



Sanskrit glossary for asana names

Ashtanga Primary Series

Suryanamaskara A

Sanskrit

Samasthiti

Urdhva Hastasana

Uttanasana

Ardha Uttanasana

Chaturanga Dandasana

Urdhva Mukha Svanasana

Adho Mukha Svanasana

English

Equal standing

Upward Salute pose

Standing forward fold

Half forward fold

Four limbed staff pose

Upward-facing dog

Downward-facing dog





Suryanamaskara B

Sanskrit

English

Samasthiti

Equal standing

Utkatasana

Chair pose

Uttanasana

Standing forward fold

Ardha Uttanasana

Half forward fold

Chaturanga Dandasana

Four limbed staff pose

Urdhva Mukha Svanasana

Upward-facing dog

Adho Mukha Svanasana

Downward-facing dog

Virabhadrasana A

Warrior pose



Standing asana

Sanskrit

English

Padangushtasana	Thumb to foot pose
Pada Hastasana	Hand to foot pose
Utthita Trikonasana	Extended triangle pose
Parivritta Trikonasana	Revolved triangle pose
Utthita Parsvakonasana	Extended side angle pose
Parivritta Parsvakonasana	Revolved extended side angle pose
Prasarita Padottanasana (A, B, C & D)	Wide leg forward fold
Parsvottanasana	Side intense stretch
Utthita Hasta Padangushtasana	Extended hand to big toe
Ardha Baddha Padmottanasana	Half bound lotus stretch
Utkatasana	Chair pose
Virabhadrasana (A & B)	Warrior pose

Seated asana

Sanskrit

English

Dandasana

Staff pose

Paschimottanasana (A & D)

West side intense stretch

Purvottanasana

East side intense stretch

Ardha Baddha Padma
Paschimottanasana

Bound half lotus Paschimottanasana

Triang Mukha Eka Pada
Paschimottanasana

One leg folded back forward fold

Janu Sirsasana (A, B & C)

Head to knee pose

Marichyasana (A, B, C & D)

Sage Marichi's pose

Navasana

Boat pose





Seated asana

Sanskrit

English

Bhujapidasana

Arm pressed pose

Kurmasana

Tortoise pose

Supta Kurmasana

Reclined tortoise pose

Garbha Pindasana

Embryo in the womb

Kukkutasana

Rooster pose

Baddha Konasana

Bound angle pose

Upavista Konasana

Wide angle seated forward fold

Supta Konasana

Reclined angle pose

Supta Padangustasana

Reclined big toe pose

Ubhaya Padangustasana

Both big toes pose

Urdvha Mukha
Paschimottanasana

Upward facing Paschimottanasana

Setu Bandhasana

Bridge pose

Closing asana

Sanskrit

English

Urdvha Dhanurasana

Upward bow pose

Paschimottanasana

Intense west side stretch

Salamba Sarvangasana

Supported shoulderstand

Halasana

Plow pose

Karnapidasana

Ear pressed pose

Urdvha Padmasana

Upward lotus

Pindasana

Embryo pose

Matsyasana

Fish pose

Uttana Padasana

Intense stretched feet or legs

Sirsasana

Headstand

Balasana

Child's pose





The Final Closing Asanas

Sanskrit

English

Yoga Mudra A & B

Psychic gesture of Yoga

Padmasana

Lotus

Utpluthi

Uplifted lotus

Savasana



Corpse pose

Get in touch with us


For more about what we do, visit

 www.devvratyoga.com

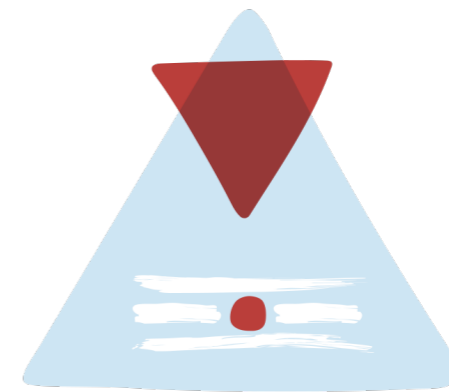
and follow us on

 devvrat yoga sangha and  devvratyogasangha

For inquiries, contact us on whatsapp

 (+91) 9632307916 or

at  info@devvratyoga.com



D E V V R A T Y O G A
S A N G H A

Our address

Devvrat Yoga Sangha

Olive Garden, North Cliff,

Helipad Varkala Kerala

PO. TVM -695141

INDIA

Prepared for 200h Yoga Teacher Training in Kerala, India
Copyright © Devvrat Yoga Sangha 2019