



Sanskrit Dictionary

Sanskrit terms commonly used in YFS

Arm Balancing Asanas

Astavakrasana: Eight angle pose

Ardha pincha mayurasana: Dolphin pose

Adho mukha vrkasana - Handstand pose

Bakasana: Crow pose

Camatkarasana: Wild thing

Chaturanga dandasana: Four-limbed staff pose

Eka Pada Bakasana: One legged crow pose

Eka Pada Koundinyasana Hurdlers pose

Lolasana: Pendant pose

Mayurasana: Peacock pose

Phalakasana: Plank pose

Parsva bakasana: Side crow/crane pose

Pincha mayurasana: Feathered peacock pose (forearm stand)

Tittibasana: Firefly pose

Eka pada galavasana: Flying pigeon pose

Inversions

Ardha pincha mayurasana: Dolphin pose

Adho Mukha Svanasana: Downward facing dog

Adho mukha vrksasana: Handstand pose

Devaduuta Panna Asana: Fallen Angel

Halasana: Plow pose

Karnapidasana: Ear pressure pose

Pincha mayurasana: Feathered peacock pose (forearm stand)

Prasarita padottanasana: Wide legged forward bend

Sarvangasana: Shoulder stand pose

Sirsasana: Headstand pose

Urdhva prasarita eka padasana: Standing split pose

Vrschikasana B: Handstand scorpion pose