The background is a light teal color. A large, dark teal circle is centered on the page. To its left, there is a smaller, solid teal circle with a dark grey border, surrounded by a thin, light teal ring. To the right of the large circle, there are several concentric white circles of varying sizes, creating a ripple effect.

Asana names
principals of creating
and exercises

Memory requirements:

- understanding
(connection with known things)
- usage



meanings of the word āsana

- sitting as a process
- item for sitting
- posture
(including sex position)
- throne
- official position



sanskrit names of yoga-poses

asana — sitting and item for sitting

pīṭham — sitting and item for
sitting

mudrā — seal

kriyā — doing

vyayama — exercise



KAPHONI SAKTHI VIKASAKA (elbow)



Dhirendra Brahmachari, “Yoga-sukshma-vyayayma”



मूलबंधमुद्रा १०



सिद्धआसन ८४



स्वस्तिकगोमुखपद्मवीरसिंहभद्रमुक्तमयूरारख्यान्यासनान्यष्टौ ।

*svastika-gomukha-padma-vīra-siṃha-bhadra-
mukta-mayūra-ākhyāny āsanāny aṣṭau ।*

*svastika, gomukha, padma,
vīra, siṃha, bhadra, mukta,
mayūra*

Sandilya Upanishad



पद्मासनं स्वस्तिकाख्यं वज्रं भद्रासनं तथा॥ 9b

वीरासनमिति प्रोक्तं क्रमादासनपञ्चकम्। 10a

padmāsanaṃ svastikākhyaṃ vajraṃ bhadrāsanaṃ tathā॥ 9b
vīrāsanaṃ iti proktaṃ kramādāsanapañcakam। 10a

padmāsana, svastikāsana,
vajra, bhadrāsana, vīrāsana

Sarada Tilaka Tantra



स्वस्तिक गोमुख वीरासन कूर्मासन कुक्कुटासनम् घनुरासन श्रीमत्सना मत्स्येन्द्रपीठ
पश्चिमतानं मायूरं शवासनम् सिद्धासन पद्मासन सिंहासन भद्रासन

*svastika gomukha vīrāsana kūr_mā_sana
kukkuṭā_sanam dhanurā_sana śrīmatysana
matsyendrapīṭha paścimatāna māyūra
śavā_sanam siddhā_sana padmā_sana
siṃhā_sana bhad_rā_sana*

Hatha yoga pradipika



सिद्ध पद्म भद्र मुक्त वज्र स्वस्तिक सिंह गोमुख वीर धनुर् मृत गुप्त
मात्स्य मत्स्येन्द्र गोरक्ष पश्चिमोत्तान उत्कट सङ्कट मयूर कुक्कुट कर्म उत्तान-
कूर्मक उत्तान-मण्डूक वृक्ष मण्डूक गरुड वृष शलभ मकर उष्ट्र भुजङ्ग

सिद्धिद

*siddha padma bhadra mukta vajra
svastika siṃha gomukha vīra dhanur
mṛta gupta mātsya matsyendra gorakṣa
paścimottāna utkaṭa saṅkaṭa mayūra
kukkuṭa karma uttāna-kūrmaka uttāna-
maṇḍūka vṛkṣa maṇḍūka garuḍa vṛṣa
śalabha makara uṣṭra bhujāṅga siddhida*



Gheranda Samhita

Asana name in sanskrit

compound (samasa)



