

Sanskrit Course

*Pronouncing the Names of Postures,
Breath Tools, Binds, and Seals*



Welcome!

Pierre here, picture from my Tahoe, California days. I am excited that your Sanskrit curiosity continues. I welcome your feedback at:

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I believe in making the tools of yoga, such as this manual, accessible to all sincere seekers.

You may have received this course free of charge. I request that you contribute as you can afford - now and/or later. Your contribution grows this school and is your energetic exchange.

You are welcome to try it out before donating. The suggested donation for most folks in the USA is \$5. Members of other countries have different resource capabilities and I welcome your donations as you can afford. Donations are made by using checks or credit cards through www.paypal.com to santosha.school@gmail.com

Turning others on to this manual is an additional form of support for the school. Please do share this with all curious friends, for whom I then have the same donation request.



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Course Overview

आसनानि	<i>postures</i>	<i>p.</i>	<i>track #</i>
प्राणायामाः	<i>breath tools</i>	<i>p.</i>	<i>track ##</i>
बन्धाः	<i>binds</i>	<i>p.</i>	<i>track ##</i>
मुद्राः	<i>seals</i>	<i>p.</i>	<i>track ##</i>

This course can be used by those new to sanskrit. In order to truly pronounce correctly, though, it is essential to understand and pronounce the basic sounds of the language - the alphabet. Learning the alphabet or “ring of sounds” is as important as learning the numbers 0 through 9 before proceeding further in mathematics. Understanding the basic sounds makes it easier to enjoy making them - guessing or mimicking sounds is replaced by certain feeling.

[Sanskrit Course 1: The Ring of Sounds](#) is therefore highly recommended as a prerequisite to this course.

Alternatively, practicing the chanting examples at www.sanskritbasics.com can help.

Sanskrit sounds are specific kinds of sounds made at specific locations. Though English letters are used with dots and lines in transliteration to approximate these sounds, many of them are not the same sounds as those in English. With that disclaimer, an introduction to these positions follows, including some comparable English vowel sounds.



- Position*
- 1 sounds made behind the hard palate*
 - 2 at the bump in the hard palate*
 - 3 at the notch or high point*
 - 4 at the teeth*
 - 5 at the lips*

a ā i ī u ū
 r ṛ ḷ Ṭ
 e ai o au aṁ aḥ
 ka kha ga gha ṇa
 ca cha ja jha ña
 ṭa ṭha ḍa ḍha ṇa
 ta tha da dha na
 pa pha ba bha ma
 ya ra la va
 śa ṣa sa ha

a ā i ī u ū r e ai o au
 cup far it eagle put blue kṛshna may buy road sound

ENGLISH WORDS THAT APPROXIMATE SANSKRIT'S VOWEL SOUNDS

Sanskrit is naturally musical. Built into its basic structure are light (short) and heavy (long) syllables, which create intrinsic emphasis and meter. Long (heavy) syllables have a natural emphasis.

There are 3 kinds of syllables that are **heavy / long** (in comparison to light / short):

- | | | |
|--------------------------------------------|------------------|------------------|
| 1 - containing a long tone (vowel) | योग = यो ग | yo ^{ga} |
| 2 - initiating a compound mark (consonant) | वृत्ति = वृत् ति | vr ^{ti} |
| 3 - ending in a final mark | अहम् = अ हम् | a ^{ham} |

the long tones are : ā ī ū ṛ ṝ e ai o au

The audio tracks will help with hearing the difference between short and long syllables. In addition, the visual pages display syllable emphasis as follows:

अ	धो	मु	ख	श्वा	ना	स	न
a	dho	mu	kha	śvā	nā	sa	na
short (light) syllable							
heavy (long) syllable							

As this is an introduction to pronunciation, sanskrit grammar and the details of translating are not covered. Instead, the definitions of the words comprising the names are listed. As many of these are compound words, the translation can include slightly different interpretations based on which prepositions are assumed.

ए क पा द शीर् षा स न
e ka pā da śīr ṣā sa na

एकपादशीर्षसिन

eka = *one* pāda = *foot, column* śīrṣa = *head* āsana = *posture*

For example, I often choose to translate this as the “one foot behind the head posture”. However, “one foot toward the head posture” and “head toward one foot posture” would also be correct.

There are many variations of some postures, शीर्षसिन śīrṣāsana, for example. I have listed some of them - the others can be inferred through study of this manual.

<p>आ स ना नि</p> <p>ā sa nā ni</p>	<p>आसनानि</p> <p>āsana^{nā}ni = <i>is the plural form of āsanam</i></p> <p>āsanam = <i>singular, meaning a sitting, a seat, place</i></p> <p>āsana = <i>the form of the noun used for calling out its name in direct address.</i></p>
<p>अ धो मुखश्वा ना स न</p> <p>a dho mu kha śvā nā sa na</p>	<p>अधोमुखश्वानासन</p> <p>adho = <i>downward</i> mukha = <i>face</i> śvāna = <i>dog</i></p>
<p>अ धो मुखवृक् षा स न</p> <p>a dho mu kha vrk ṣā sa na</p>	<p>अधोमुखवृक्षासन</p> <p>adho = <i>downward</i> mukha = <i>face</i> vrkṣa = <i>tree</i></p>
<p>आ कर् ण ध नु रा स न</p> <p>ā kar ṇa dha nu rā sa na</p>	<p>आकर्णधनुरासन</p> <p>ākaraṇana = <i>up to the ear, from the ear</i> dhanus = <i>bow, arc</i></p>
<p>अ नन् ता स न</p> <p>a nan tā sa na</p>	<p>अनन्तासन</p> <p>ananta = <i>without end</i></p>
<p>अर् ध बद् ध पद् म पश् चि मोत्</p> <p>ar dha bad dha pad ma paś ci mot</p> <p>ता ना स न</p> <p>tā nā sa na</p>	<p>अर्धबद्धपद्मपश्चिमोत्तानासन</p> <p>ardha = <i>half</i> baddha = <i>bound, tied</i> padma = <i>lotus</i></p> <p>paścima = <i>backside, hindmost, Western</i></p> <p>uttāna = <i>stretched up or out, extended</i></p>

<p>अर् ध बद् ध पद् मोत् ता ना स न</p> <p>ar dha bad dha pad mot tā nā sa na</p>	<p>अर्धबद्धपद्मोत्तानासन</p> <p>ardha = <i>half</i> baddha = <i>bound, tied</i> padma = <i>lotus</i> uttāna = <i>stretched up or out, extended</i></p>
<p>अर् ध चन् द्रा स न</p> <p>ar dha can drā sa na</p>	<p>अर्धचन्द्रासन</p> <p>ardha = <i>half</i> candra = <i>moon</i></p>
<p>अर् ध मत् स्येन् द्रा स न</p> <p>ar dha mat syen drā sa na</p>	<p>अर्धमत्स्येन्द्रासन</p> <p>ardha = <i>half</i> matsya = <i>fish</i> indra = <i>lord, ruler</i></p>
<p>अर् ध ना वा स न</p> <p>ar dha nā vā sa na</p>	<p>अर्धनावासन</p> <p>ardha = <i>half</i> nau = <i>boat</i></p>
<p>अष् टा वक् रा स न</p> <p>aṣ tā vak rā sa na</p>	<p>अष्टावक्रासन</p> <p>aṣṭāvakra = <i>name of a great sage who prenatally corrects his father, is thus cursed by father to be born with 8 (aṣṭā) crooked (vakra) limbs. Later he rescues his father and reconciles with him</i></p>
<p>बद् ध को णा स न</p> <p>bad dha ko ṇā sa na</p>	<p>बद्धकोणासन</p> <p>baddha = <i>bound, tied</i> koṇa = <i>angle, corner</i></p>
<p>बद् ध पद् मा स न</p> <p>bad dha pad mā sa na</p>	<p>बद्धपद्मासन</p> <p>baddha = <i>bound, tied</i> padma = <i>lotus</i></p>
<p>बद् ध हस् त शीर् षा स न</p> <p>bad dha has ta śīr ṣā sa na</p>	<p>बद्धहस्तशीर्षासन</p> <p>baddha = <i>bound, tied</i> hasta = <i>hand</i> śīrṣa = <i>head</i></p>

