

Sanskrit and English Names of Some Asanas

Last revised June 2005

Note: The drawings are not intended to be accurate representations of the poses. They are simply to assist students in learning the names of poses. For a more complete depiction of these asanas, see Light on Yoga by B.K.S. Iyengar and Yoga: A Gem for Women by Geeta Iyengar.

Standing Asanas

Tadasana

Mountain Pose



Urdvha

Upward

Hastasana

Hand Pose



Utthita

Extended

Trikonasana

Triangle Pose



Utthita

Extended

Parsvakonasana

Side Angle Pose



Parsvottanasana

Side (parsva) Intense Stretch Pose



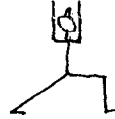
Virabhadrasana I

Virabhadrasana II

Virabhadrasana III

Warrior Pose

(Named after the warrior and hero Virabhadra)



Ardha

Half

Chandrasana

Moon Pose



Prasarita

Expanded

Padottanasana

Foot Intense Stretch Pose



Uttanasana

Intense (Ut)

Stretch (Tan) Pose



Adho

Downward

Mukha

Facing

Svanasana

Dog Pose



Seated Asanas

Dandasana
Staff Pose



Virasana
Hero Pose



Upavistha **Konasana**
Seated Angle Pose



Svastikasana
Cross Pose
(Sitting cross –legged with back erect)



Baddha **Konasana**
Bound Angle Pose



Backward Bending Asanas

Dhanurasana
Bow Pose



Urdvha **Dhanurasana**
Upward Bow Pose



Dwi Pada Viparita Dandasana
Two Feet Inverted Staff Pose

Full Pose:



Variation in chair:



Ustrasana
Camel Pose



Urdvha Mukha Svanasana
Upward Facing Dog Pose



Inversions

Salamba Sirsasana
Supported Head Pose
(Headstand)



Salamba Sarvangasana
Supported Whole Body/All Limbs Pose
(Shoulderstand)



Halasana
Plow Pose



Twisting Asanas

Bharadvajasana I
Pose of the sage Bharadvaja



Shown without hand clasp.
see Light on Yoga p. 252 for full pose

Marichyasana III
Pose of the sage Marichi



Shown without hand clasp.
See Light on Yoga p. 255 for full pose

Forward Bending Asanas

Janu Sirsasana
Knee Head Pose



Paschimottanasana
Intense stretch of the West Pose
(West refers to the back of the whole body)



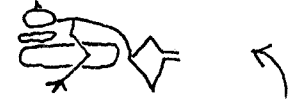
Triang Mukhaikapada
Three part Facing one Foot

Paschimottanasana
Intense Stretch of the West Pose



Restorative Asanas

Supta **Baddha** **Konasana**
Lying Down Bound Angle Pose



variations with bolster parallel to spine and blanket supporting head

Supta **Virasana**
Lying Down Hero Pose



Setu Bandha **Sarvangasana**
Bridge Formation Whole body/all limbs pose



variation with block under sacrum

Viparita **Karani**
Inverted Lake

variation with bolster, block and wall



Savasana
Corpse Pose

**A few handy Sanskrit words**

Adho = downward
Anga = body, limb, or part
Asana = posture or pose
Dwi = two, both
Eka = one
Kona = angle
Hasta = hand
Mukha = face
Niralamba = without support
Parsva = side
Parivrtta = revolved
Pada = foot or leg
Salamba = with support
Urdvha = upward

Acknowledgements

Most poses are classified according to Yoga In Action: Preliminary Course by Geeta S. Iyengar, and most translations are from Light on Yoga by B.K.S. Iyengar. Any mistakes or misinterpretations are my errors.