







YOGA TRACK

Sanskrit Names, Pronunciation and Meanings of Common Asanas

Gary Browne

	<p>supta baddha konasana (soop-tah bah-dah kon-ahs-anna) सुप्तभद्रकोणासन reclining bound angle posture</p>
	<p>virasana (vee-rahs-anna) वीरासन hero posture</p>
	<p>supta padangusthasana (soop-tah pad-an-goosh-tahs-anna) सुप्तपादाङ्गुष्ठासन reclining big toe posture</p>
	<p>gomukhasana (go-moo-kahs-anna) गोमुखासन cow face posture</p>
	<p>garudasana (gah-roo-dahs-anna) गरुडासन eagle deity posture</p>

	<p>utkatasana (oot-kah-tahs-anna) उत्कटासन</p> <p>powerful posture</p>
	<p>tadasana (tah-dahs-anna) ताडासन</p> <p>mountain posture</p>
	<p>utthita trikonasana (oot-eetah trik-ohn-ahs-anna) उत्थितत्रिकोणासन</p> <p>extended triangle posture</p>
	<p>virabhadrasana I/II/III (veer-ah-bah-drahs-anna) वीरभद्रासन</p> <p>warrior posture</p>
	<p>utthita parsvakonasana (oot-eetah parsh-vah-kohn-ahs-anna) उत्थितपार्श्वकोणासन</p> <p>extended sideways angle posture</p>
	<p>parsvottanasana (parsh-vott-annasana) पार्श्वोत्तानासन</p> <p>sideways extension posture</p>

	<p>parivrtta trikonasana (par-ee-vrit-tah trik-ohn-ahs-anna) परिवृत्तत्रिकोणासन revolved triangle posture</p>
	<p>ardha chandrasana (ard-hah chahn-drahs-anna) अर्धचन्द्रासन half moon posture</p>
	<p>salamba sirsasana I (sah-lam-bah sheer-shahs-anna) शीर्षासन supported head balance</p>
	<p>salamba sarvangasana (sah-lam-bah sar-vahn-gahs-anna) सर्वाङ्गासन supported whole body posture</p>
	<p>halasana (hahl-ahs-anna) हलासन plough posture</p>
	<p>bharadvajasana I (bah-rahd-vaj-ahs-anna) भरद्वाजासन Bharadvaja's posture</p>
	<p>maricyasana III (mah-ree-chee-ahs-anna) Marici's posture</p>

	<p>dandasana (dan-daHS-anna) दण्डासन staff posture</p>
	<p>pascimottanasana (pahs-chee-moh-tan-aHS-anna) पश्चिमोत्तानासन back extension posture</p>
	<p>janu sirsasana (jah-noo sheer-shaHS-anna) जानुशीर्षासन head to knee posture</p>
	<p>triang mukhaikapada pascimottanasana (tree-aHng mook-ay-eeKa-pah-da pahs-chee-moh-tan-aHS-anna) three limbs facing one leg back extension posture</p>
	<p>upavista konasana उपविष्टकोणासन (oo-pah-veesh-tah kohn-aHS-anna) seated angle posture</p>
	<p>adho mukha svanasana (ah-doh moo-kah shvah-naHS-anna) अधोमुखश्वानासन downward-facing dog posture</p>
	<p>urdhva mukha svanasana (oord-vah moo-kah shvah-naHS-anna) ऊर्ध्वमुखश्वानासन upward-facing dog posture</p>

	<p>salabhasana (sha-la-bahs-anna) शलभासन locust posture</p>
	<p>bhujangasana (boo-jang-gahs-anna) भुजङ्गासन cobra posture</p>
	<p>dhanurasana (dahn-yoor-ahs-anna) धनुरासन bow posture</p>
	<p>ustrasana (oosh-trahs-anna) उष्टासन camel posture</p>
	<p>viparita karani (vip-par-ee-tah kahr-ahn-ee) विपरीतकरणि inverted lake</p>
	<p>setu bandha sarvangasana (set-too bahn-da sar-vahn-gahs-anna) सेतुबन्धसर्वाङ्गासन bridge formation shoulder balance</p>
	<p>savasana (shah-vahs-anna) शवासन corpse posture</p>

References

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