<p>ब का स न</p> <p>ba kā sa na</p>	<p>बकासन</p> <p>baka = <i>crane, a cunning animal which knows how to draw prey into its lair</i></p>
<p>भै र वा स न</p> <p>bhai ra vā sa na</p>	<p>भैरवासन</p> <p>bhairava = <i>terrible, fearful, a form of śiva, terror, mountain</i></p>
<p>भ रद् वा जा स न</p> <p>bha rad vā jā sa na</p>	<p>भरद्वाजासन</p> <p>bharadvāja = <i>a sky-lark, the name of one of the 7 sages and progenitors of the mahābharatha</i> bharatha = <i>sovereign, king</i> vāja = <i>wing, feather</i></p>
<p>भे का स न</p> <p>bhe kā sa na</p>	<p>भेकासन</p> <p>bheka = <i>frog, timid man</i></p>
<p>भु जङ् गा स न</p> <p>bhu jaṅ gā sa na</p>	<p>भुजङ्गासन</p> <p>bhujaṅga = <i>serpent, snake</i></p>
<p>भु ज पी दा स न</p> <p>bhu ja pī dā sa na</p>	<p>भुजपीदासन</p> <p>bhuja = <i>arm, branch</i> pīda = <i>press or squeeze together, cover</i></p>
<p>बुद् धा स न</p> <p>bud dhā sa na</p>	<p>बुद्धासन</p> <p>buddha = <i>known, understood, awakened, a wise man, enlightened</i></p>

<p>च को रा स न</p> <p>ca ko rā sa na</p>	<p>चकोरासन</p> <p>cakora = <i>a kind of bird, greek partridge, a magic bird said to feed on moonbeams</i></p>
<p>चक् र बन् धा स न</p> <p>cak ra ban dhā sa na</p>	<p>चक्रबन्धासन</p> <p>cakra = <i>wheel, circle, ring</i> bandha = <i>tie, bond, forming, constructing, arranging, building</i></p>
<p>चक् रा स न</p> <p>cak rā sa na</p>	<p>चक्रासन</p> <p>cakra = <i>wheel, circle, ring, circular flight</i></p>
<p>च तु रङ्ग ग दण् डा स न</p> <p>ca tu raṅ ga daṇ ḍā sa na</p>	<p>चतुरङ्गगदण्डासन</p> <p>catur = <i>four</i> aṅga = <i>limb, body</i> daṇḍa = <i>staff, wand, stick</i></p>
<p>दण् डा स न</p> <p>daṇ ḍā sa na</p>	<p>दण्डासन</p> <p>daṇḍa = <i>staff, wand, stick</i></p>
<p>ध नु रा स न</p> <p>dha nu rā sa na</p>	<p>धनुरासन</p> <p>dhanus = <i>bow, arc</i></p>
<p>दुर् वा सा स न</p> <p>dur vā sā sa na</p>	<p>दुर्वासासन</p> <p>durvāsas = <i>ill-dressed, naked, the name of a very irascible saint or seer (ṛṣi) who had terrible anger and was very difficult to please</i> dur = <i>bad</i> vāsa = <i>dwelling, abode, situation, perfume, dress</i></p>

<p>द्वि हस् त भु जा स न</p> <p>dvi has ta bhu jā sa na</p>	<p>द्विहस्तभुजासन</p> <p>dvi = <i>two</i> hasta = <i>hand</i> bhuja = <i>arm</i></p>
<p>द्वि पा द वि प री त दण् डा स न</p> <p>dvi pā da vi pa rī ta daṇ ḍā sa na</p>	<p>द्विपादविपरीतदण्डासन</p> <p>dvi = <i>two</i> pāda = <i>foot, column, leg of inanimate object</i> viparīta = <i>revolved</i> daṇḍa = <i>staff, wand, stick</i></p>
<p>ए क हस् त भु जा स न</p> <p>e ka has ta bhu jā sa na</p>	<p>एकहस्तभुजासन</p> <p>eka = <i>one</i> hasta = <i>hand</i> bhuja = <i>arm</i></p>
<p>ए क पा द रा ज क पो ता स न</p> <p>e ka pā da rā ja ka po tā sa na</p>	<p>एकपादराजकपोतासन</p> <p>eka = <i>one</i> pāda = <i>foot, column</i> rāja = <i>ruler, king, chief</i> kapota = <i>dove, pigeon, bird</i></p>
<p>ए क पा द शीर् षा स न</p> <p>e ka pā da śīr ṣā sa na</p>	<p>एकपादशीर्षासन</p> <p>eka = <i>one</i> pāda = <i>foot, column</i> śīrṣa = <i>head</i></p>
<p>ए क पा द वि प री त दण् डा स न</p> <p>e ka pā da vi pa rī ta daṇ ḍā sa na</p>	<p>एकपादविपरीतदण्डासन</p> <p>eka = <i>one</i> pāda = <i>foot, column</i> viparīta = <i>revolved</i> daṇḍa = <i>staff, wand, stick</i></p>
<p>गा ल वा स न</p> <p>gā la vā sa na</p>	<p>गालवासन</p> <p>gālava = <i>a kind of tree, ebony, the name of a pupil (or some consider a son) of</i> viśvamitra</p>

<p>गण् ड भे रण् डा स न</p> <p>gaṇ ḍa bhe raṇ ḍā sa na</p>	<p>गण्डभेरुण्डासन</p> <p>gaṇḍa = <i>the cheek, side of face, temples, joint, knot</i> bheṛuṇḍa = <i>terrible, frightful, conception, pregnancy</i></p>
<p>गर् भ पिण् डा स न</p> <p>gar bha piṇ ḍā sa na</p>	<p>गर्भपिण्डासन</p> <p>garbha = <i>the womb, belly, fetus, embryo, act of conception, pregnancy, inside, middle, interior chamber</i> piṇḍa = <i>solid, dense, a round devotional offering, early fetus</i></p>
<p>ग रू डा स न</p> <p>ga rū ḍā sa na</p>	<p>गरूडासन</p> <p>garūḍa = <i>king of the birds, possessing a white face, aquiline nose, red wings and golden body. he brings down the heavenly beverage (amṛta) to free his mother</i></p>
<p>घे रण् डा स न</p> <p>ghe raṇ ḍā sa na</p>	<p>घेरण्डासन</p> <p>gheraṇḍa = <i>yogin who authored the famous 17th century text on yoga, the gheraṇḍa saṅhitā</i></p>
<p>गो मु खा स न</p> <p>go mu khā sa na</p>	<p>गोमुखासन</p> <p>gau (go) = <i>cow</i> mukha = <i>face</i></p>
<p>गो रक् षा स न</p> <p>go rak ṣā sa na</p>	<p>गोरक्षासन</p> <p>gorakṣa = <i>cowherd</i></p>
<p>ह ला स न</p> <p>ha lā sa na</p>	<p>ह्लासन</p> <p>hala = <i>plough, weapon, land-measure</i></p>

