

SANSKRIT PRONUNCIATION GUIDE

1. – dash over vowel makes it long (ā)
2. ´ slash over s makes it sh as in shut (ś)

Use in conjunction with the Sanskrit Pronunciation audiotape. The words have been superficially hyphenated to make it easier to learn the pronunciation of each posture.

Month One:

1. **Ā-sana** - to sit, to be present, to be established in a particular posture or pose
2. **Vaj-rāsana** - lightning bolt pose
3. **Sā-lam-ba Matsy-āsana** - supported fish pose
4. **Cha-tu-ran-ga Dand-āsana** - four-limb staff pose
5. **Phala-kāsana** - plank pose
6. **Bidal-āsana** - cat pose
7. **Dan-dāsana** - staff pose
8. **Pūr-vo-ttān-āsana** - intense front body extension pose
9. **Śa-vā-sana** - corpse pose
10. **Prā-nā-yāma** - regulation of the breath

Month Two:

1. **Sū-tra** - thread
2. **Vri-tti** - fluctuation



3. **Tā-dā-sana** - *mountain pose*
4. **Ūrd-va Has-tāsana** - *upward hand pose*
5. **Ut-ka-tāsana** - *powerful, mighty pose*
6. **Vīra-bha-drāsana 1** - *warrior pose*
7. **Ad-ho Muk-ha Śvān-āsana** - *downward-facing dog pose*
8. **Sā-lam-ba Sup-ta Bad-dha Kon-āsana** - *with support dormant bound angle pose*

Month Three:

1. **Kle-sha** - *affliction*
2. **Dh-yān-a** - *meditation*
3. **Vrk-sā-sana** - *tree pose*
4. **Vīra-bha-drā-sana 2** - *warrior 2 pose*
5. **Pārsva-kon-āsana** - *lateral angle pose*
6. **Tri-kon-āsana** - *triangle pose*
7. **Ard-ha Chan-drāsana** - *half moon pose*
8. **Va-si-sthāsana** - *name of a famous sage pose*
9. **Sā-lam-ba Bhā-rad-vāj-āsana** - *supported name of a vedic sage pose*

Month Four

1. **Kar-ma** - *action, law of cause and effect*

2. **Dhar-ma** - *to uphold or support, duty*
3. **Vīra-bha-drāsana 3** - *warrior 3 pose*
4. **Pāśvo-ttān-āsana** - *lateral intense extension pose*
5. **Ut-tān-āsana** - *intense extension pose*
6. **Pari-vṛtta Tri-kon-āsana** - *revolved triangle pose*
7. **Pari-vṛtta Pāś-vo-ttān-āsana** - *revolved side intense extension pose*
8. **Pra-sā-rita Pādo-ttān-āsana** - *expanded leg side intense extension pose*
9. **Moodh-āsana** - *child or fetal pose*

Month Five:

1. **Chak-ra** - *wheel, psychic energy center*
2. **Ma-hā Mu-drāsana** - *great seal pose*
3. **Jā-nu Śīr-sā-sana** - *knee head pose*
4. **Tri-an-ga Mukha-eka-pāda Paś-cimo-ttān-āsana** - *three-limb face, one foot posterior stretch pose*
5. **Ar-dha Badd-ha Pad-ma Paś-cimo-ttān-āsana** - *half bound lotus posterior stretch pose*
6. **Paś-cimo-ttān-āsana** - *posterior stretch or west intense extension pose*
7. **U-jjāy-i** - *conquering, victorious or subduing pṛāṇāyāma*
8. **Sup-ta Has-ta Pādān-gus-thāsana** - *Supine hand to big toe pose*

Month Six:

1. **Cit-ta Vik-sepa** - *things that are distracting to one's consciousness*
2. **U-ddī-yāna** - *flying upward stomach lift*
3. **A-dho Mu-kha Vrk-sāsana** - *downward-facing tree pose*
4. **Bhu-jan-gāsana** - *cobra pose*
5. **Ūrdva Muk-ha Śvān-āsana** - *upward-facing dog pose*
6. **Śāla-bhā-sana** - *locust pose*
7. **Pūrvo-ttān-āsana** - *front or east intense extension pose*
8. **Ūrdva Dhanu-rāsana** - *upward bow pose*

Month Seven:

1. **Ya-mas** - *restraints*
2. **Band-ha** - *to bind*
3. **Se-tu Bandh-āsana** - *arch or bridge pose*
4. **Vi-pa-rīta Kar-anī** - *inverted pose, a particular type of practice*
5. **Sar-vāng-āsana** - *all parts of the body, shoulderstand pose*
6. **Eka-pāda Sar-vāng-āsana** - *one leg shoulderstand pose*
7. **Hal-āsana** - *plough pose*
8. **Matsy-āsana** - *fish pose*
9. **Vi-loma** - *against the grain pranayama*



10. **Sālam-ba Vi-parīta Kara-nī** - supported inversion pose

Month Eight:

1. **Ni-yamas** - observances
2. **Mā-kāsana** - dolphin pose
3. **Pīn-cha Mayū-rāsana** - feather of the peacock pose
4. **Nirā-lamba Śīr-sāsana** - without support headstand pose
5. **Sālam-ba Śīr-sāsana** - supported headstand pose

Month Nine:

1. **Pratyā-hāra** - sense withdrawal
2. **Lolā-sana** - swinging to and fro pose
3. **Chatu-ranga Dan-dāsana** - four-limb staff pose
4. **Pari-pūrna Nā-vā-sana** - full boat pose
5. **Ar-dha Nā-vā-sana** - half boat pose
6. **Ka-kā-sana** - crow pose
7. **Ham-sā-sana** - swan pose
8. **Bak-āsana** - crane pose
9. **Sūrya Bhe-dana** - Sun piercing prānāyāma
10. **Chan-dra Bhe-dana** - Moon piercing prānāyāma
11. **Sup-ta Vī-rāsana** - Supine Hero pose

Month Ten:

1. **Dhā-ra-nā** - concentration
2. **Pad-mā-sana** - lotus pose
3. **Siddh-āsana** - adept's pose
4. **Bad-dha Ko-nā-sana** - bound angle pose
5. **Vī-rā-sana** - hero pose
6. **Nādī Śo-dhana** - purification of the channels *prāṇāyāma*

Month Eleven:

1. **Dh-yā-na** - meditation (repeated)
2. **Tri-dosha** - three body types or defects
3. **Tri-guna** - three qualities of nature
4. **Vin-yā-sa** - steps taken to achieve a particular goal, connected movements
5. **Sūr-ya Na-mas-kār** - salutations to the Sun
6. **Chan-dra Na-mas-kār** - salutations to the Moon

Month Twelve:

1. **Sa-mā-dhi** - final limb of yogic path, state of pure existence
2. **Kapāl-a-bhāti** - skull-shining pranayama