

YOGA SANSKRIT CHEAT SHEET

77 words you hear in class, with short meanings · full glossary at yogaphilippines.com/philosophy/sanskrit-yoga-glossary/

WORDS YOU HEAR IN CLASS

Vinyasa moving from pose to pose with the breath

Drishti a resting point for the eyes

Bandha a lock: a gentle muscular hold

Mula Bandha root lock: a light lift of the pelvic floor

Uddiyana Bandha drawing the belly in and up

Jalandhara Bandha

throat lock: chin toward the chest

Mudra a seal or gesture, usually with the hands

Mantra a word or phrase chanted or repeated

Om the syllable chanted at the start or end

Shanti peace, often said three times

Namaste "I bow to you", palms together

Sankalpa an intention set for the practice

Sthira sukha

steady and easy, from Yoga Sutra 2.46

BREATH

Prana breath; the life force it is said to carry

Ujjayi slow nose breath with a soft throat sound

Kapalabhati short, strong exhales through the nose

Nadi Shodhana alternate nostril breathing

Bhramari bee breath: humming on the exhale

Kumbhaka a pause with the breath held in or out

THE EIGHT LIMBS

Yama 1: restraints, how you treat others

Niyama 2: observances, how you treat yourself

Asana 3: posture

Pranayama 4: breath practice

Pratyahara 5: drawing attention in from the senses

Dharana 6: concentration on one point

Dhyana 7: meditation

Samadhi 8: complete absorption

YAMAS AND NIYAMAS

Ahimsa non-harming

Satya truthfulness

Asteya non-stealing

Brahmacharya wise use of energy

Aparigraha non-grasping

Saucha cleanliness

Santosha contentment

Tapas discipline, steady effort

Svadhyaya self-study

Ishvara Pranidhana devotion or surrender

POSE NAMES

Tadasana Mountain Pose

Uttanasana Standing Forward Bend

Adho Mukha Svanasana Downward-Facing Dog

Urdhva Mukha Svanasana Upward-Facing Dog

Phalakasana Plank Pose

Chaturanga Dandasana Four-Limbed Staff Pose

Bhujangasana Cobra Pose

Balasana Child's Pose

Virabhadrasana the Warrior poses

Trikonasana Triangle Pose

Vrksasana Tree Pose

Utkatasana Chair Pose

Dandasana Staff Pose

Sukhasana Easy Pose

Baddha Konasana Butterfly Pose

Paschimottanasana Seated Forward Bend

Setu Bandha Sarvangasana Bridge Pose

Savasana Corpse Pose, the final rest

Surya Namaskar Sun Salutation

WORD PARTS IN POSE NAMES

Adho downward

Urdhva upward

Mukha face

Eka one

Pada foot or leg

Hasta hand

Ardha half

Parsva side

Parivrtta revolved, twisted

Utthita extended

Supta reclining, lying down

Baddha bound

Salamba supported

Prasarita spread wide

Kona angle

IDEAS

Abhyasa steady, sustained practice

Vairagya non-attachment

Chitta the mind, the field of awareness

Vritti a movement of the mind

Samskara an impression that shapes habits

Dharma right conduct, one's own duty