The principle of the names of asanas

designation of the form

(action) of a pose +

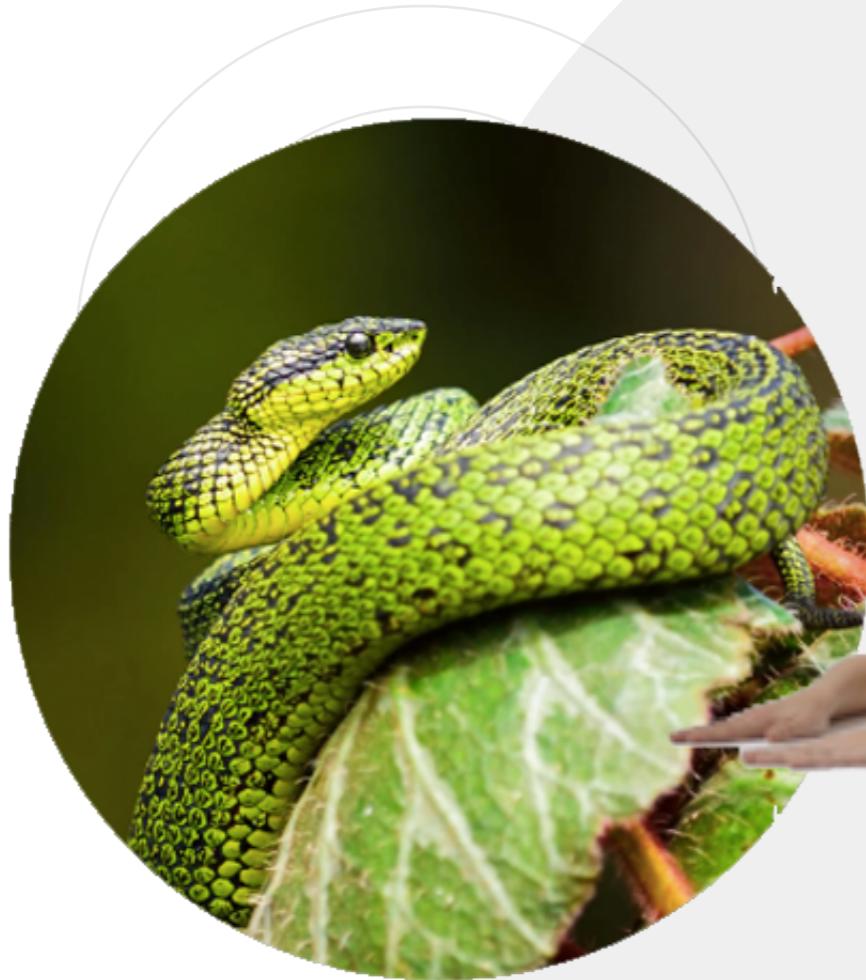
designation of the word “pose”



designation of the form (action)

- similarity principle (what the pose looks like)
- instructions (how to do a pose)
- action (what happens in the asana)
- good man name





