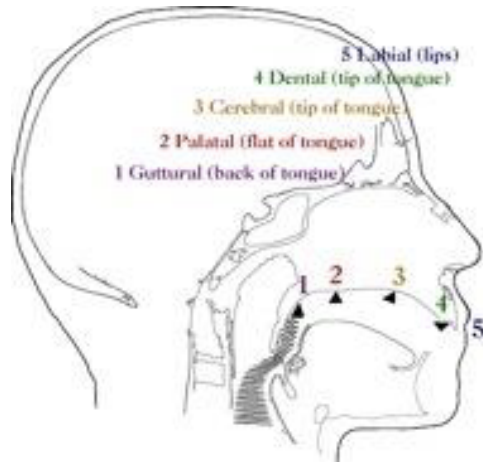


YogaFit – Intro to Sanskrit

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To pronounce Sanskrit words we use the entire mouth. Unlike our North American accent for English where we primarily use “dental” and “labial”.

The Sanskrit Alphabet

Pronunciation of letters is based upon the use of accents as per below

vowels:

a	a	i	i	u	u
e	ai	o	au	am	ah
r	r	l	l(r)		

consonants:

ka	kha	ga	gha	na	(guttural)
ca	cha	ja	jha	na	(palatal)
ta	tha	da	dha	na	(cerebral)

ta tha da dha na (dental)

pa pha ba bha ma (labial)

semi-vowel:

ya ra la va

sa sa s(a) ha

The history of the pose names from yoga asana comes from Sanskrit which is why sometimes in English we will have different names for the same pose. Pose names are broken down into 4 categories of root words followed by the word “asana” the Sanskrit word for pose. When a word ends in a vowel (often a) and starts with a vowel such as in asana, the two words come together for a long “a” sound.

Root Words for Pose Names

1. Animals
2. Directions
3. Body Parts
4. Sages

By remembering basic words you can more easily start to put pose names together

ANIMALS	DIRECTIONS	BODY PARTS	SAGES
Dog - svana	Downward - adho	Limb - anga	Hanuman
Frog - bheka	Revolved - parivrtta	Hand - hasta	Visnu
Crow - baka	Side - parsva	Foot - pada	Siva
Garuda - eagle	Upward - urdhva	Face - mukha	Krsna
Tortoise - kurma	Extended - utthita	Head - sirsa	Rama
Fish - matsya	Out-Stretching - uttana	Big Toe - padangustha	Ganesa
Camel - ustra	Viparita - inverted	Arm - bhuja	
Peacock - mayura	Back - pascima	Knee - janu	
Rabit - sasa	Front - purva	Stomach - jathara	

Common Asana Names

ENGLISH	SANSKRIT
Downward facing dog	Adho mukha svanasana
Upward facing dog	Urdva mukha svanasana
Crocodile/Plank	Caturanga Dandasana
Forward Fold	Uttanasana
Flat Back/Monkey	Ardha Uttanasana
Sun Salutations	Surya Namaskar
Moon Salutations	Chandra Namaskar
Warrior 1	Virabhadrasana Eka
Warrior 2	Virabhadrasana Dvi
Triangle	Trikonasana
Side Angle	Parsva Konasana
Bound Side Angle	Baddha Parsva Konasana
Lunge	Anjaneyasana
Twisted Lunge	Parivrtta Anjaneyasana
Twisted Triangle	Parivrtta Trikonasana
Chair	Utkatasana
Eagle	Garudasana
Bow	Dhanurasana
Wheel	Urdva Dhanurasana
Camel	Ustrasana
Corpse	Savasana

Notes:

Source:

*YogaFit® Level 4 Tradition Teacher Training Manual
The Language of Yoga by: Nicolai Bachman*

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