

## REFERENCE SECTION

**Sanskrit Name****English Translation**

Adho Mukha Svanasana	Downward Dog
Adho Mukha Vrksasana	Handstand
Agnistambhasana	Fire Log Pose
Anahatasana	-----
Anjaneyasana	Lunge
Anantasana	Couch Pose
Apanasana	Knees to Chest Pose
Ardha Baddha Padma Paschimottanasana	Seated Bound Half Lotus Forward Bend
Ardha Baddha Padmottanasana	Standing Bound Half Lotus Forward Bend
Ardha Chandrasana	Half Moon Pose
Ardha Matsyendrasana I	Spinal Twist I
Ardha Matsyendrasana II	Spinal Twist II
Akarna Dhanurasana	Archer's Pose
Ardha Dhanurasana	Half Bow Pose
Astavakrasana	Eight Bend Pose
Baddha Konasana	Bound Angle Pose
Bakasana	Crane Pose, Crow Pose
Balasana	Child's Pose
Bharadvajasana I	-----
Bharadvajasana II	-----
Bhekasana	Frog Pose
Bhujangasana	Cobra Pose
Bhujapidasana	Arm Pressure Pose
Bidalasana	Cat Pose
Chaturanga Dandasana	Four Limbs Stick/Staff Pose
Dandasana	Staff/Stick Pose
Dhanurasana	Bow Pose
Dwi Pada Sirsasana	Two Feet Behind Head Pose
Dwi Pada Viparita Dandasana	Two Feet Inverted Staff Pose
Eka Hasta Bhujasana	One Handed Arm Pressure Pose
Eka Pada Bakasana	One Leg Crane Pose
Eka Pada Rajakapotasana	King Pigeon Pose
Eka Pada Sirsasana	One Foot Behind Head Pose
Eka Pada Viparita Dandasana	One Foot Inverted Staff Pose
Galavasana	-----
Garbha Pindasana	Embryo In the Womb Pose
Garudasana	Eagle Pose
Gomukhasana	Cow Face Pose
Goraksasana	Cowherd Pose
Halasana	Plow Pose
Hanumanasana	Split
Janu Sirsasana	Head to Knee Pose
Kapotasana	Pigeon Pose
Krauncasana	Heron Pose
Kukkutasana	Cock/Rooster Pose
Kurmasana	Tortoise Pose
Lolasana	Swinging Pendant/ Earring Pose

**Sanskrit Name****English Translation**

Malasana	Bound Squat/Garland Pose
Marichyasana I	-----
Marichyasana II	-----
Marichyasana III	-----
Matsyasana	Fish Pose
Mayurasana	Peacock Pose
Natarajasana	Dancer's Pose
Padangusthasana	Toe Stand
Padmasana	Lotus Pose
Parighasana	Gate Pose
Paripurna Navasana	Full Boat Pose
Parivrtta Ardha Chandrasana	Revolved Half Moon Pose
Parivrtta Hasta Padangustasana	Revolved Toe Stand
Parivrtta Janu Sirsasana	Revolved Head to Knee Pose
Parivrtta Parsvakonasana	Revolved Side/Lateral Angle Pose
Parivrtta Trikonasana	Revolved Triangle Pose
Parivrtta Utkatasana	Twisting Chair (Fierce) Pose
Parsva Bakasana	Sideways Crow Pose
Parsvottanasana	Sideways Intense Stretch
Pasasana	Noose Pose
Paschimottanasana	Seated Forward Bend
Pincha Mayurasana	Forearm Stand
Prasarita Padottanasana	Standing Straddled Forward Bend
Purvottanasana	Inclined Plane Pose
Salabhasana	Locust Pose
Samastithi	Equal Standing
Sarvangasana	Shoulderstand
Savasana	Corpse Pose
Setu Bandhasana	Bridge Pose
Sirsasana	Head Stand
Skandasana	Side Lunge
Sukhasana	Happy Pose
Supta Baddha Konasana	Reclined Bound Angle Pose
Supta Konasana	Reclined Angle Pose
Supta Padangustasana	Reclined Big Toe Pose
Supta Virasana	Reclined Hero Pose
Tadasana	Mountain Pose
Tittibhasana	Insect Pose
Tolasana	Scale Pose
Trianga Mukhaikapada Paschimottanasana	Half Hero Forward Bend
Trikonasana	Triangle Pose
Ubhaya Padangustasana	-----
Upavista Konasana	Seated Angle Pose
Urdhva Prasarita Padasana	Upward Facing Spread Foot Pose
Urdhva Dhanurasana	Upward Bow, The Wheel
Urdhva Mukha Paschimottanasana	Upward Facing Forward Bend

