



Term	Meaning or definition as related to yoga in Sanskrit or another language.
Abhasa	Reflection of consciousness.
Abhasan	power of creation, the experience of having created some external visible object.
Abhijna	Direct perception.
Abhilasa	the desire for completion.
Abhimana	Attachment
Abhinavagupta	a teacher of Kashmir Shaivism who lived in Kashmir during the 10th century, author of texts on Kashmir Shaivism including The Tantra Loka, Vijnayana-bhairava, and other works.
Abhyantara	internal
Abhyasa	practice, the act of practicing.
Achala	Unmoving; hill or mountain.
Acharya	Teacher or Guru
Achit	Not sentient.
Acharya	Scholar.
Adhama	Lowest grade.
Adhara	Support.
Adhishtana	Substratum.
Adho	Downward.
Adho Mukha Svanasana	Downward Facing Dog Pose

Adho Mukha Vrksasana	Downward Facing Tree Pose or Handstand
Adhridha	Weak.
Advaita	Non duality
Adwaita	a philosophy according to which there is no duality, only a singular state of consciousness
Agni	fire, the god of fire.
Agnisar kriya	one of the shatkarmas (cleansing practices), intestinal cleansing.
Agnistambhasana	Fire Log Pose
Aham	ego
Ahamkara	pride or ego
Ahimsa	non-violence, non-injury, one of the yamas.
Ajapa japa	spontaneous repetition of 'soham' mantra.
Ajna chakra	energy center located behind the forehead or between the eye brows, state of intuitive wisdom consciousness.
Alabdha bhumikatva	not able to hold on to what has been undertaken.
Akarm Dhanurasan	Shooting Bow Pose
Akasha	ether or space.
Akbar	the 16th century king of Kashmir who built the famous Shalimar Gardens.
Alasya	laziness
Amarnath Caves	located in the Himalayas, a sacred place dedicated to the god Shiva.
Amrita	Immortality

Amrtam	Nectar of everlasting life.
Anahat chakra	energy center in the "subtle body" associated in the "physical body" with the heart.
Anahata chakra	energy center located in the heart region, fourth of the seven chakras.
Anahatasana	Melting Heart Pose
Ananda	bliss, ecstasy.
Ananda Balasana	Happy Baby Pose
Anandabhatarka	divine presence governing the yamas & niyamas.
Anandamaya kosha	the sheath of bliss.
Anantasana	Side Reclining Leg Lift Pose.
Anavamala	the most subtle impurity of consciousness, when one can not hold on to the Shiva state, when one has a feeling of being incomplete.
Anavopaya	means of increasing self-awareness using mantra, breath, and cognitive organs.
Angamejayatva	unsteadiness in the body.
Anjali Mudra	Salutation Seal
Anjaneyasana	Low Lunge or Crescent Pose
Annamaya kosha	anatomical sheath of man.
Antar	inner or internal.
Antar dhauti	internal yoga cleansing (shatkarma) techniques.
Antar kumbhaka	internal breath retention, the stage of pranayama where breath is retained after inhalation.
Antar mouna	internal silence, a meditation practice.

Anu	the individual, limited being.
Anubhava	experience, realization.
Anugraha	power of revealing.
Anusara yoga	called heart-oriented, this yoga integrates the celebration of the heart, universal principles of alignment, and energetic asanas.
Apanasana	Supta Balasana or Knees to Chest Pose
Aparigraha	nongreed, nonhoarding, one of the five yamas, or restraints, which are the first of the eight stages of classical Yoga.
Ardha	Half
Ardha Bhikasana	Half Frog Pose
Ardha Chandrasana	Half Moon Pose
Ardha dhanurasana	half bow yoga pose.
Ardha Matsyendrasana	Half spinal twist yoga position
Ardha Navasana	Half Boat Pose
Ardha Padmasana	Half lotus pose
Ardha Uttanasana	Standing Half Forward Bend
Arjuna	hero of the Mahabharata and central figure of the Bhagavad Gita.
Asamprajnyata samadhi	state in which no traces of thought are present.
Asan point	in practice is the point where after in an asana one holds the breath and the mind goes into silence.
Asana	yoga movement, position, pose or posture.
Ashrama	a residential place of people living together, teaching or learning yogic tradition, a dwelling of intensive yoga practice.

