



calm
comme à la maison
yoga & more

SANSKRIT MAIN TERMS

DRISTI

NASAGRE = down to the nose
BHRUMADHYE = 3rd eye
NABICHAKRE = navel
HASTAGRE = hands
PADAYORAGRE = big toes
PARSVA = right or left
ANAGUSTHAMADHYE = thumbs
URDHVA = Upward

NAME OF POSTURES

ADHO = down
ANGUSTA = thumb
ARDHA = half
BADDHA = bound
DHANURA = bow
HASTA = hand
KARNA = ear
KONA = angle
MUKHA = facing
PADA = feet
PADMA = lotus
PARIVRTA = twisted
PARVA = side
PASCIMA = back
PIDA = pressure
PURVA = front
SALAMBA = supported
SUPTA = reclined
TANA = stretched
UBBAYA = both
UD = intense
URDHVA = upward, raising
UTTHITA = extended