

ROOTS OF THE POSES

Anjali Mudra	anjali - offering mudra – seal
Adho Mukha Svanasana	adho – downwards mukha – face svana – dog asana – pose
Ardha Chandrasana	ardha – half Chandra - moon asana – pose
Baddha Konasana	baddha – bound kona – angle asana – pose
Balasana	bala – child asana – pose
Bhujangasana	bhujanga – snake asana – pose cobra pose
Chaturanga Dandasana	chaturanga – four limbs danda – staff or rod asana – pose four limbs staff pose, plank close to the floor
Dandasana	danda – staff or rod asana – pose plank and seated version
Dhanurasana	dhanu – bow asana - pose
Eka Pada Rajakapotasana	eka – one pada – foot or leg raja – king or royal kapota – pigeon
Garudasana	garuda – eagle asana – pose

Gomukhasana	go – cow mukha – face asana – pose
Halasana	hala – plow asana - pose
Janu Sirsasana	janu – knee sirsa – head asana – pose seated knee to head pose
Paschimottanasana	paschima – west, back side of body uttan (ottan) – intense stretch asana – pose seated forward fold
Parivrtta Trikonasana	parivrtta - revolved tri – three kona – angle asana – pose revolved triangle
Parivrtta Parsvakonasana	parivrtta - revolved parsva – side kona – angle asana – pose revolved side angle stretch
Prasarita Padottanasana	prasarita – expanded, stretched out pada (pad) – foot or leg uttan (ottan) – intense stretch asana – pose intense spread leg stretch
Salabhasana	salabha – locust asana - pose
Sarvangasana	sarva – all, whole, entire, complete anga – limb or part of the body asana – pose shoulder stand
Savasana	Sava – corpse asana – pose

Setu Bandhasana	setu – bridge bandha – bondage asana - pose
Sukhasana	sukha – pleasant asana – pose
Supta Padangusthasana	supta - reclining padangustha – big toe asana – pose
Tadasana with Anjali Mudra	tad – mountain asana – pose anjali - offering mudra – seal
Urdhva Hastasana	urdhva – raised hasta – hand asana – pose
Utkatasana	utkata – powerful, fierce asana – pose chair pose
Utkata Konasana	utkata – powerful, fierce kona – angle asana – pose goddess/victory squat
Uttanasana	ut – intense tan – stretch asana - pose standing forward fold
Utthita Hasta Padangusthasana	utthita – extended hasta – hand padangustha – big toe
Utthita Parsvakonasana	utthita – extended parsva – side kona – angle asana – pose extended side angle stretch

Utthita Trikonasana

utthita – extended
tri – three
kona – angle
asana - pose
extended triangle

Virasana

vira – hero
asana - pose

Virabhadrasana I, II, III

virabhadra – warrior
asana – pose

Vrksasana

vrksa – tree
asana – pose