<p>हन् सा स न</p> <p>han sā sa na</p>	<p>हंसासन</p> <p>han^{sa} = <i>swan, one of the vital airs, supreme soul, individual soul, mythic swan with discrimination who can separate milk (that which nourishes) from water (the common)</i></p>
<p>ह नु मा ना स न</p> <p>ha nu mā nā sa na</p>	<p>हनुमानासन</p> <p>hanu = <i>jaw</i> mant (mān) = <i>suffix meaning possessing</i> hanumān = <i>name of the powerful monkey king, devotee of rāma, represents the ultimate in devotional love</i></p>
<p>जा नु शीर् षा स न</p> <p>jā nu śīr ṣā sa na</p>	<p>जानुशीर्षासन</p> <p>jānu = <i>knee-</i> śīrṣa = <i>head</i></p>
<p>ज ठ र प रि वर् त ना स न</p> <p>ja ṭha ra pa ri var ta nā sa na</p>	<p>जठरपरिवर्तनासन</p> <p>ja ṭha ra = <i>stomach, abdomen, interior, cavity</i> parivartana = <i>revolved</i></p>
<p>का ल भै र वा स न</p> <p>kā la bhai ra vā sa na</p>	<p>कालभैरवासन</p> <p>kāla = <i>black, dark blue, fate, time, god of death, supreme spirit as the destructive principle</i> bhairava = <i>terrible, frightful</i> kālabhairava = <i>incomprehensible time, a name of śiva</i></p>
<p>कन् दा स न</p> <p>kan dā sa na</p>	<p>कन्दासन</p> <p>kan^{da} = <i>a bulbous root</i></p>

<p>क पि ला स न</p> <p>ka pi lā sa na</p>	<p>कपिलासन</p> <p>kapila = <i>reddish, the name of a sage who reduced to ashes 60,000 sons of sagara. he is considered the father of sāṅkhya</i></p>
<p>क पिञ् ज ला स न</p> <p>ka piñ ja lā sa na</p>	<p>कपिञ्जलासन</p> <p>kapiñjala = <i>a bird who exists solely on dew and raindrops</i></p>
<p>क पो ता स न</p> <p>ka po tā sa na</p>	<p>कपोतासन</p> <p>kapota = <i>dove, pigeon</i></p>
<p>कर् ण पी दा स न</p> <p>kar ṇa pī dā sa na</p>	<p>कर्णपीदासन</p> <p>karṇa = <i>ear, diameter of circle</i> pīda = <i>press or squeeze together, cover</i></p>
<p>कश् य पा स न</p> <p>kaś ya pā sa na</p>	<p>कश्यपासन</p> <p>kaśyapa = <i>having black teeth, name of the son of marīci. he is the father of the gods, demons, men, beasts & all living beings</i></p>
<p>कौण् डिन् या स न</p> <p>kaun ḍin yā sa na</p>	<p>कौण्डिन्यासन</p> <p>kaunḍinya = <i>the first disciple of gautama buddha</i> kuṇḍ = <i>to protect, to burn, to eat, to heap, to maim</i></p>
<p>क्रौञ् चा स न</p> <p>krauñ cā sa na</p>	<p>क्रौञ्चासन</p> <p>krauñca = <i>heron</i></p>

<p>कुक् कु टा स न</p> <p>kuk ku ṭā sa na</p>	<p>कुक्कुटासन</p> <p>kukkuṭa = <i>rooster, wisp of lighted straw, spark of fire</i></p>
<p>कूर् मा स न</p> <p>kūr mā sa na</p>	<p>कूर्मासन</p> <p>kūrma = <i>tortoise, one of the outer winds of the body</i></p>
<p>ल घु वज् रा स न</p> <p>la ghu vaj rā sa na</p>	<p>लघुवज्रासन</p> <p>laghu = <i>light, small</i> vajra = <i>hard, adamantine, severe, forked, zigzag, thunderbolt, destructive weapon, the weapon of Indra</i></p>
<p>लो ला स न</p> <p>lo lā sa na</p>	<p>लोलासन</p> <p>lola = <i>shaking, rolling, dangling, moving to and fro, eager for, lustful, agitated, changing</i></p>
<p>मा ला स न</p> <p>mā lā sa na</p>	<p>मालासन</p> <p>mālā = <i>garland, wreath, series, rosary, group</i></p>
<p>मण् ड ला स न</p> <p>maṇ ḍa lā sa na</p>	<p>मण्डलासन</p> <p>maṇḍala = <i>round, circular, an orb, globe, wheel, ring, disc</i></p>
<p>म रीच् या स न</p> <p>ma rīc yā sa na</p>	<p>मरीच्यासन</p> <p>marīci = <i>a ray of light, a spark of fire, name of one of the original patriarchs of humanity (he creates many)</i></p>
<p>मत् स्या स न</p> <p>mat syā sa na</p>	<p>मत्स्यासन</p> <p>matsya = <i>fish, king of the fish</i></p>

<p>म यू रा स न</p> <p>ma yū rā sa na</p>	<p>मयूरासन</p> <p>mayūra = <i>a peacock, kind of flower, instrument for measuring time</i></p>
<p>मुक् त हस् त शीर् षा स न</p> <p>muk ta has ta śīr ṣā sa na</p>	<p>मुक्तहस्तशीर्षासन</p> <p>mukta = <i>loosened, relaxed, liberated, set free</i> hasta = <i>hand</i> śīrṣa = <i>head</i></p>
<p>मू ल बन् धा स न</p> <p>mū la ban dhā sa na</p>	<p>मूलबन्धासन</p> <p>mūla = <i>root</i> bandha = <i>tie, bond, forming, constructing, arranging, building</i></p>
<p>नक् रा स न</p> <p>nak rā sa na</p>	<p>नक्रासन</p> <p>nakra = <i>crocodile, alligator, nose</i></p>
<p>न ट रा जा स न</p> <p>na ṭa rā jā sa na</p>	<p>नटराजासन</p> <p>naṭa = <i>dancer, actor</i> rāja = <i>chief, king</i></p>
<p>ना वा स न</p> <p>nā vā sa na</p>	<p>नावासन</p> <p>nau = <i>boat</i></p>

<p>नि रा लम् ब सर् वाङ् गा स न</p> <p>ni rā lam ba sar vāṅ gā sa na</p>	<p>निरालम्बसर्वाङ्गासन</p> <p>nis = <i>a prefix meaning: without, free from</i> ā = <i>a prefix meaning: from all sides, towards, all around</i> lamba = <i>hanging from, hanging down, perpendicular</i> sarva = <i>all, every, whole, entire</i> aṅga = <i>limb, body</i></p>
<p>पा द हस् ता स न</p> <p>pā da has tā sa na</p>	<p>पादहस्तासन</p> <p>pāda = <i>foot. column. the leg of an inanimate object</i> hasta = <i>hand</i></p>
<p>पा दाङ् गुष् ठ ध नु रा स न</p> <p>pā dāṅ guṣ ṭha dha nu rā sa na</p>	<p>पादाङ्गुष्ठधनुरासन</p> <p>pāda = <i>foot. column. the leg of an inanimate object</i> aṅguṣṭha = <i>big toe</i> dhanus = <i>bow, arc</i></p>
<p>पा दाङ् गुष् ठा स न</p> <p>pā dāṅ guṣ ṭhā sa na</p>	<p>पादाङ्गुष्ठासन</p> <p>pāda = <i>foot. column. the leg of an inanimate object</i> aṅguṣṭha = <i>big toe or thumb</i></p>
<p>पद् म म यू रा स न</p> <p>pad ma ma yū rā sa na</p>	<p>पद्ममयूरासन</p> <p>padma = <i>lotus</i> mayūra = <i>peacock. a kind of flower</i></p>
<p>पद् मा स न</p> <p>pad mā sa na</p>	<p>पद्मासन</p> <p>padma = <i>lotus</i></p>

