

ASANAS

Sanskrit and meaning






(Updated September 12, 2022)














Asana (AHS-anna) = Posture







Sanskrit name & phonetic pronunciation	English translation	Root word(s)	Plate No ¹	Image
Adho Mukha Svanasana (AH-doh Moo-kah shvah-NAHS-anna)	Downward Facing Dog	Adho = downward Mukha = face Shvana = dog	75, 76	
Adho Mukha Virasana (AH-doh Moo-kah veer-AHS-anna)	Downward Facing Hero	Adho = downward Mukha = face Vira = hero	92	
Adho Mukha Vrksasana (AH-doh Moo-kah vri-KAHS-anna)	Downward Facing Tree	Adho = downward Mukha = face Vrksa = tree	359	






¹ Plate number(s) from 'Light on Yoga' by BKS Iyengar. Gem denotes 'A Gem for Women' by Gita Iyengar. LOP denotes 'Light on Pranayama' by BKS Iyengar., AOY denotes 'Art of Yoga, Intermediate Course'.







Sanskrit name & phonetic pronunciation	English translation	Root word(s)	Plate No ¹	Image
Ananda Balasana (AN-anda ba-LAHS-anna)	Happy Baby	Ananda = happiness Bala = child		
Ardha Baddha Padmottanasana (ARD-hah BAH-dah PAD-mo-TAN-as-anna)	Half Bound Lotus Standing Forward Bend	Ardha = half Baddha = bound Padma = lotus Uttana = intense stretch	54, 55	
Ardha Chandrasana (ARD-hah chan-DRAHS-anna)	Half Moon Pose	Ardha = half Chandra = moon	19	
Ardha Matsyendrasana (ARE-dah MOT-see-en-DRAHS-anna)	Half Lord of the Fish Pose	Ardha = half Matsya = fish Indra = ruler Matsyendra = A sage who developed this pose	307, 308	 <small>Ardha Matsyendrasana I</small>
Ardha Navasana (ARD-hah nah-VAHS-anna)	Half Boat Pose	Ardha = half Nava = boat	79	 <small>79</small>







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Baddha Konasana (BAH-dah cone-AHS-anna)	Bound Angle Pose (Butterfly pose)	Baddha = bound Kona = angle	101	
Bharadvajasana I (bah-ROD-va-JAHS-anna 1)	Bharadvaja's 1	Baharadvaha is one of the 'seven seers' (sapta rishis)	297, 298	
Bharadvajasana II (bah-ROD-va-JAHS-anna 2)	Bharadvaja's 2	Baharadvaha is one of the 'seven seers' (sapta rishis)	299, 300	
Bhujangasana (boo-jang-GAHS-anna)	Cobra Pose	Bhujanga = serpent (bhuja = arm, shoulder; anga = limb)	73	
Chaturanga Dandasana (chaht-tour-ANG-ah don-DAHS-anna)	Four Limbed Staff Pose	Chatur = four Anga = limb Danda = staff	66	
Chatushpadasana (CHA-toosh pa-DAHS-anna)	Four Footed Pose	Chatur = 4 Pada = foot	102 GEM	







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Dandasana (dan-DAHS-anna)	Staff Pose	Danda = stick or staff	77	
Dhanurasana (don-your-AHS-anna)	Bow Pose	Dhanu = bow	63	
Dwi Pada Viparita Dandasana (DWEE PA-dah vee-puh-ree-tah dan-DAHS-anna)	Two Leg Inverted Staff Pose	Dwi = two Pada = foot Viparita = inverted Danda = staff	Gem 148	
Eka Pada Sarvangasana (eh-KAH pah-DAH sAr-vang-as-anna)	One leg shoulder stand	Eka = one Pada = foot Sarva = all Anga = limbs	250	
Garudasana (gah-rue-DAHS-anna)	Eagle Pose	Garuda = eagle	56	







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Gomukhasana (go-moo-KAHS-anna)	Cow Faced Posture	Go = cow Mukha = face	80, 81	
Halasana (hah-LAHS-anna)	Plow Pose	Hala = plow	244	
Janu Sirsasana (JAH-new shear-SHAHS-anna)	Head to knee Pose	Janu = knee Shiras = to touch with head	127	
Jathara Parivartanasana (JAT-hara par-ee-var-tan-as-anna)	Revolving Twist Pose	Jathara = stomach, abdomen Parivartana = turning around	272-275	
Karnapidasana (KAR-na-peed-AHS-anna)	Ear to Knee Pose	Karna = ear Pidana = squeeze, pressure	246	
Makarasana (maka-RAS-anna)	Crocodile Pose	Makar = crocodile	62	



