

Sanskrit Glossary

<i>Term</i>	<i>Phonetic spelling</i>	<i>Definition</i>
Pranayama	Prah-nah-yah-mah	Energy Enlivening
Bhastrika	Bah-stree-kah	Bellows Breath
Kapalabhati	Kah-pahl-ah-bha-tee	Shining Breath
Ujjayi	Ooh-jī-ah	Success Breath
Dirgha	Dur-gah	Complete Breath
Nadi Shodhana	Nah-dee-sho-dah-nah	Alternate Nostril Breath

Flexibility Poses

Pavanamuktasana	Pah-vah-nah-mook-tahs-ahna	Knee to Chest Pose
Jathara Parivrittanāsana	Jah-TAR-ah Par-ee-vrit-TAHN-ahs-ah-na	Knee Down Twist Pose
Matsyendrasana	Mot-see-endras-ana	Spinal Twist Pose
Baddha Konasana	Bod-ah Kone-ahs-ahna	Butterfly /Bound Angle Pose
Paschimottanasana	Posh-ee-moe-tahn-ahs-ahna	Seated Forward Bend Pose
Chakrasana	Chak-rahs-ahna	Kneeling Wheel Pose
Balāsana	Bah-lahs-ahna	Child's Pose

Balance Poses

Tadasana	Tah-dahs-ahna	Standing Mountain Pose
Vrksasana	Vrik-shahs-ahna	Tree Pose
Ekpadāsana	Ehk-pahd-ahs-ahna	One Foot Pose
Dandayamana-Dhanurasana	Dan-dee-yah-ma-nah Dahn-erh-ahs-ahna	Standing Bow Pose
Trikonasana	Trik-on-ahs-ahna	Triangle Pose
Garudasana	Gah-rue-DAHS-ahna	Eagle pose
Dandayamana Konasana	Dahn-dee-yah-ma-nah Kone-ahs-ahna	Standing Angle Pose

Term	Phonetic spelling	Definition
Strength Poses		
Padmasana	Pod-mahs-ahna	Lotus Flexion Pose
Supta Janu Sirsasana	Soup-TAH JAH-new shear-SHAHS-ahna	Upward Facing Knee to Head Pose
Dhanurasana	Dahn-erh-ahs-ahna	Bow Pose
Salabhasana	Shal-a-bahs-ahna	Locust Pose
Setu Bandhasana	Set-too Bahn-dahs-ahna	Bridge Pose
Sarvangasana	Sar-van-gahs-ahna	Shoulder Stand Pose
Halasana	Hah-lahs-ahna	Plow Pose
Matsyasana	Maht-see-ahs-ahna	Fish pose
Surya Namaskar	Sir-yah Nah-mah-skar	Sun Salutations
Pranamasana	Prah-nam-ahs-ahna	Hands to Heart Pose
Hasta Uttanasana	Hahs-tah-Ooh-tah-nahs-ahna	Hands to Sky Pose
Pada Hastasana	Pah-dah Hahs-tahs-ahna	Hands to Foot Pose
Ashwa-Sanchalanasana	Ah-shwa-San-cha-lan-ahs-ahna	Equestrian Pose
Parvatasana	Par-vah-tahs-ahna	Mountain Pose
Asthanga Namaskar	Aash-tong-ga Namah-skar	Eight Limbs Pose
Bhujangasana	Boo-jang-gahs-ahna	Cobra Pose
Parvatasana	Par-vah-tahs-ahna	Mountain Pose
Ashwa-Sanchalanasana	Ah-shwa-San-cha-la-ahs-ahna	Equestrian Pose
Pada Hastasana	Pah-dah Hahs-tahs-ahna	Hands to Foot Pose
Hasta Uttanasana	Hah-sta Ooh-tah-nahs-ahna	Hands to Sky Pose
Pranamasana	Prah-nam-ahs-ahna	Hands to Heart Pose