<p>प रि घा स न</p> <p>pa ri ghā sa na</p>	<p>परिघासन</p> <p>parigha = <i>iron beam or bar used for shutting a gate. an iron club. the line of clouds crossing the sun at sunrise/set</i></p>
<p>प रि पू र् ण ना वा स न</p> <p>pa ri pūr ṇa nā vā sa na</p>	<p>परिपूर्णनावासन</p> <p>paripūrṇa = <i>quite full, complete, completely filled</i> nau = <i>boat</i></p>
<p>प र वृत् त जा नु शीर् षा स न</p> <p>pa ri vṛt ta jā nu śīr ṣā sa na</p>	<p>परवृत्तजानुशीर्षासन</p> <p>parivṛtta = <i>revolving, revolution</i> jānu = <i>knee-</i> śīrṣa = <i>head</i></p>
<p>प रि वृत् त पार् श्व को णा स न</p> <p>pa ri vṛt ta pār śva ko ṇā sa na</p>	<p>परिवृत्तपार्श्वकोणासन</p> <p>parivṛtta = <i>revolving, revolution</i> pārśva = <i>side, flank, the side body below armpit, the side ribs</i> koṇā = <i>angle, corner</i></p>
<p>प रि वृत् त</p> <p>pa ri vṛt ta</p> <p>पश् चि मोत् ता ना स न</p> <p>paś ci mot tā nā sa na</p>	<p>परिवृत्तपश्चिमोत्तानासन</p> <p>parivṛtta = <i>revolving, revolution</i> paścima = <i>backside, hindmost, Western</i> uttāna = <i>stretched up or out, extended</i></p>

<p>प रि वृत् तत् रि को णा स न</p> <p>pa ri vṛt tat ri ko ṇā sa na</p>	<p>परिवृत्तत्रिकोणासन</p> <p>parivṛtta = <i>revolving, revolution</i> tri = <i>three</i> koṇā = <i>angle, corner</i></p>
<p>प रि वृत् तै क पा द शीर् षा स न</p> <p>pa ri vṛt tai ka pā da śīr ṣā sa na</p>	<p>परिवृत्तैकपादशीर्षासन</p> <p>parivṛtta = <i>revolving, revolution</i> eka = <i>one</i> pāda = <i>foot, column</i> śīrṣa = <i>head</i></p>
<p>पार् श्व ध नु रा स न</p> <p>pār śva dha nu rā sa na</p>	<p>पार्श्वधनुरासन</p> <p>pārśva = <i>side, flank, the side body below armpit, the side ribs</i> dhanus = <i>bow, arc</i></p>
<p>पार् श्व शीर् षा स न</p> <p>pār śva śīr ṣā sa na</p>	<p>पार्श्वशीर्षासन</p> <p>pārśva = <i>side, flank, the side body below armpit, the side ribs</i> śīrṣa = <i>head</i></p>
<p>पार् श्वोत् ता ना स न</p> <p>pār śvot tā nā sa na</p>	<p>पार्श्वोत्तानासन</p> <p>pārśva = <i>side, flank, the side body below armpit, the side ribs</i> uttāna = <i>stretched up or out, extended</i></p>

<p>पर् यङ् का स न</p> <p>par yaṅ kā sa na</p>	<p>पर्यङ्कासन</p> <p>paryañka = <i>a bed, couch, sofa, sitting on the hams</i> pari = <i>a revolution, period, round about, opposed to, much, in addition to</i> aṅka = <i>lap, curve</i></p>
<p>पा शा स न</p> <p>pā śā sa na</p>	<p>पाशासन</p> <p>pāśa = <i>a cord, chain, fetter, noose, snare, trap, die, dice</i></p>
<p>पश् चि मोत् ता ना स न</p> <p>paś ci mot tā nā sa na</p>	<p>पश्चिमोत्तानासन</p> <p>paścima = <i>backside, hindmost, Western</i> uttāna = <i>stretched up or out, extended</i></p>
<p>पिच् छ म यू रा स न</p> <p>pic cha ma yū rā sa na</p>	<p>पिच्छमयूरासनपिच्छमयूरासन</p> <p>piccha = <i>tail feather</i> mayūra = <i>peacock</i></p>
<p>पिण् डा स न</p> <p>piṇ ḍā sa na</p>	<p>पिण्डासन</p> <p>piṇḍa = <i>solid, dense, round mass, ball, lump offering, a round devotional offering, early fetus, body, power, strength, might</i></p>
<p>प्र सा रि त पा दोत् ता ना स न</p> <p>pra sā ri ta pā dot tā nā sa na</p>	<p>प्रसारितपादोत्तानासन</p> <p>prasārita = <i>expanded, spread out, opened widely</i> pāda = <i>foot. column. the leg of an inanimate object</i> uttāna = <i>stretched up or out, extended</i></p>

<p>पूर् वोत् ता ना स न</p> <p>pūr vot tā nā sa na</p>	<p>पूर्वोत्तानासन</p> <p>pūrva = <i>in front of, foremost, first, Eastern</i> uttāna = <i>stretched up or out, extended</i></p>
<p>रा ज क पो ता स न</p> <p>rā ja ka po tā sa na</p>	<p>राजकपोतासन</p> <p>rāja = <i>ruler, king, chief</i> kapota = <i>dove, pigeon, bird</i></p>
<p>रु चि का स न</p> <p>ru ci kā sa na</p>	<p>रुचिकासन</p> <p>rucaka? citron, pigeon, golden ornament for the neck, lucky object, column with 4 rectangular sides, a tonic, a building open with terraces on 3 sides and closed on the north only, stone for grinding sandalwood ruci light, luster, beauty, zest, passion, indulging in, devoted or addicted to, hunger ka - endearment, close to, a little</p>
<p>श ल भा स न</p> <p>śa la bhā sa na</p>	<p>शलभासन</p> <p>śalabha = <i>grasshopper, locust</i></p>
<p>सा लम् ब सर् वाङ्ग गा स न</p> <p>sā lam ba sar vāṅ gā sa na</p>	<p>सालम्बसर्वाङ्गसासन</p> <p>sa = <i>a prefix meaning: together, having, possessed of</i> ā = <i>a prefix meaning: from all sides, towards, all around</i> lamba = <i>hanging from, hanging down, perpendicular</i> sarva = <i>all, every, whole, entire</i> aṅga = <i>limb, body</i></p>

