

"A fantastic resource." TIAS LITTLE author of *Yoga of the Subtle Body*

NICOLAI BACHMAN

THE LANGUAGE OF YOGA

COMPLETE A-to-Y GUIDE

TO ĀSANA NAMES,
SANSKRIT TERMS,
& CHANTS

Includes Free Audio
Pronunciation Guide

Session 2:

Aṣṭāṅga Sequences (Repeat 3 Times)

30. Invocation Chant: Vande Gurūṅām
31. Sun-Salutation A
32. Sun-Salutation B
33. Standing Postures
34. Seated Postures
35. Finishing Postures
36. Second Series
37. Third Series

Session 1:

Chants for Your Practice

1. Gaṇānām Tvā
2. Chant to Sarasvatī
3. Yogena Cittasya
4. Vande Gurūṅām
5. Maṅgala Mantra
6. Śiva Mantra
7. Chant to Kṛṣṇamācārya

Yoga Sūtras

8. Yoga Sūtras of Patañjali

Yoga Terms

9. Aṣṭāṅga
10. Yamas
11. Niyamas
12. Animals
13. Bandhas
14. Body Parts
15. Cakras
16. Deities and Sages
17. Directions and Positions
18. Dṛṣṭis
19. Elements
20. Kleśas
21. Mudrās
22. Numbers
23. Prāṇāyāma
24. Ṣaṭ-Karmas
25. Texts
26. Upaniṣads
27. Vāyus
28. Vedas
29. General Yoga Terms

Āsana Names

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39. B
40. C
41. D
42. E
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44. H
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46. K
47. L
48. M
49. N
50. P
51. R
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54. U
55. V
56. Y

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57. Āsana Name Synonyms
58. Sanskrit Alphabet and Pronunciation Guide