Term	Phonetic spelling	Definition
Surya Namaskar Mantras	Sir-yah Nah-mah-skar	Sun Salutations Mantras
Om Mitraya Namaha	Om Mit-tri-yah Namah-hah	Salutations to the friend of all
Om Ravaya Namaha	Om Rah-vah-ya Namah-hah	Salutations to the shining one
Om Suryaya Namaha	Om Sir-yah-yah Namah-hah	Salutations to he who induces activity
Om Bhanave Namaha	Om Bon-ah-vay Namah-hah	Salutations to he who illuminates
Om Khagaya Namaha	Om Kug-ah yah Namah-hah	Salutations to the one who moves through the sky
Om Pooshne Namaha	Om Push-nay Namah-hah	Salutations to the giver of strength and nourishment
Om Hiranya Garbhya Namaha	Om Her-ron-yah Gar-bah-yah Namah-hah	Salutations to the golden cosmic self
Om Marichaya Namaha	Om Mar-ree-chee-yah Namah-hah	Salutations to the rays of the sun
Om Aditya Namaha	Om Ah-dee-tee-yah Namah-hah	Salutations to the son of Aditi
Om Savitre Namaha	Om Sah-vee-tray Na-mah-hah	Salutations to the stimulating power of the sun
Om Arkaya Namaha	Om Ahr-ki-yah Namah-hah	Salutations to he who is fit to be praised
Om Bhaskaraya Namaha	Om Bahs-kurh-ah-yah Namah-hah	Salutations to the one who leads to enlightenment
Bandhas	Bahn-dahs	Locks
Moola bandha	Mool-ah Bahn-dah	Root lock
Uddiyana bandha	Ooh-dee-ahna Bahn-dah	Stomach lift
Jalandhara bandha	Jol-ahn-dar-ah Bahn-dah	Chin lock

Mantras for the Seven Spiritual Laws

<i>Definition</i>	<i>Term</i>	<i>Phonetic spelling</i>	<i>Essence</i>
Law of Pure Potentiality	Om Bhavam Namah	Om Bah-vam Namah	I am absolute existence
Law of Giving and Receiving	Om Vardhanam Namah	Om Var-dah-nam Namah	I am the nourisher of the universe and the universe nourishes me
Law of Karma or Cause and Effect	Om Kriyam Namah	Om Kree-yam Namah	My actions are aligned with the universe
Law of Least Effort	Om Daksham Namah	Om Dahk-sham Namah	My actions achieve maximum benefit with minimum effort
Law of Intention and Desire	Om Ritam Namah	Om Rih-tam Namah	My intentions and desires are supported by cosmic intelligence
Law of Detachment	Om Anandham Namah	Om Ah-nan-dam Namah	My actions are blissfully free from attachment to the outcome
Law of Dharma or Purpose in Life	Om Varunam Namah	Om Var-u-nam Namah	My life is in harmony with the universe

Term ***Phonetic spelling*** ***Definition***

Eight Limbs of Yoga

Yamas	Yah-mahs	First branch of yoga rules of social behavior
Ahimsa	Ah-him-sah	Non-violence
Satya	Saht-yah	Truthful speech
Brahmacharya	Brah-mah-char-ee-yah	Appropriate sexual control
Asteya	Ah-stay-yah	Honesty
Aparigraha	Ah-par-ee-grah-ha	Generosity
Niyamas	Nee-yah-mahs	Second branch of Yoga rules of personal behavior
Shoucha	Sahw-cha	Purity
Santosha	Sahn-tow-shah	Contentment
Tapas	Tahp-us	Discipline