<p>सा लम् ब शीर् षा स न</p> <p>sā lam ba śīr ṣā sa na</p>	<p>सालम्बशीर्षासन</p> <p>sa = <i>a prefix meaning: together, having, possessed of</i> ā = <i>a prefix meaning: from all sides, towards, all around</i> lamba = <i>hanging from, hanging down, perpendicular</i> śīrṣa = <i>head</i></p>
<p>स म को णा स न</p> <p>sa ma ko ṇā sa na</p>	<p>समकोणासन</p> <p>sama = <i>same, equal, identical</i> koṇā = <i>angle, corner</i></p>
<p>श वा स न</p> <p>śa vā sa na</p>	<p>शवासन</p> <p>śava = <i>corpse, dead body</i></p>
<p>श य ना स न</p> <p>śa ya nā sa na</p>	<p>शयनासन</p> <p>śayana = <i>sleeping, couch, copulation</i></p>
<p>से तु बन् धा स न</p> <p>se tu ban dhā sa na</p>	<p>सेतुबन्धासन</p> <p>setu = <i>mound, bridge, causeway, dam</i> bandha = <i>tie, bond, forming, constructing, arranging, building</i></p>
<p>से तु बन् ध सर् वाङ् गा स न</p> <p>se tu ban dha sar vāṅ gā sa na</p>	<p>सेतुबन्धसर्वाङ्गासन</p> <p>setu = <i>mound, bridge, causeway, dam</i> bandha = <i>tie, bond, forming, constructing, arranging, building</i> sarva = <i>all</i> aṅga = <i>limb, body</i></p>

<p>सिद् धा स न</p> <p>sid dhā sa na</p>	<p>सिद्धासन</p> <p>siddha = <i>accomplished, settled, successful, obtained, one who has attained, matured, perfected, holy, pious, emancipated, semi-divine being of great purity, holiness, sage, seer</i></p>
<p>सिङ्ग हा स न</p> <p>siṅg hā sa na</p>	<p>सिंहासन</p> <p>siṅgha = <i>lion</i></p>
<p>शीर् ष पा दा स न</p> <p>śīr ṣa pā dā sa na</p>	<p>शीर्षपादासन</p> <p>śīrṣa = <i>head</i> pāda = <i>foot. column. the leg of an inanimate object</i></p>
<p>स्कन् दा स न</p> <p>skan dā sa na</p>	<p>स्कन्दासन</p> <p>skanda = <i>leaping, quicksilver, perishing, destruction, spilling, the bank of a river, a name of the god of war (kārtikeya) who is a son of śiva and is composed of 6 sons united into a single 6-headed, 12-eyed and 12-handed being</i></p>
<p>सुप् त को णा स न</p> <p>sup ta ko ṇā sa na</p>	<p>सुप्तकोणासन</p> <p>supta = <i>sleeping, latent, inactive</i> koṇa = <i>angle</i></p>
<p>सुप् त कूर् मा स न</p> <p>sup ta kūr mā sa na</p>	<p>सुप्तकूर्मासन</p> <p>supta = <i>sleeping, latent, inactive</i> kūrma = <i>tortoise, one of the outer winds of the body</i></p>

<p>सुप् त पा दाङ् गुष् ठा स न</p> <p>sup ta pā dāṅ guṣ ṭhā sa na</p>	<p>सुप्तपादाङ्गुष्ठासन</p> <p>sup^{ta} = <i>sleeping, latent, inactive</i> pā^{da} = <i>foot. column. the leg of an inanimate object</i> aṅguṣṭh^a = <i>big toe or thumb</i></p>
<p>सुप् तत् रि विक् र मा स न</p> <p>sup tat ri vik ra mā sa na</p>	<p>सुप्तत्रिविक्रमासन</p> <p>sup^{ta} = <i>sleeping, latent, inactive</i> tri^{vik}r^{ma} = <i>viṣṇu in his 5th or dwarf incarnation.</i> tri = <i>three</i> vik^rama = <i>step, overcoming, prowess, advance</i></p>
<p>सुप् त वज् रा स न</p> <p>sup ta vaj rā sa na</p>	<p>सुप्तवज्रासन</p> <p>sup^{ta} = <i>sleeping, latent, inactive</i> vaj^{ra} = <i>hard, adamant, severe, forked, zigzag, thunderbolt, destructive weapon, the weapon of Indra</i></p>
<p>सुप् त वी रा स न</p> <p>sup ta vī rā sa na</p>	<p>सुप्तवीरासन</p> <p>sup^{ta} = <i>sleeping, latent, inactive</i> vī^{ra} = <i>hero, warrior, champion</i></p>
<p>सूर् य न मस् का र</p> <p>sūr ya na mas kā ra</p>	<p>सूर्यनमस्कार</p> <p>sū^{rya} = <i>sun</i> na^{mas} = <i>salutation, bow, obeisance</i> kā^{ra} = <i>making, creating, doing</i></p>
<p>ता डा स न</p> <p>tā ḍā sa na</p>	<p>ताडासन</p> <p>tā^{ḍa} = <i>mountain, blow, knock, thump, whipping noise, sound</i></p>

<p>तिर् यङ् मु खोत् ता ना स न</p> <p>tir yaṅ mu khot tā nā sa na</p>	<p>तिर्यङ् मुखोत्तानासन</p> <p>tiryañc = <i>oblique, transverse, horizontal, awry, crooked, curved, lying in the middle</i> mukha = <i>face</i> uttāna = <i>stretched up or out, extended</i></p>
<p>ति ति भा स न</p> <p>ti ti bhā sa na</p>	<p>तितिभासन</p> <p>titibha = <i>a firefly</i></p>
<p>तो ला स न</p> <p>to lā sa na</p>	<p>तोलासन</p> <p>tola = <i>weight measured by the balance</i></p>
<p>त्र्यङ् ग मु खै क पा द</p> <p>tr yaṅ ga mu khai ka pā da</p> <p>पश् चि मोत् ता ना स न</p> <p>paś ci mot tā nā sa na</p>	<p>त्र्यङ्गमुखैकपादपश्चिमोत्तानासन</p> <p>tri = <i>3</i> aṅga = <i>limb, body</i> mukha = <i>face</i> eka = <i>1</i> pāda = <i>foot, column, leg of inanimate object</i> paścima = <i>backside, hindmost, Western</i> uttāna = <i>stretched up or out, extended</i></p>
<p>उ भ य पा दाङ् गुष् ठा स न</p> <p>u bha ya pā dāṅ guṣ ṭhā sa na</p>	<p>उभयपादाङ्गुष्ठासन</p> <p>ubhaya = <i>both</i> pāda = <i>foot. column. the leg of an inanimate object</i> aṅguṣṭha = <i>big toe or thumb</i></p>
<p>उ प विष् ट को णा स न</p> <p>u pa viṣ ṭa ko ṇā sa na</p>	<p>उपविष्टकोणासन</p> <p>upaviṣṭa = <i>seated, come to, arrived, engaged, occupied with, pitched a camp, the set sun</i> koṇa = <i>angle</i></p>