Ashtanga yoga	1) eight fold path of yoga: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi 2) challenging yoga to build strength, flexibility, and stamina.
Ashvamedha	a Vedic ritual sacrifice.
Ashwini Mudra	practice of contracting the anal sphincter.
Asmita	Ego
Astavakrasana	Eight Angle Pose.
Asteya	Nonstealing, one of the five yamas, or restraints, which are the first of the eight stages of classic Yoga.
Atman	soul, the individual being.
Astavakrasana	Eight Angle Pose
Aum	the universal mantra, cosmic vibration of the universe, represents the four states of consciousness, Sanskrit word meaning "all" represents the omnipresence of Paramatma - also Om
Avadhuta	Spirit or Mystic having moved beyond materialism or ego.
Avatar	An incarnation of God.
Avesah	Trance
Avidya	Ignorance
Ayurveda	Health Science in India
Baddha Konasana	Bound Angle Pose
Bahir	outside, external
Bahir kumbhaka	external breath retention. The stage of pranayama where breath is retained after exhalation.
Bahiranga trataka	concentrating the attention upon an external object such as a candle flame.
Bakasana	Yoga Crane Pose, Crow Pose

Balasana	Yoga Child's Pose, Baby Pose
Bandha	a posture in which organs and muscles are contracted to create energy lock in a specific area.
Bandhana	A bond.
Basti	a colon cleansing technique.
Bhagvad Gita	a part of the famous Hindu epic 'Mahabharata'. Teachings of Lord Krishna to his disciple Arjuna at the commencement of the battle of Kurukshetra, with explanations on sannyasa yoga, karma yoga, bhakti yoga, and jnana yoga.
Bhairavasana	Ashtanga Yoga pose dedicated to Sage Bhairava.
Bhakta	One who practices Bhakti.
Bhakti	Devotion
Bhakti Yoga	Yoga of devotion.
Bharadvajasana	The asana dedicated to sage Bharadvāja
Bhastrika pranayama	'bellows' breathing technique in which the breath is forcibly drawn in and out through the nose in equal proportions, like the pumping action of the bellows.
Bhekasana	Frog Pose
Bhramari pranayama	breathing practice in which a soft "humming-bee" sound is produced during exhalation to stimulate the Ajna Chakra
Bhujangasana	Yoga Cobra Pose.
Bhujapidasana	Yoga Shoulder Pressing Pose
Bikram yoga	active yoga performed in a hot environment.
Bindu	Point or Dot, worn on forehead as third eye.
Bitilasana	Yoga Cow Pose
Bodhi	Enlightenment although literally means awakened.

Bodhisattva	Enlightened being.
Brahmacharya	Purity, chastity, nonlust.
Brahman	supreme consciousness, absolute reality, God, divinity.
Buddha	Awakened one or enlightened one.
Buddhi	The intellect.
Catuspadapitham	Yoga Table or Crab Pose
Chakra	literally meaning "wheels", in yoga this refers to the seven energy or "life force" centers lying from the base of the spine to the head.
Chakravakasana	Table to Child Pose.
Chandra	moon
Chandra nadi	Ida nadi
Chapatti	A thin, round flat bread.
Chaturanga Dandasana	Four Limbed Staff Pose, Yoga Low Plank Pose.
Chela	Disciple
Chidakasha	Psychic space in front of the closed eyes, just behind the forehead.
Chidanand	State of consciousness where being, consciousness, and bliss shines.
Chin mudra	Hand gesture in which the first finger is kept at the root of the thumb, the last three fingers are unfolded.
Chit kundalini	A stage in the experience of the rise of kundalini when the breath stops and becomes congealed low in the body.
Complete breath	Breath exercise of even inhalation and exhalation that involves all respiratory muscles.
Danda	Stick

