



Sanskrit glossary for asana names

Hatha Yoga

Traditional Hatha Suryanamaskar

Sanskrit

English

Pranamasana

Prayer Pose

Hasta Uttanasana

Raised Arms Pose

Padahastasana

Hand-to-Foot Pose

Ashwa Sanchalanasana

Equestrian Pose

Parvatasana

Mountain Pose

Ashtanga Namaskara

Eight-Limbed Salutation

Bhujangasana

Cobra Pose





Standing asana

Sanskrit

English

Anjaneyasana

Low lunge

Ardha chandrasana:

Half moon pose variations

Garudasana:

Eagle pose

Natarajasana:

Lord of the dance pose

Pada hastasana:

Hands-to-feet pose

Parivrtta baddha trikonasana:
pose

Revolved bound triangle

Parivrtta utkatasana:

Twisted chair

Parivrtta uttanasana:

Revolved forward fold pose

Svarga Dvidasana:

Bird of Paradise Pose

Tadasana:

Mountain pose

Virabhadrasana 3:

Warrior iii

Vrksasana:

Tree pose

Seated asana

Sanskrit

English

Agnistambhasana:	Fire log pose
Ardha matsyendrasana:	Half Lord of the fishes pose
Baddha konasana:	Bound angle pose
Eka pada rajakapotasana:	Pigeon pose
Gomukhasana:	Cow face pose
Hanumanasana:	Monkey pose
Krounchasana	Heron pose
Malasana:	Garland pose/low squat
Padmasana:	Lotus pose
Sukhasana:	Easy pose
Vajrasana	Thunderbolt pose





Twists

Sanskrit

Ardha Matsyendrasana

Baddha parivrtta
parsvakonasana:

Baddha Parsvakonasana

Pasasana

Padma Matsyendrasana

Parivrtta Anjaneyasana

Parivritta Ardha Chandrasana

Parivritta Trikonasana

Parivritta Sukhasana

Parivrtta Utkatasana

Parivrtta Uttanasana

English

Half Lord of the fishes pose

Bound revolved side angle

Bound side angle pose

Noose pose

Spinal twist in half lotus

Twisted lunge pose

Revolved half moon pose

Revolved triangle pose

Simple twist pose

Twisted chair

Revolved forward fold pose



Prone & Supine asana

Sanskrit

English

Ardha Bhekasana

Half frog pose

Dhanurasana:

Bow pose

Makarasana:

Crocodile pose

Salabhasana:

Locust pose

Rajakapotasana:

King pigeon pose

Jathara Parivartanasana:

Revolved abdomen twist

Matsyasana:

Fish pose

Savasana:

Corpse pose

Supta Konasana:

Reclined angle pose

Supta Kurmasana:

Sleeping tortoise pose

Supta Padanghustasana:

Reclined big toe pose

Supta Vajrasana:

Reclined thunderbolt pose

Supta Virasana

Reclined hero pose



Backbends

Sanskrit

English

Ardha Dhanurasana

Half Bow Pose

Bhujangasana

Cobra Pose

Dhanurasana

Bow Pose

Dwi Pada Viparita Dandasana

Upward Facing Two-Foot Staff Pose

Kapotasana

Pidgeon Pose

Salabhasana

Locust Pose

Setu Bandha Sarvangasana

Bridge Pose

Inversions

Sanskrit

Ardha Pincha Mayurasana

Adho Mukha Svanasana

Adho Mukha Vrksasana

Pincha Mayurasana

Sarvangasana

Sirsasana

Urdhva Prasarita Eka Padasana

Vrschikasana

English

Dolphin pose

Downward facing dog

Handstand pose

Feathered peacock pose

Shoulder stand pose

Headstand pose

Standing split pose

Handstand scorpion pose



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