Term	Phonetic spelling	Definition
Svadyana	Sva-dee-yah-nah	Spiritual exploration
Ishwara-Pranidhana	Ish-vara-prah-nee-dah-nah	Surrender to the divine
Asana	Ahs-ah-nah	Third branch of Yoga / seat or position
Pranayama	Prah-nah-yah-mah	Fourth branch of Yoga / breathing exercises
Pratyahara	Pra-tee-ah-har-ah	Fifth branch of Yoga / directing senses inward to become aware of the subtle senses
Dharana	Dha-rah-nah	Sixth branch of Yoga / mastery of attention and intention
Dhyana	Dee-yahna	Seventh branch of Yoga / witnessing awareness
Samadhi	Sah-mah-dee	Eighth branch of Yoga / state of being settled in pure, unbounded awareness
Forms of Yoga		
Gyan	Ghee-yahn	Yoga of understanding
Bhakti	Bahk-tee	Yoga of love and devotion
Karma	Kar-mah	Action that generates a reaction
Raja	Rah-jah	Yoga of meditation
Key Yogic Phrases		
Mahavakyas	mah-hah-vah-kee-yahs	"Four Great sayings" from the Upanishads
Prajnanam Brahma	Prah-jah-num Brah-mah	"Consciousness is Brahman"
Ayam Atma Brahma	I-yum Aht-mah Brah-mah	"This Self (Atman) is Brahman"
Tat Tvam Asi	Taht Tvam Ah-see	"That is that. Thou art that."
Aham Brahmasmi	Ah-hum Brah-mahs-me	"I am the totality"
Yoga Chitta Vritti Nirodha	Yo-gah Chit-tah Vrit-tee Ne-row-dah	"Yoga is the quieting of the mind field"

Term	Phonetic spelling	Definition
Prakritim Svam Avastabhya Visrjami Punah Punah	Prah-kree-tum Svaam Ah-vvs-tub-yah Viser-jah-mee Poon-ah Poon-ah	“Turning back unto myself, I create again and again”
Agni Melee Purohitam	Ahg-nee Mee-lay Pooh-row-hee-tahm	“I express my gratitude to surrender to this fire of transformation”
Nistrai Gunyo Bhav- Arjuna	Nihs-tri-ah Goon-yo Bahv-Ar-joon-ah	“Go beyond the three gunas, Arjuna”
Yogastah Kurukarmani	Yo-gah-stah Keer-rooh-kar-mahn-nee	“Establish yourself in the state of yoga. Perform your actions”

Chakras	chak-rah	Energy wheel or center
Muladhara	mool-ah-dar-ah	Root Chakra
Svadhithana	svad-ish-tahn-ah	Creativity Chakra
Manipura	mahn-ee-purh-ah	Energy/Power Chakra
Anahata	ahn-ah-hah-tah	Heart Chakra
Vishuddha	vish-oo-h-dah	Expression Chakra
Ajna	ahj-nah	Intuition Chakra
Sahaswara	sah-ha-swar-ah	Consciousness Chakra

Other Terms

Ananda	ah-nan-dah	Bliss / pure, limitless, unconditioned joy
Atman	aht-mahn	Soul / individual expression of pure Spirit
Brahman	brah-mahn	Spirit, absolute existente, pure consciousness
Guru	gurh-ruh	Dispeller of darkness, great teacher
Maya	my-yah	Illusion of the senses
Moksha	moke-shah	Liberation / freedom from all conditioning
Mudras	moo-drahs	Positions of the eyes, hands or body
Nadi	nah-dee	Subtle channel through which energy flows
Namaste	na-mah-stay	The divine light in me honors the divine light in you

Term	Phonetic spelling	Definition
Prakriti	prah-kru-tee	Matrix of life, the world, primal nature
Prana	prah-nah	Life force or vital breath
Purusha	pur-roo-shah	Essences of mind, the self, pure potentiality
Satsang	sat-sahng	Gathering of people seeking the truth
Sanskrit	san-skrit	Ancient sacred language
Shanti	shahn-tee	Peace
Sutras	sue-trahs	Thread
Upanishads	ew-pah-nah-shahds	Collection of 108 vedic text dealing with higher states of consciousness
Vedas	vay-dahs	Revealed knowledge / four holy books which are the foundation of Vedic understanding
Guna	goo-nah	Fundamental quality or property
Rajas	rah-jahs	Maintenance, transformation, active, excited
Tamas	tah-mahs	Dissolution / resistance / heavy / dull
Sattva	sahtt-vah	Creation / purity / goodness