Danda dhauti	one of the cleansing techniques (shatkarmas), used to clean the oesophagus with a stick.
Danta dhauti	teeth cleansing technique.
Dandayamana Bibhaktapada Janushirasana	Standing Separate Leg Head to Knee Pose, often used in Bikram yoga.
Dandayamana Bibhaktapada Paschimottanasana	Standing Separate Leg Stretching Pose, often used in Bikram yoga.
Dandayamana Dhanurasana	Standing Bow Pulling Pose, often used in Bikram yoga.
Dandayamana JanuShirasana	Standing Head to Knee Pose, often used in Bikram yoga.
Deva	a god or being.
Devi	additional name for the Great Mother.
Dhanurasana	bow pose, backward bending yoga pose, , often used in Bikram yoga.
Dharana	from the word dhri meaning "to hold firm", practice of concentration, or one-pointedness, sixth of the eight fold path in ashtanga yoga, the sixth of the eight stages of classical Yoga.
Dharma	duty, righteous path, self-discipline, work, duty, or destiny, the life of responsibility and right action.
Darshan	seeing a revered person or being either with physical sight or in vision.
Dhauti	second of the shatkarmas, cleansing technique of the eyes, ears, forehead, tongue, stomach, esophagus, rectum and anus.
Dhyana	meditation or contemplation, single-pointed focus of mind on either a form, thought or sound, quieting the mind, the seventh of the eight stages of classical Yoga.
Diksha	initiation given by a guru.
Dosha	the three humours of the body, see kapha, pitta, vata.
Drishti	A focused gaze, is a means for developing concentration and balance. It also relates to the 5th limb of yoga, pratyahara, regarding sense withdrawal as well as the 6th limb dharana relating to concentration.
Dugdha neti	nasal irrigation or cleaning technique with milk.
Dukha	misery, unhappiness, pain

Durga	goddess of truth.
Easy breath	a natural breathing pattern that is relaxed and nonmanipulated.
Ekagra	focused or "one pointed" awareness.
Ekagrata	focused or "one pointed" awareness or concentration, the ability to focus the mind on an object without distraction for extended periods of time.
Eka Pada Galavasana	Flying Crow Pose.
Eka Pada Kapotasana	One-Legged King Pigeon Pose.
Eka Pada Koundinyasana I	Sage Koundinya I Pose.
Eka Pada Rajakapotasana	One-Legged King Pigeon Pose.
Ganesha	in mythology, the elephant-headed son of Shiva and Parvati, the god who removes obstacle.
Ganges	India's most sacred river.
Garbha Pindasana	Womb Embryo Pose garbha "womb" pinda "embryo" asana "pose".
Garurasana	Eagle Pose, often used in Bikram and other forms of yoga.
Ghee	clarified butter that originated in South Asia often made from the milk of water buffalo.
Ghrita neti	neti (nasal cleansing technique) performed with ghee.
Gomukhasana	cow's face' posture
Gorakshasana	Yogi Gorakhnath's' pose
Guna	quality of nature viz. tamas, rajas, sattwa
Gunas	qualities of natural phenomena, everything in the universe exhibits these three qualities in varying degrees.
Gunatita	one who has gone beyond the three gunas.