bhujangasana

serpent — bhujanga





ashta-anga-namaskara-asana



Exercises



Asanas glossary

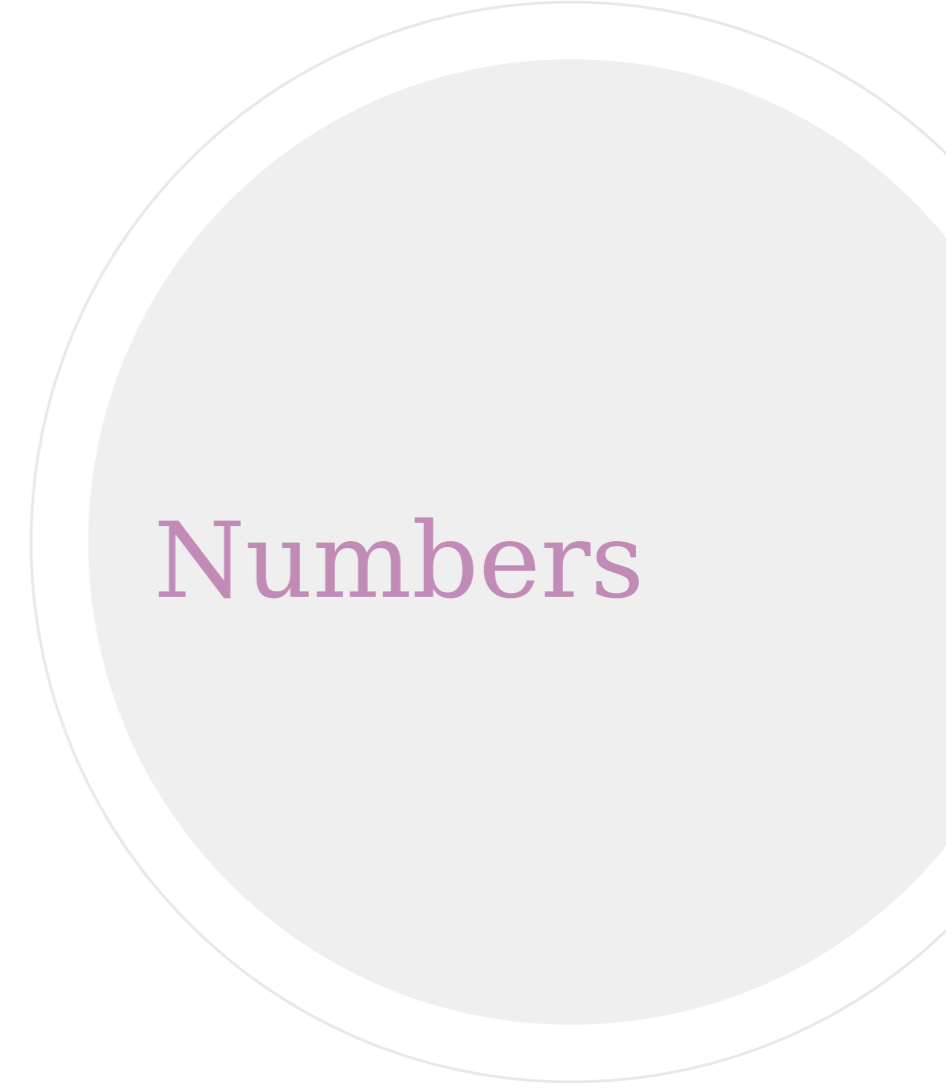
<https://library.in.yoga/asana-dictionary/>

- animals
- things
- parts of the body
- numbers
- actions, sides





1	eka	एक
2	dvi	द्वि
3	tri	त्रि
4	catur	चतुर्
5	pañca	पञ्च
8	aṣṭa	अष्ट



uṣṭra

kapota

baka

bhujāṅga

mārjārī

kukkuṭa

kūrma

matsya

śvāna

go

siṃha

mayūra

camel

pigeon

crane

snake

cat

rooster

turtle

fish

dog

cow

lion

peacock

उष्ट्र

कपोत

बक

भुजङ्ग

मार्जारी

कुक्कुट

कूर्म

मत्स्य

श्वान

गो

सिंह

मयूर

Animals





aṅga

body

अङ्ग

jānu

knee

जानु

mukha

face

मुख

pāda

leg

पाद

paścima

back

पश्चिम

hasta

hand

हस्त

śīrṣa

head

शीर्ष



Body parts





dhanur

onion

धनुर्

koṇa

corner

कोण

nāva

boat

नाव

padma

lotus

पद्म

parvata

mountain

पर्वत

hala

plow

हल

cakra

wheel

चक्र



Objects



adho

down

अधो

ardha

half

अर्ध

bhadra

happiness

भद्र

vajra

diamond

वज्र

vīra

hero

वीर

namaskāra

greetings

नमस्कार

praṇāma

greetings

प्रणाम

prasāraṇa

stretching

प्रसारण

sarva

all

सर्व

sukha

comfort

सुख

ūrdhva

up

ऊर्ध्व

uttāna

traction

उत्तान

Directions/
states/
actions



Exercise 1:

translate the names of several asanas
using the mini dictionary



1 eka

eka-pada-prasarana-asana



3 tri

tri-konasana



4 chatur



chatur-anga-dandasana



anga | part of the body

sarva-anga-asana

posture for all parts of the body



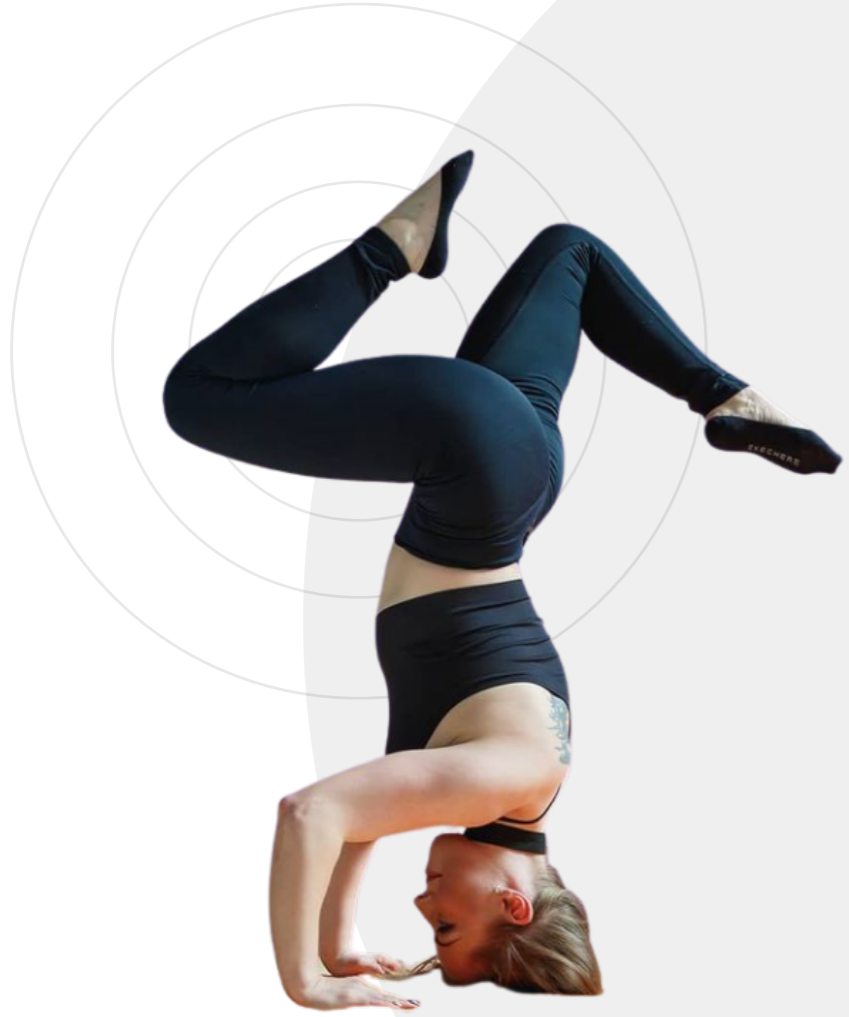


पश्चिम

pashchima | back

paschima-uttana-asana





shirshasana

शिरशा

shirsha | head





adho | down

adho-mukha-shvana-asana





hasta | hand

hasta-uttanasana



janu | knee



janu-shirshasana





urdhva | up

urdhva-mukha-shvana-asana



eka-pada-prasaranasana

tri-konasana

chatur-anga-dandasana

ashta-anga-namaskara

matsyasana

ushtrasana

kapotasana

hanuman-asana

bakasana

kukkutasana

dhanur-asana

parvatasana

chakrasana

navasana

sarvangasana

pashchima-uttanasana

shirshasana

adho-mukha-svanasana

urdhva-mukha-svanasana

janu-sirshasana

hasta-uttanasana

halasana

vajrasana

padmasana

sukhasana

simhasana

gomukhasana

virasana

bhadrasana

mayurasana

Exercise 2:

make a collage with
your photo in asana
and its symbol



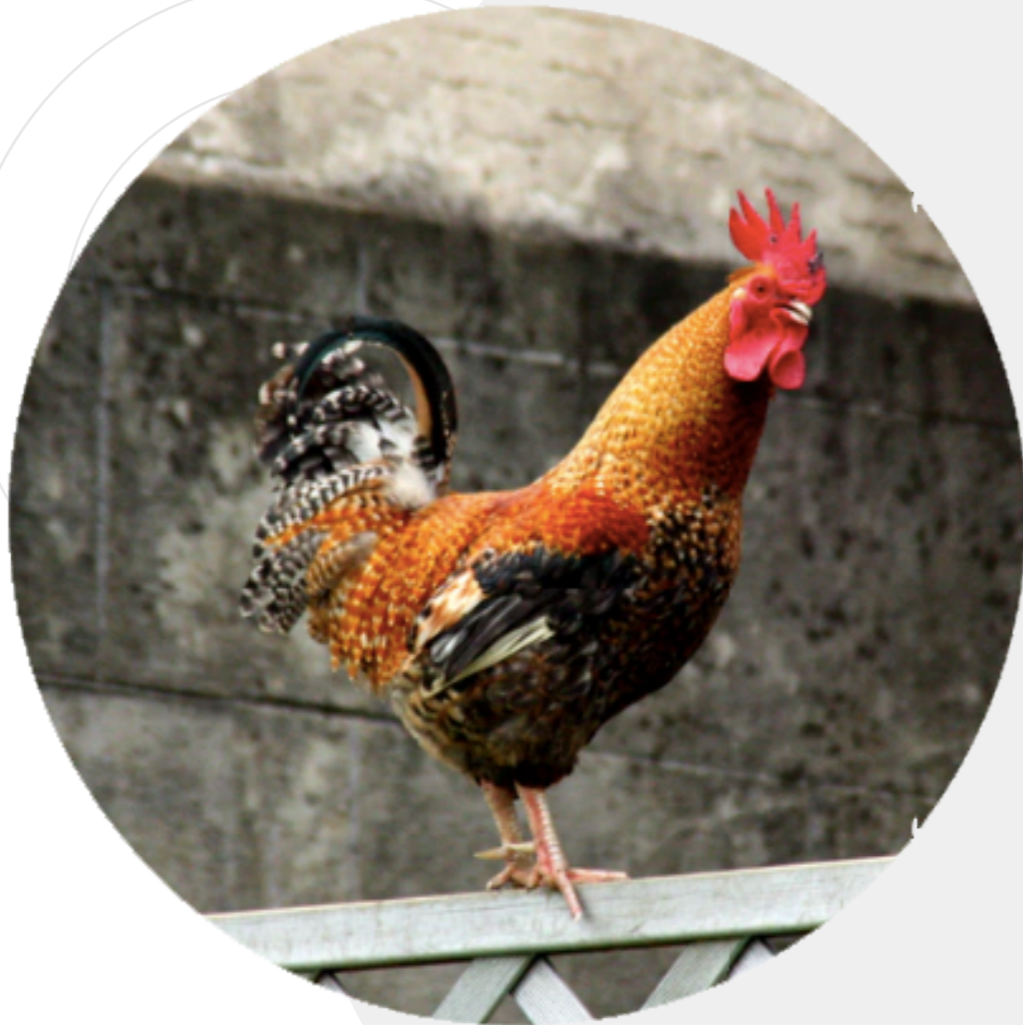


wheel — chakra



chakrasana





rooster — kukkuta



kukkutasana





lotus — padma



padmasana





pigeon — kapota



kapotasana



Exercise 3:

translate the names of asanas
into Sanskrit



plow pose

bow pose

triangle pose

back stretch pose

posture of hands to feet

arm stretch pose

downward facing dog

dog face up

half lotus pose

plow + posture

bow + posture

three + angle + posture

back + stretch + posture

hand + foot + posture

arm + stretch + posture

up + head + dog + posture

down + head + dog + posture

half + lotus + posture





three + angle + posture



त्रिकोणासनम्



Exercise 4*:

derivation



आसनम्
āsanam

āsanam = √ ās ana m

sitting = √ sit ing



बन्ध bandha

bandha = √bandh a

to band — band



प्राणायाम
prāṇa-āyāma

= [pra van [ā vyam a

totaly controlled

full breath





ushtra = √ush + tra

ush — to heat

tra — place or instrument



ushtrasana
camel pose



marjari (cat)

√mrj — to wash face



marjari-asana

cat pose



Exercise 5:

Create your asana names



ЖИВОТНЫЕ
 верблюд уштра
 голубь капота
 журавль бака
 змея бхуджанга
 кошка марджари
 петух куккута
 рыба матси
 собака швана

ЖИВЫЕ
 उरु कपिल
 बक भुवङ्ग
 माणरी कुक्कुट
 मत्स्य श्वान

ЧАСТИ ТЕЛА
 голова
 колена
 лицо
 нога
 рука
 спина
 часть тела

ДЕТАЛИ
 вверх
 вниз
 все
 вытяжение
 половина
 приветствие
 растяжение
 удобство

УРОВНИ
 урдхва
 адхо
 сарва
 прасарана
 ардха
 намаскара
 пранاما
 a(y)utthana
 сука

ЧИСЛА
 1 एका एक
 2 द्वौ द्वि
 3 त्रि त्रि
 4 चतुर चतुर
 5 पञ्च पञ्च
 8 अष्ट अष्ट

ПОЗИЦИИ
 शीर्ष
 जल
 मुख
 पाद
 हस्त
 पश्चिमो
 अङ्ग

ПОЗИЦИИ
 ऊर्ध्व
 अधो
 सर्व
 प्रसारण
 अर्ध
 नमस्कार
 प्रणाम
 उत्थान
 सुक

Handwritten cards:
 урдхва ↑
 адхо ↓
 пащчима सिन्हा
 хаста руха
 пада पादा
 оттана расстяжение
 мукха मुखा
 швана собака



mukha



hasta



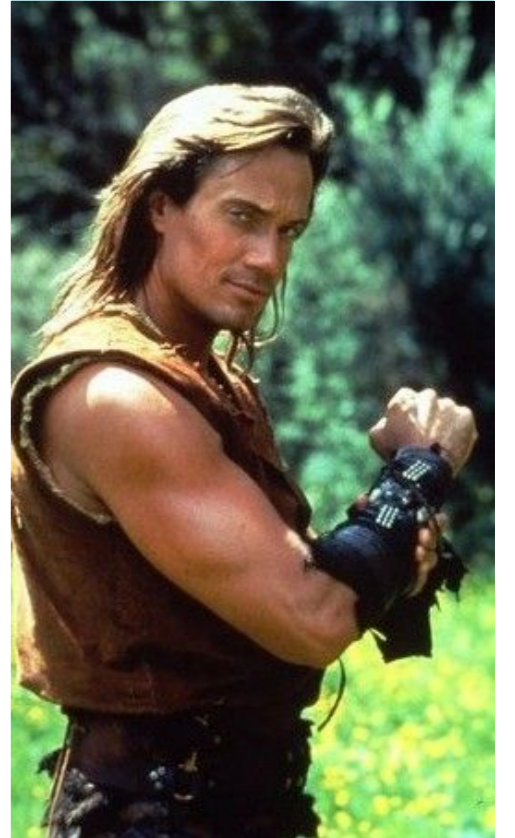
utta



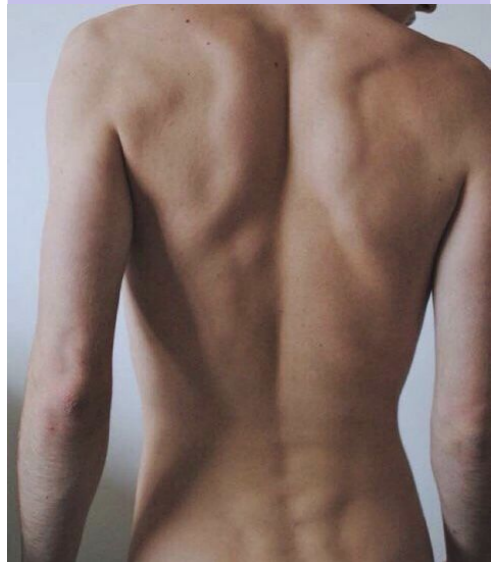
urdhva



vira



pashchima



pada



shvana



adho



Exercise 6. Remember

new about the names of asanas

new about sanskrit

new Sanskrit words

exercises

new asanas (pictures)





library.in.yoga
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