<p>ऊर् ध्व मु ख</p> <p>ūr dhva mu kha</p> <p>पश् चि मोत् ता ना स न</p> <p>paś ci mot tā nā sa na</p>	<p>ऊर्ध्वमुखपश्चिमोत्तानासन</p> <p>ūrdhva = <i>upward</i> mukha = <i>face</i> paścīma = <i>behind, hindmost, last, latter, Western</i> uttāna = <i>stretched up or out, extended</i></p>
<p>ऊर् ध्व मु ख श्वा ना स न</p> <p>ūr dhva mu kha śvā nā sa na</p>	<p>ऊर्ध्वमुखश्वानासन</p> <p>ūrdhva = <i>upward</i> mukha = <i>face</i> śvāna = <i>dog</i></p>
<p>ऊर् ध्व दण् डा स न</p> <p>ūr dhva daṇ ḍā sa na</p>	<p>ऊर्ध्वदण्डासन</p> <p>ūrdhva = <i>upward</i> daṇḍa = <i>staff, wand, stick</i></p>
<p>ऊर् ध्व ध नु रा स न</p> <p>ūr dhva dha nu rā sa na</p>	<p>ऊर्ध्वधनुरासन</p> <p>ūrdhva = <i>upward</i> dhanus = <i>bow, arc of a circle</i></p>
<p>ऊर् ध्व पद् म शीर् षा स न</p> <p>ūr dhva pad ma śīr ṣā sa na</p>	<p>ऊर्ध्वपद्मशीर्षासन</p> <p>ūrdhva = <i>upward</i> padma = <i>lotus</i> śīrṣa = <i>head</i></p>
<p>ऊर् ध्वप् र सा रि तै क पा दा स न</p> <p>ūr dhvap ra sā ri tai ka pā dā sa na</p>	<p>ऊर्ध्वप्रसारितैकपादासन</p> <p>ūrdhva = <i>upward</i> prasārita = <i>expanded, spread out, opened widely</i> eka = <i>one</i> pāda = <i>foot, column, leg of inanimate object</i></p>

<p>ऊर् ध्वप् र सा रि त पा दा स न</p> <p>ūr dhvap ra sā ri ta pā dā sa na</p>	<p>ऊर्ध्वप्रसारितपादासन</p> <p>ūrdhva = <i>upward</i> prasārita = <i>expanded, spread out, opened widely</i> pāda = <i>foot. column. the leg of an inanimate object</i></p>
<p>उष् ट्रा स न</p> <p>uṣ ṭrā sa na</p>	<p>उष्ट्रासन</p> <p>uṣṭra = <i>camel, buffalo, bull w/ hump, cart or carriage</i></p>
<p>उत् क टा स न</p> <p>ut ka ṭā sa na</p>	<p>उत्कटासन</p> <p>utkaṭa = <i>spacious, powerful, mighty, fierce, uneven, difficult, richly endowed with, drunk, mad, furious, excessive, proud</i></p>
<p>उत् ता न पा दा स न</p> <p>ut tā na pā dā sa na</p>	<p>उत्तानपादासन</p> <p>uttāna = <i>stretched up or out, extended</i> pāda = <i>foot. column. the leg of an inanimate object</i></p>
<p>उत् ता न पद् म म यू रा स न</p> <p>ut tā na pad ma ma yū rā sa na</p>	<p>उत्तानपद्ममयूरासन</p> <p>uttāna = <i>stretched up or out, extended</i> padma = <i>lotus</i> mayūra = <i>peacock, kind flower, a measuring instrument</i></p>
<p>उत् ता ना स न</p> <p>ut tā nā sa na</p>	<p>उत्तानासन</p> <p>uttāna = <i>stretched out or up, open, turned upwards, elevated, concave</i></p>

<p>उत् थि त हस् त</p> <p>ut thi ta has ta</p> <p>पा दाङ्ग गुष् ठा स न</p> <p>pā dāṅ guṣ ṭhā sa na</p>	<p>उत्थितहस्तपादाङ्गुष्ठासन</p> <p>utthita = <i>extended, stretched, risen, striving, active, diligent, sprung up, born, gone up, arisen</i></p> <p>hasṭa = <i>hand</i></p> <p>pāda = <i>foot. column. the leg of an inanimate object</i></p> <p>aṅguṣṭha = <i>big toe or thumb</i></p>
<p>उत् थि त पार् श्व को णा स न</p> <p>ut thi ta pār śva ko ṇā sa na</p>	<p>उत्थितपार्श्वकोणासन</p> <p>utthita = <i>extended, stretched, risen, striving, active, diligent, sprung up, born, gone up, arisen</i></p> <p>pārśva = <i>side, flank, the side body below armpit, the side ribs</i></p> <p>koṇā = <i>angle, corner</i></p>
<p>उत् थि तत् रि को णा स न</p> <p>ut thi tat ri ko ṇā sa na</p>	<p>उत्थितत्रिकोणासन</p> <p>utthita = <i>extended, stretched, risen, striving, active, diligent, sprung up, born, gone up, arisen</i></p> <p>tri = <i>three</i> koṇā = <i>angle, corner</i></p>
<p>वा ल खिल् या स न</p> <p>vā la khil yā sa na</p>	<p>वालखिल्यासन</p> <p>vālakhilya = <i>name of a collection of 11 hymns of the ṛgveda. the name of a saint. the name of the many-thousand heavenly spirits that precede the sun's chariot, divine sparks</i></p>

<p>वा म दे वा स न</p> <p>vā ma de vā sa na</p>	<p>वामदेवासन</p> <p>vāmadeva = <i>a name of śiva</i> vāma = <i>reverse, adverse, refractory</i> deva = <i>divine, celestial, shining, a god</i></p>
<p>व सिष् ठा स न</p> <p>va siṣ ṭhā sa na</p>	<p>वसिष्ठासन</p> <p>vasiṣṭha = <i>a celebrated sage, the priest of the solar race of kings, a model of brāhman dignity and power</i></p>
<p>वा ता य ना स न</p> <p>vā tā ya nā sa na</p>	<p>वातायनासन</p> <p>vātāyana = <i>horse</i></p>
<p>वि प री त चक् रा स न</p> <p>vi pa rī ta cak rā sa na</p>	<p>विपरीतचक्रासन</p> <p>viparīta = <i>revolved, revolving</i> cakra = <i>wheel</i></p>
<p>वि प री त श ल भा स न</p> <p>vi pa rī ta śa la bhā sa na</p>	<p>विपरीतशलभासन</p> <p>viparīta = <i>revolved, revolving</i> śalabha = <i>grasshopper, locust</i></p>
<p>वी र भद् रा स न</p> <p>vī ra bhad rā sa na</p>	<p>वीरभद्रासन</p> <p>vīrabhadra = <i>the name of a powerful warrior created by śiva from a lock of his matted hair</i></p>
<p>वि रञ् च्या स न</p> <p>vi rañ cyā sa na</p>	<p>विरञ्च्यासन</p> <p>virañci = <i>a name of brahmā</i> virañj = <i>to renounce all attachments</i></p>

वी रा स न vī rā sa na	वीरासन vīra = <i>hero, warrior, champion, fire</i>
विश् वा मित् रा स न viś vā mit rā sa na	विश्वामित्रासन viśvāmitra = <i>friend (mitra) of the universe (viśvā), refers to the name of a sage (previously a jealous king) who interacted with vaśiṣṭha, and then later gave powerful missiles to rāma</i>
वृक् षा स न vr̥k ṣā sa na	वृक्षासन vr̥kṣa = <i>a tree, particularly one bearing visible flowers & fruit</i>
वृश् चि का स न vr̥ś ci kā sa na	वृश्चिकासन vr̥ścika = <i>scorpion</i>
यो ग मुद् रा स न yo ga mud rā sa na	योगमुद्रासन yoga = <i>union, uniting</i> mudra = <i>seal</i> <i>the seal of union</i>
यो ग दण् डा स न yo ga daṇ ḍā sa na	योगदण्डासन yoga = <i>union, uniting</i> daṇḍa = <i>staff, wand, stick</i> <i>the wand of union</i>