Guptasana	the 'secret' pose
Guru	spiritually enlightened soul, who can dispel darkness, ignorance and illusion from the mind and enlighten the consciousness of a devotee/disciple, Teacher, spiritual preceptor, spiritual teacher.
Hanuman	son of the wind god, depicted as a monkey, a great devotee of Rama who helped Rama in his fight with Ravana.
Harwan	a site in Kashmir where the Shiva Sutras are said to be carved in the face-down surface of a rock, called Shankarpal, lying in a river.
Hatha yoga	Many yoga styles spring from hatha. It is the yoga of physical well-being, designed to balance body, mind, and spirit, a science of yoga which purifies the whole physical body by means of shatkarma, asana, pranayama, mudra, bandha and concentration, the path of yoga that starts with the practice of asanas.
Himsa	injury, harm, or violence.
Hinduism	one of the major religion of India.
Hridaya akasha	psychic space of the heart centre.
Humming breath	a breath exercise that involves a short inhalation and long exhalation while making a humming sound.
Ida nadi	one of the main energy channels running on the left side of the spine from the mooladhara chakra to the ajna chakra in the head.
Indra	god of thunder.
Ishwara pranidhana	remembrance, which is one of the five niyamas, or observances, and the second of the eight stages of classic Yoga.
Iyengar	Iyengar Yoga, Founder B. K. S. Iyengar, a form of yoga known for its use of props as aids in performing asanas (poses). A traditional yoga based on the eight limbs of yoga as written by Patanjali in the Yoga Sutras.
Jala	Water
Jala basti	the yoga technique of enema using water - one of the yoga shatkarma
Jala neti	a shatkarma technique - cleansing of the nasal passages with water by alternating the flow of water in the nostrils, preferably using a neti pot.
Jalandhara bandha	throat lock' to restrict the flow of breathe through the throat - done by resting the chin on the upper sternum (chest).
Japa	continuous chanting i.e repetition of a mantra

Jihva dhauti	one of the shatkarma techniques for cleansing the tongue.
Jnana	knowledge, understanding, wisdom
Jnana mudra	the gesture of knowledge - in this the index finger is bent so that its tip is joined with the tip of the thumb, the other three fingers are spread out.
Jnana yoga	the yoga of knowledge - attained through spontaneous self-analysis and investigation of abstract and speculative ideas.
Kapal	skull or cerebrum.
Kapalbhati pranayama	a breathing technique aimed at cleaning the frontal part of the brain, done through rapid breaths with more force on exhalation.
Karma	action, the act of doing.
Karma yoga	the yoga of action, supreme consciousness through action.
Karna dhauti	one of the shatkarma which involves cleansing the ears.
Karnapidasana	Ear Pressure Pose.
Kati chakrasana	waist rotating pose.
Kevala kumbhaka	spontaneous cessation of breath without any conscious effort.
Klesha	afflictions or tensions, according to yoga there are 5 such afflictions present in humans from birth.
Koormasana	tortoise pose.
Kosha	sheath or body; realm of experience and existence.
Kriya	activity, dynamic yogic practice.
Kriya yoga	the practice of kundalini yoga.
Krounchasana	Heron Pose.
Kukkutasana	Cock pose.

Kumbhaka	Breath retention.
Kundalini	Man's retained energy or potential energy and consciousness.
Kundalini shakti	Refers to the human's potential energy lying dormant in mooladhara (base) chakra like a coiled serpent. When awakened it rises up through the sushumna nadi.
Kundalini yoga	Philosophy expounding the awakening of potential energy and inherent consciousness within the human body and mind.
Kunjali kriya	A cleansing technique that involves the cleansing of the stomach by drinking in water and then expelling it by inducing vomiting.
Laghu Vajrasana	Little Thunderbolt Pose.
Laghoo shankhaprakshalana	A shatkarma technique - also referred as the short intestinal wash. Involves the drinking of several glasses of water and the expelling it through stool after a series of exercises (asanas); in the process a thorough cleansing of the colon takes place.
Laliti or Lalla	A female Kashmiri Shaivite saint and 14th century poet.
Lakshmanagupta	Abhinavagupta's master.
Lakshmanjoo	Master of Kashmir Shaivism.
Lakshmi	Goddess of prosperity and beauty; consort of Vishnu.
Lalitaditya	An ancient Kashmiri king who invited the sage Atri Gupta to come live in his court to teach him Shaivism; from Atri Gupta the line of teachers of Kashmir Shaivism descended.
Lila	Play
Lingam	Phallic emblem, usually of stone, representing the creative power of Shiva.
Lingota	Loincloth
Laya	State of meditation which is like sound sleep, in which one is unaware of outside world and the state of meditation.
Laya yoga	Union with the supreme consciousness through pranayama or devotion. Literally, union by absorption.
Madhyama vak	in the theory of speech (vak), this is the middle state, where one resides only in thoughts.
Magamuch	Kashmiri name for the god Ganesha.

