāna	तान	Extended
Tulā	तुला	Balance
Ubhaya	उभय	Both, together
Upaviṣṭha	उपविष्ट	Seated
Ūrdhva	ऊर्ध्व	Upward
Uttāna	उत्तान	Intense stretch, straight, extended
Utthita	उत्थित	Extended

## Numbers

Eka	एक	One, single
Dvi	द्वि	Two
Tri	त्रि	Three
Catur	चतुर्	Four
Aṣṭa	अष्ट	Eight

## Locks

Jālandhara Bandha	जालन्धरबन्ध	Chin lock - tucking the chin close to the chest
Mūla Bandha	मूलबन्ध	Root lock - contraction of the perineum
Uḍḍīyāna Bandha	उड्डीयानबन्ध	Abdominal lock - contraction of the abdomen into the rib cage
Mahā Bandha	महाबन्ध	Combining all three of the above bandhas

## Animals

Baka	बक	Crane
Bheka	भेक	Frog
Bhujaṅga	भुजङ्ग	Serpent
Garuḍa	गरुड	Eagle
Go	गो	Cow
Kāka	काक	Crow
Kapota	कपोत	Pigeon
Matsya	मत्स्य	Fish
Mayūra	मयूर	Peacock
Śalabha	शलभ	Locust
Śvāna	श्वान	Dog
Tittibha	तित्तिभा	Firefly
Uṣṭra	उष्ट्र	Camel
Vṛścika	वृश्चिक	Scorpion

## Body parts

Aṅga	अङ्ग	Limb
Aṅguṣṭha	अङ्गुष्ठ	Big toe, thumb
Hasta	हस्त	Hand
Janu	जानु	Knee
Mukha	मुख	Face
Pāda	पाद	Foot
Śīrṣa	शीर्ष	Head

## Sanskrit Pronunciation

From: <http://www.sanskritsounds.com/about-sanskrit/46/index.html>

### Sanskrit Pronunciation Key

14 Vowels (some have 2 forms)

अ	a	another	ऋ / ॠ	r̥	r̄	trill for 2 beats
आ / ा	ā	father (2 beats)	ॠ / ॡ	ṛ	ṝ	table
इ / ि	i	pin	ॠ / ॡ	ṝ	ṝ̄	trill for 2 beats
ई / ी	ī	need (2 beats)	ए / े	e	e	etude (2 beats)
उ / ु	u	flute	ऐ / ै	ai	aisle (2 beats)	
ऊ / ू	ū	mood (2 beats)	ओ / ौ	o	yoke (2 beats)	
ऋ / ॠ	r̥	macabre	औ / ौ	au	flautist (2 beats)	

Two Special Letters

अं	am	hum	अः	aḥ	out-breath
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33 Consonants

क	ka	paprika	थ	tha	eat honey
ख	kha	thick honey	द	da	soda
ग	ga	saga	ध	dha	good honey
घ	gha	big honey	न	na	banana
ङ	ṅa	ink	प	pa	paternal
च	ca	chutney	फ	pha	scoop honey
छ	cha	much honey	ब	ba	scuba
ज	ja	Japan	भ	bha	rub honey
झ	jha	raj honey	म	ma	aroma
ञ	ña	inch	य	ya	employable
ट	ṭa	borscht again	र	ra	abra cadabra
ठ	ṭha	borscht honey	ल	la	hula
ड	ḍa	shdum	व	va	variety
ढ	ḍha	shd hum	श	śa	shut
ण	ṇa	shṇum	ष	ṣa	shnapps
त	ta	pastā	स	sa	Lisa
			ह	ha	honey

This chart is useful if you are interested in learning how to pronounce the Sanskrit names of the asanas and maybe even the Sanskrit letters. Some letters appear different in the previous pages because letters combine in Sanskrit in various ways - merging or stacking on top of each other.

The accents on the letters when writing Sanskrit in Roman letters are important because they generally indicate not just different pronunciations, like the accents in French or German, but actually completely different letters. If you look closely at the chart, you can see that there are four 'n's in Sanskrit, three 's's, and two 'm's, 'd's, 't's, 'h's, 'l's and 'r's - as well as short and long versions of a, i and u. So when we leave off the accents, it is actually impossible to know how to spell or pronounce the word in Sanskrit and it may mean something quite different from what we intend. For example, 'ānanda' ( a long initial 'a') means bliss, joy or delight. But 'ananda', without the bar over the 'a' (so a short 'a'), means joyless or cheerless.

These are most important points for understanding how to pronounce yoga poses in Sanskrit:

A bar over the top of a vowel means it's a long vowel.

**c** is pronounced like 'ch' - never like 'k'. So 'Caturaṅga' is pronounced 'chaturanga'. In Sanskrit 'ch' is a completely different letter from 'c' so, while it aids pronunciation, writing 'chaturanga' (or 'chakra') can be confusing if someone is trying to work out how the word is spelled in Sanskrit.

**ś** is pronounced like the 'sh' in ship

**ṣ** is pronounced a bit like the 'sh' in shut, but with the tongue more against the front of the upper palette. Still, a normal 'sh' is better than

**ṛ** is pronounced like 'ri' but with a very short 'i' and the 'r' slightly rolled like in German.

The letters **kha, cha, gha, jha, tha, dha, pha, bha** etc. are what are called 'aspirated' letters - meaning the 'h' part is pronounced with a puff of air. The chart gives approximate pronunciations.

The most important thing to remember is that 'ph' and 'th' are *not* pronounced like in English. There is no 'ph' (as in 'f') sound or any 'th' sound (as in 'the') in Sanskrit. So 'hatha' yoga is pronounced ha-tha with an aspirated 'ta' as the second syllable - not 'tha' as in the English 'the'.

**v** is not really pronounced like the 'v' in variety as the table suggests. It is more like halfway between a 'v' and a 'w'. We don't have the sound in English. A soft 'v' is a reasonable approximation.