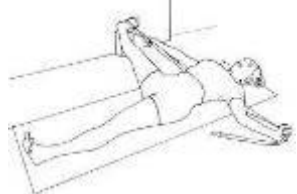



Sanskrit name & phonetic pronunciation	English translation	Root word(s)	Plate No ¹	Image
Malasana (MA-loss-anna)	Garland Pose	Mala = garland or rosary	321	
Marichyasana I (mar-ee-chee-AHS-anna 1)	Sage's Pose 1	Named after sage 'Marichi', meaning 'ray of light'	144	
Marichyasana III (mar-ee-chee-AHS-anna 3)	Sage's Pose 3	Named after sage 'Marichi', meaning 'ray of light'	301	
Niralamba Sarvangasana		Nir = without Alamba = support Sarvanga = all limbs / whole body	236	
Padahasthasana (PAH-dah haas-TAHS-anna)	Hand-to-foot Pose	Pada = foot Hasta = hand	46	






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Padangusthasana (pod-ang-gooshTAHS-anna)	Big Toe pose	Pada = foot Angustha = big toe	44	
Padmasana (pod-MAHS-anna)	Lotus Pose	Padma = lotus	104	
Parighasana (par-ee-GOSS-anna)	Gate Pose	Parigha = an iron bar used for locking a gate	39	
Paripurna Navasana (par-ee-poor-nah nah-VAHS-anna)	Full Boat Pose	Paripurna = full/entire Nava = boat	78	
Parivrtta Ardha Chandrasana (par-ee-VRIT-tah ARD-hah chan-DRAHS-anna)	Revolved Half Moon Pose	Parivrtta = revolved, reverse Ardha = half Chandra = moon	AOY – page 37	
Parivrtta Janu Sirsasana (par-ee-VRIT-tah JAH-new shear-SHAHS-anna)	Revolved Head to Knee Pose	Parivrtta = revolved Janu = knee Shiras = to touch with head	130-132	





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Parivrtta Parsvakonasana (par-ee-VRIT-tah parsh-vah-cone-AHS-anna)	Revolved Extended Side Angle Pose	Parivrtta = revolved, reverse Parsva = side or flank Kona = angle	10, 11	
Parivrtta Trikonasana (par-ee-VRIT-tah trik-cone-AHS-anna)	Revolved Triangle Pose	Parivrtta = reverse, revolved Tri = three Kona = angle	6,7	
Parsva Halasana (parsh-va hah-LAHS-anna)	Inverted Plough Pose	Parsva = side Hala = plow	249	
Parsvaikapada Sarvangasana (pArsh-VA-pa-da sar-Vng-as-ana)	Single leg-to-side-shoulder Stand	Parsva = sideways; Eka Pada = one leg Sarvangasana = neck-balance	251	
Parsvottanasana (parsh-voh-tahn-AHS-anna)	Intense Side Stretch Pose	Parsva = side, flank Ut = intense Tan = to stretch	26	
Parvatasana Arms in Swastikasana (parv-va-TAS-anna in swa-stee-KAHS-anna)		Parvata = mountain Swastika = auspicious and well-beingness	91 (arms) 5 (LOP legs)	






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Pasasana (posh-ASH-anna)	Noose Pose	Pasa = noose or tie	Gem 131	
Paschimottanasana (POS-chee-moh-tan-AHS-anna)	West (Back) Stretch	Pascha = back or west Uttana = intense stretch	160	
Pincha Mayurasana (Pin-cha-Mah-Yoor-Ah-sana)	Peacock Feather Stand	Pincha = feather Mayura = peacock	357	
Prasarita Padottanasana (pra-sa-REE-tah pah-doh-than-AHS-anna)	Wide Stance Forward Bend	Prasarita = spread Pada = foot Uttana = intense stretch	33,34	
Purvottanasana (POOR-vo-tan-AHS-anna)	Upward Plank Pose	Purva = East Uttana = intense stretch	171	
Salabhasana (sha-la-BAHS-anna)	Locust Pose	Salabha = locust	60	






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Salamba Sarvangasana I (sah-LOM-bah sar-van-GAHS-anna)	Supported Shoulderstand	Salamba = with support Sarvanga = all parts of the body	223, 224	
Salamba Sirsasana (sah-LOM-bah shear-SHAH-anna)	Supported Headstand	Salamba = with support Sirsa = head	184, 185, 190	
Savasana (shah-VAHS-anna)	Corpse Pose	Sava = corpse	592	
Setu Bandha Sarvangasana (SET-too bahn-DA sar-van-GAHS-anna)	Bridge Pose	Setu = bridge Bandha = lock Sarva = all	98,99 GEM	
Siddhasana (si-DAHS-anna)	Basic Seated Pose	Siddha = inspired sage	84	
Supta Konasana (SOUP-tah cone-AHS-anna)	Reclining Angle pose	Supta = reclining Kona = angle	247	