Maha	great
Maha bandha	the great lock - combines the three locks in yoga - the moola bandha, jalandhara bandha and uddiyana bandha - together with breath retention.
Maha mudra	the great gesture - combines the practice of moola bandha, shambhavi and khechari mudras simultaneously.
Maha nadi	literally means 'great nadi', which is the 'sushumna' in yoga.
Makara	crocodile
Makarasana	crocodile pose.
Malasana	yoga garland pose.
Manas chakra	the energy center above the ajna chakra - is depicted with six petals.
Manipura chakra	the energy centre in the spinal column located behind the navel - corresponding to the solar plexus.
Mantra	sound of syllables repeated by Yogis to produce a change in consciousness.
Mantra devata	the particular universal force toward which a mantram is directed.
Mantra pramatribhava	state of meditation in which the breath becomes balled and enters the central channel for the rise of kundalini.
Mantra	subtle sound vibration, which through repetition aims at expanding one's awareness or consciousness.
Mantra shakti	the power of mantra.
Mantreshwara pramatribhava	state of meditation in which one experiences perception of worldly activities and then God-consciousness in the background.
Manu	semi-mythical sage; progenitor of the human race.
Marichyasana	yoga pose named after Sage Marichi.
Marjaryasana	yoga cat pose.
Matrikachakra	in Kashmir Shaivism, the theory of the alphabet.

Matsyasana	Yoga Fish Pose.
Matsyendranātha	In the early 10th century CE he was one of the eighty-four mahasiddhas. He was the guru of Gorakshanath, with whom he founded the school of hatha yoga. He is considered the author of the Kaulajñānanirṇaya , one of the earliest known texts on hatha yoga written in Sanskrit.
Matsyendrasana	a spine twisting pose.
Maya	the illusion of individuality.
Mayashakti	power as manifested in all states, enabling one to be fixed in contemplation of one's own nature.
Mayiyamala	the state of impurity that creates differentiation in one's consciousness.
Mayur	Peacock
Mayurasana	peacock' pose - advanced pose aims at strengthening the arms and stimulating the manipura chakra.
Meditation	a state of complete silence and inner awareness, reflection, a process of introspect.
Moksha	liberation from the cycle of birth and death, liberation, freedom, release.
Moola	Root
Moola bandha	energy lock created by the contraction of the perineum in the male and the cervix in the female.
Mooladhara chakra	lowest energy centre in the human body where the kundalini shakti (serpent power) resides - situated in the perineal floor in men and the cervix in women.
Moorchha pranayama	fainting or swooning breath' in which the breath is inhaled slowly and retained for an extended period.
Mouna	silence - the practice of silence.
Mudha	unconscious or unaware state of mind.
Mudra	resses and channelizes cosmic energy within the mind and body.
Mulabhandha	a lock, or tightening, of the rectal muscles.
Muladhara	chakra located at the base of the spine "energy center in the subtle body".

Muni	saint, sage.
Nadi	energy channels in the body, similar to the meridians in acupuncture
Nadi shodhana pranayama	breathing technique - is the 'alternate nostril breathing' or 'balanced breathing' - balances the energy flow in the channels and purifies the energy channels (nadi) by balancing the flow of breath through the right and left nostrils.
Namaste	I bow to you.
Naksatra	Star.
Nasagra/nasikagra mudra	hand gesture adopted during pranayama to alternate the flow of breath through the nostrils.
Natarajasana	King Dancer Pose, Lord of the Dance Pose.
Natha	Refuge, help.
Nauli	abdominal massage' - a cleansing technique (shatkarma) involving the contraction of the rectus abdominal muscles.
Navasana	yoga boat pose.
Neti kriya	another shatkarma (cleansing technique) - involves cleaning of the nasal passages or sinus irrigation; jala neti forms a part of the various neti kriyas.
Nidra	sleep
Niyama	rule; there are 5 rules described in the Ashtanga Yoga of Patanjali.
OM	Omthe universal mantra; cosmic vibration of the universe; represents the four states of consciousness (also Aum).
Pada	foot; section of a literary work.
Padangusthasana	yoga big toe pose.
Padmasana	lotus pose - a seated meditative posture
Pancha makara	the five tantric practices : mansa(meat), madhya(wine), matsya(fish), mudra(grain), and maithuna(sexual intercourse)
Pancha tattwa	the five elements - earth, water, fire, air and ether