यो ग निद् रा स न
yo ga nid rā sa na

योगनिद्रासन

yoga = *union, uniting*

nidrā = *sleep*

yoganidrā = *a state between sleep and wakefulness, sleep and contemplation*

प्रा णा या माः
prā ṇā yā māḥ

प्राणायामाः

prāṇāyāmāḥ is plural form of the singular prāṇāyāmāḥ

prāṇa = *breath, respiration, breath of life, vital air, principle of life*

ā = *a prefix meaning: from all sides, towards, all around*

yāmāḥ = *restraint, forbearance, control, proceeding*

prāṇāyāmāḥ = *the controlling of the vital life currents from all directions, in all ways*

(breath is the outermost current, then come the deeper flows such as the heartbeat and craniosacral fluid pulse)

prāṇāyāma is the form of the noun used for calling out its name directly

<p>अन् तर कुम् भ क</p> <p>an ta ra kum bha ka</p>	<p>अन्तरकुम्भक</p> <p>antara = <i>being on the inside, interior, internal, inward</i> kumbhaka = <i>the base of a column, suspending breath</i> kumbha = <i>water pot, jar</i></p>
<p>अ नु लो म</p> <p>a nu lo ma</p>	<p>अनुलोम “</p> <p>anuloma = <i>with the hair (with the grain), regular, in natural order, successive</i></p>
<p>बम् भ र</p> <p>bam bha ra</p>	<p>बम्भर</p> <p>bambhara = <i>a bee</i></p>
<p>बाह् य कुम् भ क</p> <p>bāh ya kum bha ka</p>	<p>बाह्यकुम्भक</p> <p>bāhya = <i>outer, outward, external, exterior, being or situated without</i> kumbhaka = <i>the base of a column, suspending breath</i></p>
<p>भस् त्र का</p> <p>bhas tra kā</p>	<p>भस्त्रका</p> <p>bhastrkā = <i>a bellows (used to stoke a fire), a leather vessel for holding water</i></p>
<p>क पा ल भा ति</p> <p>ka pā la bhā ti</p>	<p>कपालभाति</p> <p>kapālabhāti kapāla = <i>skull, skull bone, cover or lid</i> bhāti = <i>light, brightness, luster, splendor, perception, knowledge shining skull</i></p>

<p>के व ल कुम् भ क</p> <p>ke va la kum bha ka</p>	<p>केवलकुम्भक</p> <p>kevala = <i>exclusive, perfect, whole, alone, absolute</i> kumbhaka = <i>the base of a column, suspending breath</i></p>
<p>कुम् भ क</p> <p>kum bha ka</p>	<p>कुम्भक</p> <p>kumbhaka = <i>base of a column, suspending breath</i></p>
<p>ना डि शो ध न</p> <p>nā ḍi śo dha na</p>	<p>नाडिशोधन</p> <p>nāḍi = <i>tubular stalk of any plant, any tubular vessel of the body, pipe, flute, sinus</i> śodhana = <i>purifying, cleansing, clearing</i></p>
<p>प्र ति लो म</p> <p>pra ti lo ma</p>	<p>प्रतिलोम</p> <p>pratilo ma = <i>against the hair or grain, contrary to natural order, inverted, reverse</i></p>
<p>पू र क</p> <p>pū ra ka</p>	<p>पूरक</p> <p>pūraka = <i>inhaling, filling up, completing</i></p>
<p>रे च क</p> <p>re ca ka</p>	<p>रेचक</p> <p>recaka = <i>exhaling out, emptying, purging</i></p>
<p>स हि त कुम् भ क</p> <p>sa hi ta kum bha ka</p>	<p>सहितकुम्भक</p> <p>sahita = <i>accompanied by, together with</i> kumbhaka = <i>base of a column, suspending breath</i></p>

<p>स म वृत् ति</p> <p>sa ma vṛt ti</p>	<p>समवृत्ति</p> <p>sama = <i>same, equal</i> vṛtti = <i>being, existence, action, movement, state</i></p>
<p>शी त का र</p> <p>śī ta kā ra</p>	<p>शीतकार</p> <p>śīta = <i>cool, cold, frigid, dull, sluggish, apathetic</i> kāra = <i>making, creating, doing</i></p>
<p>सूर्य भे द न</p> <p>sūr ya bhe da na</p>	<p>सूर्यभेदन</p> <p>sūrya = <i>sun</i> bhedana = <i>breaking, dividing, splitting, distinguishing, loosening</i></p>
<p>उज्ज ज य</p> <p>uj ja ya</p>	<p>उज्जय</p> <p>ujjaya = <i>the center line, the primary meridian or longitude (up/down north/south) of a sacred city</i> ud = <i>a prefix meaning: superiority in place, up, upwards, upon, above, out, from, movement upwards, acquisition, liberation</i> jaya = <i>victory, conquest, triumph</i></p>
<p>वि लो म</p> <p>vi lo ma</p>	<p>विलोम</p> <p>viloma = <i>inverted, reverse, inverse, contrary, opposite, backward, reverse order</i></p>
<p>वि ष म वृत् ति</p> <p>vi ṣa ma vṛt ti</p>	<p>विषमवृत्ति</p> <p>viṣama = <i>uneven, unequal, difficult, irregular</i> vṛtti = <i>being, existence, action, movement, state</i></p>

<p>बन् धाः</p> <p>ban dhāḥ</p>	<p>बन्धाः</p> <p>bandhāḥ is the plural form of the singular bandhaḥ bandhaḥ = tie, bond, forming, constructing, arranging, building bandha = the form of the noun used for calling out its name in direct address.</p>
<p>जा लन् धा र बन् ध</p> <p>jā lan dhā ra ban dha</p>	<p>जालन्धारबन्ध</p> <p>jālandhāra = holding a net jālaṃ = a net, snare, web dhāra = holding, bearing, supporting</p>
<p>मू ल बन् ध</p> <p>mū la ban dha</p>	<p>मूलबन्ध</p> <p>mūla = root</p>
<p>उड् डी य न बन् ध</p> <p>uḍ ḍī ya na ban dha</p>	<p>उड्डीयनबन्ध</p> <p>uḍḍīyana = flying up, soaring (either of these two pronunciations is correct)</p>
<p>उड् ड य न बन् ध</p> <p>uḍ ḍa ya na ban dha</p>	<p>उड्डयनबन्ध</p> <p>uḍḍayana = flying up, soaring</p>

<p>मुद् राः</p> <p>mud rāḥ</p>	<p>मुद्राः</p> <p>mudrāḥ is the plural form of mudrā mudrā is the singular, meaning a seal mudrā is the form of the noun used for calling out its name in direct address</p>
<p>अ भ य मुद् रा</p> <p>a bha ya mud rā</p>	<p>अभय</p> <p>abhaya = without fear</p>
<p>अ हङ् का र मुद् रा</p> <p>a haṅ kā ra mud rā</p>	<p>अहंकार</p> <p>a haṅkāra = egotism, “I-maker”, sense of self, pride a haṃ = I kāra = making, creating, doing</p>
<p>आ का श मुद् रा</p> <p>ā kā śa mud rā</p>	<p>आकाश</p> <p>ākāśa = the sky, ether, the subtle and ethereal fluid pervading the whole universe. (for centering)</p>
<p>अञ्ज लि मुद् रा</p> <p>añ ja li mud rā</p>	<p>अञ्जलि</p> <p>añjali = cavity formed w/ hands together, the hollow of the hands, a mark of respect or salutation</p>
<p>अ पा न मुद् रा</p> <p>a pā na mud rā</p>	<p>अपान</p> <p>apāna = breathing out, respiration, one of the 5 life-winds in the body which goes downwards and out at the anus</p>

