ASANA LIST TRANSLATION - Sanskrit to English

Diana J. Cummins, MA, CLMA, RYT

**STANDING POSES – SANSKRIT**
- Tadasana
- Urdhva Hastasana in Tadasana
- Urdhva Baddangullyasana
- Namaskarasana
- Gomuchasana
- Utkatasana
- Vrksasana
- Uttanasana
- Utthita Hasta Padasana
- Utthita Trikonasana
- Virabhadrasana 2
- Utthita Parsvakonasana
- Vrininhasana
- Virabhadrasana 1
- Ardha Chandrasana
- Parivrtta Trikonasana
- Parsvottanasana
- Parighasana
- Prasarita Padottanasana
- Chaturanga Dandasana
- Vasistnasana
- Malasana

**STANDING POSES - ENGLISH**
- Mountain pose
- Arms Extended to sky in Mountain Pose
- Interlaced fingers – turn and press to sky
- Prayer position of the hands
- Cow-faced pose
- Chair pose
- Tree pose
- Intense forward stretch pose/Forward Fold
- Standing Wide Angle pose
- Extended Triangle pose
- Warrior 2
- Extended Side Angle pose
- Lunge (also, Crescent Moon)
- Warrior 1
- Half Moon Pose
- Revolved Triangle pose
- Intense chest stretch
- Gate pose
- Intense Wide Angle Fold pose
- Plank pose
- Side Plank
- Garland pose
SEATED POSES – SANSKRIT
Sukasana
Virasana
Dandasana
Balasana
Marichyasana 1
Upavista Konasana
Baddhakonasana
Janu Sirsasana
Eka Pada Rajakapotasa

SEATED POSES – ENGLISH
Easy cross leg sitting posture
Hero pose
Staff/Stick Pose
Child’s Pose
Spinal twist
Seated wide angle pose
Bound Angle Posture
Head on knee Posture
Pigeon pose

ABDOMINAL POSES – SANSKRIT
Urdhva Prasarita Padasana
Supta Padagusthasana 1
Supta Padagusthasana 2
Navasana

ABDOMINAL POSES – ENGLISH
Supine Upward Extended Legs
Supine Extended Leg Front (holding toe)
Supine Extended Leg Side (holding toe)
Boat Pose

INVERSIONS – SANSKRIT
Adhomukha Svanasana
Salamba Sarvangasana
Salamba Sirsasana

INVERSIONS – ENGLISH
Downward Dog
Shoulderstand
Headstand
ASANA LIST TRANSLATION - Diana J. Cummins, MA, CLMA, RYT – cont’d

BACKWARD EXTENSIONS – SANSKRIT
Salabhasana
Bhujangasana
Urdvha Mukha Svanasana
Dhanurasana
Catuspadasana
Ustrasana
Urdvha Dhanurasana

BACKWARD EXTENSIONS - ENGLISH
Locust pose
Cobra pose
Upward facing Dog pose
Bow pose
Bridge
Camel pose
Full Wheel Pose

RESTORATIVE POSES – SANSKRIT
Viparita Karani
Paschimothanasana
Supta Baddhakonasana
Savasana

RESTORATIVE POSES - ENGLISH
Legs up the wall pose
Seated Forward Fold
Reclining Bound Angle posture
Corpse Pose

ASK FOR TRANSLATION UPDATES
Table or Table Top Pose
Supine Knees to Chest