Param	highest, supreme, God
Paramatma	the supreme atma; God
Parichaya avastha	stage of perception of nada
Parighasana	Gate Pose
Paripurna Navasana	Full Boat Pose
Parivrtta Ardha Chandrasana	yoga revolved half moon pose.
Parivrtta Janu Sirsasana	Revolved Head-to-Knee Pose.
Parivrtta Marichyasana	Marichi's Pose III, Seated twist.
Parivrtta Parsvakonasana	Revolved Side Angle Pose.
Parivrtta Surya Yantrasana	Compass Pose.
Parivrtta Sukhasana	Simple Twist Pose.
Parivrtta Trikonasana	Revolved Triangle Pose.
Parsva Bakasana	Side Crane Pose, Side Crow Pose.
Parsvakonasana	Side angle Pose.
Parsvottanasana	Intense Side Stretch Pose, Pyramid Pose.
Pasasana	Noose pose.
Paschimottanasana	back stretching pose
Patanjali	author of the Yoga Sutras and preacher of the eight-fold (ashtanga) yoga
Payaswini nadi	energy channel terminating at the right big toe, between poosha and pingala channels.

Pincha Mayurasana	Feathered Peacock Pose, Forearm Stand.
Pingala nadi	one of the main energy channels running on the right side of the spine from the mooladhara (base) chakra to the ajna chakra in the head by intersecting various chakras on the way.
Plavini pranayama	breathing technique which involves gulping air and swallowing it into the stomach and retaining it
Poornima	full moon night
Prakamya	fulfillment of desire
Prakasha	inner light
Prakriti	nature
Pramana	proof
Prana	vital energy force sustaining life and creation
Pranayama	technique of breathing and breath control which regulates energy flow and aims at maintaining energy balance.
Prasad	an offering usually food to and from the guru or higher power.
Prasarita Padottanasana	Standing Straddle Forward Bend, Wide-Legged Forward Bend.
Pratyahara	sense withdrawal; first stage of concentrating on the mind during meditation.
Pravritti	nature of the mind.
Prithvi tattwa	the earth element.
Priyavada	Kindness or agreeable speech.
Purana	eighteen ancient books consisting of legends and mythological narrations dealing with creation, recreation and the genealogies of sages and rulers.
Purumaya	Wonderful.
Purusha	pure consciousness.

Purushartha	purpose of the consciousness, of man's existence- the four basic needs or desires, arth, kaama, dharma, moksha.
Purvottanasana	Upward Plank Pose.
Raja yoga	yoga in which union is achieved through concentration of mind
Rakta bindu	red bindu, same as beeja(seed) bindu, shakti bindu; the potentially creative bindu from which creation springs; often refers to the ovum.
Rechaka	exhalation
Rudra	Lord Shiva ; Rudra is said to have sprung from Brahma's forehead and is one of the holy trinity.
Sadhak	spiritual aspirant or student.
Sadhana	Quest, spiritual practice.
Sadhu	a Hindu holy man, or ascetic.
Sadhuganga	retreat where Lakshmanjoo went as a young man to meditate.
Sahasrara chakra	highest energy centre located at the crown of the head, just above the top of the head.
Sakala pramatribhava	state of meditation in where we are also aware of outside world.
Saksat	Clearly, Directly, Personally, Original
Sakshi	Witness
Samadhi	Final stage of yoga in which concentration becomes one with the object of concentration; supreme union, absorption, state of God consciousness, realization of one's own nature, the eighth of the eight stages of classic Yoga.
Samhara	Power of destruction.
Samsara	The process of a worldly life, the cycle of life caused by birth, death and rebirth.
Samskara	Strong impressions in the mind that create our beliefs, attitudes and persona.
Sankalpa	spiritual resolve.