## **Sanskrit Term**

Urdhva Mukha Svanasana  
Urdhva Prasarita Eka Padasana  
Ustrasana  
Utkatasana  
Uttana Padasana  
Uttanasana  
Utthita Hasta Padangusthasana  
Utthita Parsvakonasana  
Utthita Trikonasana  
Vajrasana  
Vasisthasana  
Vatayanasana  
Viparita Dandasana  
Viparita Salabasana  
Virabhadrasana I  
Virabhadrasana II  
Virabhadrasana III  
Viranchyasana  
Virasana  
Visvamisrasana  
Vrksasana  
Vrschikasana  
Yoga Dandasana  
Yoganidrasana  
Surya Namaskar "A"  
Surya Namaskar "B"  
Surya Namaskar "C"

## **English Translation**

Upward Dog  
Standing Split  
Camel  
Fierce Pose  
Extended Leg Pose  
Standing Forward Bend  
Extended Hand to Big Toe Pose  
Extended Side Angle  
Extended Triangle  
Thunderbolt Pose  
-----  
Horse Pose  
-----  
-----  
Warrior I Pose  
Warrior II Pose  
Warrior III Pose  
-----  
Hero Pose  
-----  
Tree Pose  
Scorpion Pose  
-----  
Yoga Nidra (Sleep)  
Sun Salutation "A"  
Sun Salutation "B"  
Sun Salutation "C"

## Root Terms

### Sanskrit

Adho  
Agni  
Ananta  
Anga  
Apana  
Ardha  
Asana  
Asta  
Baddha  
Baka  
Bala  
Bandha  
Bheka  
Bhuja  
Bhujanga  
Chandra  
Chatur  
Danda  
Dhanura  
Dwi  
Eka  
Garbha  
Garuda  
Go  
Gomukha  
Goraksa  
Hala  
Hasta  
Janu  
Kapota  
Karna  
Kona  
Kraunca  
Kurma  
Kukkuta  
Lola  
Mala  
Matsya  
Mayura  
Mukha  
Namaskar  
Nava

### English

Downward  
Fire  
Eternal  
Limb  
Vayu of Lower.Abdomen  
Half  
Pose  
Eight  
Bound  
Crow  
Child  
Formation  
Frog  
Arm/Trunk of Elephant  
Cobra  
Moon  
Four  
Staff, Rod  
Bow  
Two, Both  
One, Single  
Womb  
Eagle  
Cow  
Cow Face  
Cowherd  
Plow  
Hand  
Kne  
Pigeon  
Ear  
Angle  
Heron  
Tortoise  
Rooster/Cock  
Swinging/Pendant  
Garland  
Fish  
Peacock  
Face  
To Bow, To Honor  
Boat

## Root Terms

### Sanskrit

Nidra  
Paschima  
Pada  
Padangustha  
Padma  
Parigha  
Paripurna  
Parivrtta  
Parsva  
Pasa  
Pida  
Pincha  
Pinda  
Prasarita  
Purvo  
Raja  
Salamba  
Salabha  
Sarva  
Sarvanga  
Sava  
Setu  
Sirsa  
Sukha  
Surya  
Svana  
Tada  
Tittibha  
Tola  
Tri  
Upavista  
Urdhva  
Ustra  
Utkata  
Uttana  
Utthita  
Vajra  
Vatayana  
Viparita  
Vira  
Vrksa  
Vrschika

### English

Sleep  
Back of Body, Westward Facing  
Foot, Leg  
Big Toe  
Lotus  
Gate  
Full  
Revolved  
Sideways  
Noose  
Pressure  
Tail Feather  
Embryo  
Spread Out, Stretched Out  
Front of Body, Eastward Facing  
Royal, King  
With Support  
Locust  
Whole  
Whole Body  
Corpse  
Bridge  
Head  
Easy  
Sun  
Dog  
Mountain  
Firefly  
Scales  
Three  
Seated  
Upward  
Camel  
Fierce  
Intense, Stretch  
Extended  
Lightening Bolt  
Horse  
Inverted, Reverse  
Hero, Warrior  
Tree  
Scorpion