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Supta Baddha Konasana (SOUP-tah BAH-dah cone-AHS-anna)	Reclining Bound Angle pose	Supta = reclining Baddha = bound Kona = angle	Gem 38	
Supta Padangusthasana I (SOUP-tah pod-ang-goosh-anna)	Reclining big toe pose 1	Supta = sleeping Pada = foot Angustha = big toe	284, 285	
Supta Padangusthasana II (SOUP-tah pod-ang-goosh-anna)	Reclining big toe pose 2	Supta = sleeping Pada = foot Angustha = big toe	284, 285	
Supta Virasana (SOUP-tah veer-AHS-anna)	Reclining Hero Pose	Supta = reclining, lain down to sleep Vira = hero	93,96	
Swastikasana (swa-stee-KAHS-anna)	Cross-legged Pose	Swastika = auspicious and well-beingness	LOP (5)	
Tadasana (tah-DAHS-anna)	Standing Mountain Pose	Tada = mountain	1	

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Triang Mukhaikapada Paschimottanasana (tri-ang muk-HA-ka-pa-da pashimo-TANAS-anna)	Three Limbs Facing One Foot West Stretching Pose	Triang = 3 limbs Muka = face Eka = one Pada = foot Paschima = back of body (West) Uttana = intense stretch	139	
Upavishta Konasana (oo-pah-VEESH-tah cone-AHS-anna)	Seated Wide-Angle Pose	Upavishta = seated Kona = angle	148	
Urdhva Dhanurasana (OORD-vah don-your-AHS-anna)	Upward Bow Pose, Wheel Pose	Urdhva = upward Dhanu = bow	482	
Urdhva Hastasana (OORD-vah hahs-TAHS-anna)	Upward Hand Pose	Urdhva = upwards Hasta = hands		
Urdhva Mukha Svanasana (OORD-vah Moo-kah shvah-NAHS-anna)	Upward Facing Dog Pose	Urdhva = upward Mukha = face Svana = dog	74	

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Urdhva Prasarita Eka Padasana (OORD-vah pra-sa-REE-tah eh-KAH-pad-DAHS-anna)	Standing Split Pose	<i>Urdhva = upright Prasarita = extended, stretched Eka = one Pada = foot</i>	49	
Urdhva Prasarita Padasana (OORD-vah pra-sA-ri-ta pad-as-anna)	Upward Extended Feet Pose	<i>Udhva = upward Prasarita = stretched out Pada = foot</i>	279	
Ustrasana (oosh-TRAHS-anna)	Camel Pose	<i>Ustra = camel</i>	41	
Utkatasana (OOT-kah-TAHS-anna)	Fierce (Chair) Pose	<i>Utkata = powerful</i>	42	

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Uttanasana (OOT-tan-AHS-anna)	Intense Forward Stretch	Uttana = intense stretch	48	
Utthita Chaturanga Dandasana (oo-TEE-tah chaht-tour-ANG-ah don-DAHS-anna)	Plank	Utthita = stretch Chatur = four Anga = limb Danda = staff		
Utthita Hasta Padangusthasana (oo-TEE-tah HAH-stah pah-dahn-goosh-TAHS-anna)	Extended Hand-to-Big-Toe Pose	Utthita = stretch Hasta = hand Padangustha = big toe	20, 21	
Utthita Parsvakonasana (oo-TEE-tah parsh-vah-cone-AHS-anna)	Extended Angle Pose	Utthita = stretch Parsva = side Kona = angle	8,9	
Utthita Trikonasana (oo-TEE-tah tree-cone-AHS-anna)	Extended triangle Pose	Utthita = stretch Trikona = triangle	4,5	

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Viparita Karani (vip-par-ee-tah car-AHN-ee)	Legs Up the Wall Pose	Viparita = inverted Karani = doing		
Virabhadrasana I (veer-ah-bah-DRAHS-anna 1)	Warrior Pose 1	Virabhadra = powerful hero created out of Siva's matted hair	14	
Virabhadrasana II (veer-ah-bah-DRAHS-anna 2)	Warrior Pose 2	Virabhadra = powerful hero created out of Siva's matted hair	15	
Virabhadrasana III (veer-ah-bah-DRAHS-anna 3)	Warrior Pose 3	Virabhadra = powerful hero created out of Siva's matted hair	17	
Virasana (veer-AHS-anna)	Hero Pose	Vira = hero, brave person	89	

Vrksasana (vrik-SHAHS-anna)	Tree Pose	Vrkasa = tree	2	
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