<p>भू त द म मुद् रा</p> <p>bhū ta da ma mud rā</p>	<p>भूतदम</p> <p>bhūtadama bhūta = <i>become, being, existing, produced, formed, actually being, really happened, true</i> damaḥ = <i>taming, subduing, self-command, subduing or curbing the passions, self-restraint for protection, a shield</i></p>
<p>बुद् ध मुद् रा</p> <p>bud dha mud rā</p>	<p>बुद्ध</p> <p>buddha= <i>known, understood, perceived, awakened, awake, enlightened, expanded</i></p>
<p>धर् म चक् र मुद् रा</p> <p>dhar ma cak ra mud rā</p>	<p>धर्मचक्र</p> <p>dharmacakra = <i>the wheel or range of the law</i> dharma = <i>religion, customary observances of a group, law, usage, practice, custom, statute, virtue, righteousness, good works, duty, prescribed course of conduct</i> cakra = <i>wheel, circle, ring</i></p>
<p>ध्या न मुद् रा</p> <p>dhyā na mud rā</p>	<p>ध्यान</p> <p>dhyāna = <i>meditation, reflection, thought, contemplation, divine intuition</i></p>
<p>ग णे ष मुद् रा</p> <p>ga ṇe ṣa mud rā</p>	<p>गणेष</p> <p>gaṇeṣa = <i>god of wisdom and remover of obstacles strength in face of trouble, eases tension</i></p>

<p>ग रू ड मुद् रा</p> <p>ga rū ḍa mud rā</p>	<p>गरूड</p> <p>garūḍa = <i>king of the birds, possessing a white face, aquiline nose, red wings and golden body. he brings down the heavenly beverage (amṛta) to free his mother</i></p>
<p>ज्ञा न मुद् रा</p> <p>jñā na mud rā</p>	<p>ज्ञान</p> <p>jñāna = <i>knowing, understanding, knowledge, learning, consciousness, cognizance, sacred knowledge especially knowledge derived from meditation on the higher truths of religion and philosophy which teaches man how to understand his own nature and how he may be reunited to the Supreme Spirit</i></p>
<p>का लेश् व र मुद् रा</p> <p>kā leś va ra mud rā</p>	<p>कालेश्वर</p> <p>kāleśvara = <i>name of śiva, the formless lord of time, the dissolving force</i> kāla = <i>black, dark-blue, time, the Supreme Spirit as the destructive principle, the destroyer of the universe, fate</i> īśvara = <i>powerful, able, lord, master, king, Supreme God</i></p>
<p>क पित् थ क मुद् रा</p> <p>ka pit tha ka mud rā</p>	<p>कपित्थक</p> <p>kapitthaka</p> <p>kapitthaḥ = <i>wood-apple tree, a particular position of the hands</i> ka = <i>suffix meaning a little, diminution, endearment</i></p>
<p>क र ण मुद् रा</p> <p>ka ra ṇa mud rā</p>	<p>करण</p> <p>karaṇa = <i>an action</i></p>

<p>खे च री मुद् रा</p> <p>khe ca rī mud rā</p>	<p>खेचरी</p> <p>khecarī = <i>magical power of flying</i></p>
<p>कु बे र मुद् रा</p> <p>ku be ra mud rā</p>	<p>कुबेर</p> <p>kubera = <i>god of riches</i></p>
<p>लिङ्ग ग मुद् रा</p> <p>liṅ ga mud rā</p>	<p>लिङ्ग</p> <p>liṅga = <i>mark, sign, token, emblem, smbol, distinguishing mark, penis, the subtle frame or indestructible original of the visible body</i></p>
<p>म हा मुद् रा</p> <p>ma hā mud rā</p>	<p>महा</p> <p>mahā = <i>great, big, vast, large, ample, strong, intense</i></p>
<p>म हा शीर् ष मुद् रा</p> <p>ma hā śīr ṣa mud rā</p>	<p>महाशीर्ष</p> <p>mahā = <i>great, big, vast, large, ample, strong, intense</i> śīrṣa = <i>head</i> <i>the great, important head</i></p>
<p>मा तङ्ग गी मुद् रा</p> <p>mā taṅ gī mud rā</p>	<p>मातङ्गगी</p> <p>mātaṅga = <i>elephant</i> mātaṅgī = <i>a name of pārvatī</i></p>
<p>मु कु ल मुद् रा</p> <p>mu ku la mud rā</p>	<p>मुकुल</p> <p>mukula = <i>bud</i></p>

मुष् टि मुद् रा muṣ ṭi mud rā	मुष्टि muṣṭi = <i>fist, for letting go pent up emotions</i>
प्रा ण मुद् रा prā ṇa mud rā	प्राण prāṇa = <i>breath, respiration, breath of life, the first of the 5 life winds seated in the lungs, the vital air, life force</i>
प्री ति वि मुद् रा prī ti vi mud rā	प्रीतिवि prītiḥ = <i>happiness</i>
पू षन् मुद् रा pū ṣan mud rā	पूषन् pūṣan <i>the protector of the universe, the sun</i>
षण् मु खी मुद् रा ṣaṇ mu khī mud rā	षण्मुखी ṣaṇmukhī = <i>having 6 entrances</i> ṣaṣ (ṇ) = <i>6</i> mukha = <i>mouth, entrance, point</i>
शङ् ख मुद् रा śaṅ kha mud rā	शङ्ख śaṅkha = <i>conch shell</i>
सू चि मुद् रा sū ci mud rā	सूचि sūci = <i>piercing, sharp point, needle for constipation, taming uncontrolled behaviors, tantrums, clinging to others</i>

<p>शून्य मुद्रा</p> <p>śūn ya mud rā</p>	<p>शून्य</p> <p>śūnya = <i>empty, void, vacant, absent, absolute non-existence</i></p>
<p>सुरभि मुद्रा</p> <p>su ra bhi mud rā</p>	<p>सुरभि</p> <p>surabhi = <i>sweet smelling, agreeable, pleasing, shining, wise, learned - balances 5 elements</i></p>
<p>सूर्य मुद्रा</p> <p>sūr ya mud rā</p>	<p>सूर्य</p> <p>sūrya = <i>the sun</i></p>
<p>उषस् मुद्रा</p> <p>u ṣas mud rā</p>	<p>उषस्</p> <p>uṣas = <i>dawn, morning light, for creativity - start anew</i></p>
<p>उत्तरबोधि मुद्रा</p> <p>ut ta ra bo dhi mud rā</p>	<p>उत्तरबोधि</p> <p>uttara = <i>upper, higher, superior, chief, accompanied with, full of, consisting of</i> bodha = <i>understanding, knowing, waking up, opening, blooming, expanding</i> <i>one who is full of knowledge, fully awake</i></p>
<p>वज्र मुद्रा</p> <p>vaj ra mud rā</p>	<p>वज्र</p> <p>vajra = <i>hard, adamant, severe, forked, zigzag, thunderbolt, destructive weapon, the weapon of Indra</i></p>
<p>वरुण मुद्रा</p> <p>va ru ṇa mud rā</p>	<p>वरुण</p> <p>varuṇa = <i>the regent of the ocean, the ocean</i></p>

वा य मुद् रा vā yu mud rā	वाय vāyu = <i>air, wind, life wind, vital air</i>
वि तर् क मुद् रा vi tar ka mud rā	वितर्क vitarka = <i>argument, reasoning, inference, guess, conjecture, belief, thought, purpose, intention</i>
यो नि मुद् रा yo ni mud rā	योनि yoni = <i>womb, uterus, vagina, any place of birth or origin, abode, receptacle, home, lair</i>