Sannyasi	one who has renounced the world in seek of self-realization.
Sanskrit	a language used in of Yoga, Hinduism and Buddhism, and an official languages of India, considered "historical".
Santosha or Santosh	contentment, one of the five niyamas, second of the eight stages of classic Yoga.
Saraswati	Goddess who bestows knowledge of fine arts and power of speech.
Sarvangasana	shoulderstand
Sat	truth
Satguru	guru who has attained self-realization.
Sattwa guna	quality unwavering purity.
Satya	truth, also one of the yamas.
Seetkari pranayama	Breathing technique which involves hissing leading to a cooling effect upon the whole body.
Shabda Brahman	cosmic causal state.
Shakti	vital force, energy.
Shambhavi mudra	a yoga gesture in which one focusses at the mid-eyebrow centre.
Shanti	peace, tranquility, or bliss
Shashankasana	moon pose.
Shatkarma	the six yogic techniques of purifying the body.
Sheetali pranayama	cooling breath, a pranayama technique that lowers the body temperature by inhaling through the mouth while letting the breath flow in over the tongue.
Shishya	disciple, student.
Siddha	having achieved spiritual realization.

Siddha yoni asana	the female counterpart of the siddhasana meditative posture, in which the left heel presses the entrance to the vagina.
Siddhasana	a meditative seating posture in which the left heel presses the perineum (stimulating the mooladhara chakra); also called as the adept's pose or the 'pose of perfection'.
Singh	A Lion
Sirshasana	inverted pose - the 'headstand' in which the body is inverted and balanced on the crown of the head.
Soham	represents a mantra in meditation; literally means, 'I am That'. Represents the Psychic sound with the sound 'so' during inhalation and 'ham' during exhalation.
Soma chakra	sixteen petalled chakra situated above ajna and manas chakras.
Strap	a prop used as an extension of the arm to assist in yoga.
Sukhasana	a comfortable meditative pose; also called the 'easy pose' or simply the cross-legged pose.
Sukrta	treated with kindness, befriended.
Surya	The sun.
Surya bheda pranayama	breathing technique in which inhalation is done through the right nostril ; increases vitality.
Sushumna nadi	main energy channel in yoga, in the centre of the spinal cord through which kundalini shakti flows.
Sutra neti	yogic technique to cleanse the nasal passage using a special thread.
Suvita	Well being.
Swadhisthana chakra	second chakra in the spinal column, above the mooladhara.
Swastikasana	auspicious pose -meditative posture similar to siddhasana.
Tadasana	mountain pose, palm tree pose, used in many forms of yoga, Hatha, Bikram . . .
Tamas	the quality of inertia, laziness, procrastination.
Tiryaka bhujangasana	twisting cobra pose.

Tiryaka tadasana	swaying palm tree pose.
Tolasana	Scale Pose.
Trataka	one of the cleansing techniques (shatkarma) in which the gaze is focussed upon an object such as a candle flame.
Trikonasana	Triangle Pose, often used in Bikram Yoga.
Tuladandasana	Balancing Stick Pose, often used in Bikram Yoga.
Ubhaya Padagusthasana	ubhaya "both", padangusta "big toe", asana "pose".
Uddiyana bandha	abdominal retraction lock'; drawing in of the abdomen towards the backbone after exhaling.
Ujjayi pranayama	a kind of breathing technique which produces a light sonorous sound.
Upanishads	a collection of Hindu spiritual writings following from the Vedas.
Upavistha Konasana	Seated Wide Legged Stradle, upavistha "seated", kona "angle", asana "pose"
Upaya	means, way.
Unmesa	the flow of the Spanda principle that takes place between any two things, two thoughts, two steps, two observations, etc.
Urdhva Dhanurasana	Wheel Pose.
Urdhva Hastasana	Raised Hands Pose.
Urdhva Mukha Paschimottanasana	urdhva "upwards" mukha "face", paschima "west" (back of the body), ut "intense", tan "stretch", asana "pose".
Urdhva Mukha Svanasana	Upward Facing Dog.
Urdhva Prasarita Eka Padasana	Standing Split.
Ustrasana	Camel Pose, often used in Bikram Yoga.
Utkatasana	squatting position, chair pose, awkward chair pose, awkward pose, often used in Bikram Yoga, utkata "powerful, fierce", asana "pose".

