

La posture en Sanskrit	Sanskrit	Français	English
Asana	Asana	posture	Pose
Tadasana	Tada	La montagne	Mountain
Uttasana	Utta	intense (Flexion en avant)	Intense (Forward Fold)
Balāsana	Bala	enfant	child
Adho Mukasvanāsana	Adho, Mukha, Svana	Vers le bas, visage, chien	Downward, facing, dog
Urdvha Mukasvanāsana	Urdvha, Mukha, Svana	Vers le haut, visage, chien	Upward, facing, dog
Chaturanga	Chat, Anga	Quatre, membres (la planche bas)	four, limbs (low Plank)
Supta Padangusthasana	Supta, Pada, Agustha	sur le dos, pied, gros orteil	reclined, foot, big toe
Hasta Padangusthasana	Hasta, Pada, Agustha	Main, pied, gors orteil	Hand, foot, big toe
Trikonasana	Tri, kona	Trois, angle	Three, angle
Parivritta Trikonasana	Parivritta, tri, kona	tourné, trois, angle	Revolved, three, angle
Ardha Chandrasana	Ardha, Chandra	demie, lune	Half Moon
Parivritta Chandrasana	Parivritta, Ardha, Chandra	tourné, démie, lune	Revolved Half Moon
Parsvaskonasana	Parsva, kona	lateral, angle	Lateral Angle
Parivritta Parsvakonasana	Parivritta, parsva, kona	tourné, lateral, angle	Revolved, lateral, angle
Prasarita Padottanasana	Prasarita, pada, Uttana	écarté, pied, intense (Flexion en avant)	Spread, foot, intense (Forward Fold)
Parsvottanasana	parsvo, Uttana	côté, intense (Flexion en avant un peid en arrière)	Side, intense (Forward Fold one foot back)
Utkatasana	Utka	Chaise	Chair
Virabhadrasana A, B, C (ou 1, 2, 3)	Virabhadra	Guerrier	Warrior
Virāsana	Vira	Héros	Hero
Supta Virāsana	Supta, Vira	sur le dos, héros	reclined, hero
Dandasana	Danda	Bâton	Staff, stick
Paschimottanasana	Paschima, Uttana	Ouest (en avant), intense	West (forward), intense
Purvottanasana	Purva, Uttana	Est (en arrière), Intense	East (back), Intense
Trianga Mukahaipada Paschimottanasana	Tri, Anga, Mukha, Eka, Pada, Paschima, Uttana	trois, membre, visage, pied, ouest, intense	three, limbs, face, foot, west, intense
Janu Sirsasana	Janu, Sirsa	genoux, tête	Knee, head
Marichyasana A,B,C	Marichi	un sage (son nom)	a sage (his name)
Navāsana	Nava	bateau	boat
Badha Konāsana	Badha, kona	lié, angle	bound, angle
Supta Badha Konāsana	Supta, Badha, kona	sur le dos, lié, angle	reclined, bound, angle
Upavishta Konāsana	Upavishta, kona	assis, angle	seated, angle
Setu Bandhasana	Setu, Bandha	pont, contraction	Bridge, contraction
Shalabhasana	Shalabha	Sauterelle	Locust
Bhekasana	Bheka	grenouille	frog
Bakasana	Baka	grue	Crane
Dhanurasana	Dhanura	arc	bow
Urdvha Dhanurasana	Urdvha Dhanura	inversé, arc (la roue)	Upside down arc (Wheel)
Parsva Dhanurasana	parsva, Dhanura	tourné, arc	Side, bow
Ustrasana	Ustra	chameau	camel
Pincha Mayurasana	Pincha, Mayura	plume, paon	feather, peacock
Adho Mukha Vrksasana	Adho, Mukha, Vrksa	vers le bas, visage, main (posture sur les mains)	downward, facing, hands (handstand)
Gomukhasana	Gomukha	Tête de la vache	Cow face
Sirsana	Sirsa	Tête	Head
Salamba Sarvangasana	Salamba, sarva, anga	Supporté, tout, corps (posture sur les épaules)	Supported, all, body (shoulder stand)
Halāsana	Hala	Charrue	Plow
Matsyasana	Matsya	poisson	Fish
Padmasana	Padma	Lotus	Lotus
Ardha Padmasana	Ardha, Padama	Demi, Lotus	Half, Lotus
Viparita Karani	Viparita Karani	Lac, heureux (les jambes au mur)	Happy, lake (legs up the wall)
Savasana	Sava	Cadavre	Corpse