Utpaladeva	Abhinavagupta's grandmaster; a poet and mystic who composed songs in praise of Shiva, known as the Utpalasutravali.
Utthan Pristhasana	Lizard Pose.
Uttanasana	Standing Forward Bend.
Uttankoormasana	Tortoise pose.
Utthita Hasta Padangusthasana	Standing Big Toe Pose, uttihita "extended, stretched", hasta "hand", padangusta "big toe", asana "pose".
Utthita Parsvakonasana	Extended Side Angle Pose, uttihita "extended, stretched" parsva "side, flank", kona "angle", asana "pose".
Utthita Trikonasana	Triangle Pose, uttihita "extended, stretched", tri "three", kona "angle", asana "pose".
Vajrasana	the 'thunderbolt' pose; a kneeling posture with buttocks resting upon the heels.
Vama swara	flow of breath in the left nostril
Vaman dhauti	yogic technique to cleanse the stomach by voluntary vomiting. There are two types: kunjla kriya (regurgitating of water) and vyaghra (regurgitating of food)
Varisara dhauti	yogic cleansing technique in which a large quantity of water is drunk in conjunction with asanas to cleanse the entire digestive tract; also known as shankhaprakshalana.
Vashitva	ability to control all objects, living and non-living
Vastra dhauti	yogic detoxification technique in which a specially prepared cloth is swallowed and removed after ten minutes, in order to remove mucus from the stomach
Vatsara dhauti	a cleansing technique in which the air swallowed into the stomach is belched out.
Vayu tattwa	air element
Vedas	four ancient texts- Rig, Yajur, Sama, Atharva, which are further divided into Samhita, Brahmana, Aranyaka and Upanishads. They were revealed to the sages and saints of India which explain and regulate every aspect of life from supreme reality to worldly affairs. The oldest books in the library of mankind.
Veerasana	hero's pose - for concentration and discriminative thinking.
Vinyasa	In yoga, it is often used to describe a style of yoga where movements are tied together, and usually practiced in conjunction with the breath.
Vip	Inspired.

Vishuddhi chakra	one of the energy centres located in the spine behind the throat and connected with the cervical plexus, tonsils and thyroid gland.
Wat	An Enclosure.
Yajnyavalkya	sage involved in the ancient writings of the Upanishads.
Yama	god of death, calculator of time.
Yamas	means "restraints", nonviolence, truthfulness, nonstealing, celibacy, and nonhoarding, five of the ten ethical guidelines of classic Yoga.
Yamuna river	emanating from Yamnotri in the Himalayas and joining Ganga near Allahabd, North India;refers to pingala nadi in the pranic body.
Yantra	a diagram or pictorial representation of a mantram.
Yoga	state of union between two opposites - body and mind; individual and universal consciousness; a process of uniting the opposing forces in the body and mind in order to achieve supreme awareness and enlightenment, from the Sanskrit yug meaning "to join together or yoke"; a system of techniques to enable the joining of the physical and emotional/spiritual bodies.
Yoga abhyasa	practice of yoga.
Yoga nidra	a deep relaxation technique also called 'yogic sleep' in which mind and body is at complete rest but with complete awareness.
Yoga Sutras	a collection of concise aphorisms on the aims and practices of Yoga as collected and written by the scholar Patanjali.
Yogi	one who has attained Yoga, or union of the two bodies, one who practices Yoga on a committed basis.
Yoni	womb
Yug	era of time.
Yuvanyu	Young.
Zen	a meditation.