

**Le Sanskrit Traduit: un guide / Sankrit Translated: a guide**

<b>La Posture en Sanskrit</b>	<b>Pronounce</b>	<b>Sanskrit</b>	<b>Français</b>	<b>English</b>
Adho Mukha Svanasana	<i>AH-doh MOO-kah shva-NAH-san</i>	Adho, Mukha, Svana	vers le bas, visage, chien	downward, facing, dog
Adho Mukha Vrksasana	<i>AH-doh MOO-kah veer-AH-san</i>	Adho, Mukha, Vrksa	vers le bas, visage, arbre	downward, facing, tree
Anjaneyasana	<i>AHN-jan-nay-AH-san</i>	Anjani	la mère de Hanuman (le fente croissante)	mother of Hanuman (crescent lunge)
Ardha Chandrasana	<i>ar-dah chan-DRAHS-anna</i>	Ardha, Chandra	demie, lune	half moon
Ardha Padmasana	<i>ar-dah pod-MAHS-anna</i>	Ardha, Padama	demi, lotus	half, lotus
Ardha Uttanasana	<i>ar-dah oot-tan-AH-san</i>	Ardha, Ut, Tan	demie, intense, étiré	half, intense, stretch
Asana	<i>AH-san</i>	Asana	posture	pose
Ashta Chandrasana	<i>ash-TAH chahn-DRAH-san</i>	Ashta, Chandra	fente haute ou fente en croissant	high lunge or crescent lunge
Baddha Konasana	<i>BAH-DAH cone-AH-san</i>	Badha, kona	lié, angle	bound, angle
Bakasana	<i>ba-KAHS-ah-nuh</i>	Baka	grue	crane
Balāsana	<i>bah-LAH-san</i>	Bala	enfant	child
Bharadvajasana	<i>bah-ROD-va-JAH-san</i>	Bharadvaja	le nom d'un sage (des Vedas)	the name of a sage (from the Vedas)
Bhekasana	<i>Bhey-Kah-Sana</i>	Bheka	grenouille	frog
Chaturanga Dandasana	<i>chah-tuur-ANGH-uh dahn-DAHS-uh-nuh</i>	Chat, Anga, Danda	quatre, membres, bâton (la planche bas)	four, limbs, staff (low Plank)
Dandasana	<i>dun-DAH-san</i>	Danda	bâton	staff, stick
Dhanurasana	<i>dah-nur-AHS-ah-nuh</i>	Dhanura	arc	bow
Garudasana	<i>gah-rue-DAH-sanah</i>	Garuda	aigle	eagle
Gomukhasana	<i>go-moo-KHAH-sah-nah</i>	Gomukha	tête de la vache	cow face
Halāsana	<i>hah-LAHS-anna</i>	Hala	charrue	plow
Hasta Padangusthasana	<i>ha-stah PAH-DAHN-goos-TAH-sah-nah</i>	Hasta, Pada, Agustha	main, pied, gros orteil	hand, foot, big toe
Janu Sirsasana	<i>JAH-new shear-SHAH-san</i>	Janu, Sirsa	genoux, tête	knee, head
Marichyasana A,B,C	<i>mah-REE-chee-AH-san</i>	Marichi	un sage (son nom)	a sage (his name)
Matsyasana	<i>mot-see-AHS-anna</i>	Matsya	poisson	fish

<b>Le Sanskrit Traduit: un guide / Sankrit Translated: a guide</b>				
<b>La Posture en Sanskrit</b>	<b>Pronounce</b>	<b>Sanskrit</b>	<b>Français</b>	<b>English</b>
Navasana	<i>nah-VAHS-ah-na</i>	Nava	bateau	boat
Padmasana	<i>pod-MAHS-anna</i>	Padma	lotus	lotus
Parivrtta Ardha Chandrasana	<i>par-ee-vrit-tah are-dah chan-DRAHS-anna</i>	Parivrtta, Ardha, Chandra	tourné, demi, lune	revolved half moon
Parivrtta Parsvakonasana	<i>par-ee-vrit-tah parsh-vah-co-NAH-san</i>	Parivrtta, Parsva, Kona	tourné, lateral, angle	revolved, lateral, angle
Parivrtta Trikonasana	<i>par-ee-vrit-tah trik-co-NAH-san</i>	Parivrtta, Tri, Kona	tourné, trois, angle	revolved, three, angle
Parsva Dhanurasana	<i>Parsh-vah-don-your-AHS-anna</i>	parsva, Dhanura	côté, arc	side, bow
Parsva Hasta Padasana	<i>pars-vah HAS-tah pa-DAH-san</i>	Parsva, Hasta, Pada	côté, main, pied	side, hand, foot
Utthita Parsvakonasana	<i>oo-TEE-tah parsh-wah-cone-AHS-anna</i>	Utthita ,Parsva, Kona	étiré, lateral, angle	stretched, side, angle
Parsvottanasana	<i>parsh-voh-tahn-AH-san</i>	Parsva, Ut, Tan	côté, intense, étirement	side, intense, stretch
Paschimottanasana	<i>PASH-ee-moh-tan-AH-san</i>	Paschima, Ut, Tan	ouest/avant, intense, étirement	west/front, intense, stretch
Phalakasana	<i>fall-ack-AH-san</i>	Phalaka	planche	plank
Pincha Mayurasana	<i>peen-cha my-yur-ah-SAHN-nuh</i>	Pincha, Mayura	plume, paon	feather, peacock
Prasarita Padottanasana	<i>pra-sa-REE-tah pah-doh-tahn-AH-san</i>	Prasarita, Pada, Ut, Tan	écarté, pied, intense, étirement	spread, foot, intense, stretch
Purvottanasana	<i>PUR-voh-tah-NAH-san</i>	Purva, Uttana	est/dos, Intense	east/back, Intense
Salamba Sarvangasana	<i>SAH-lahm-buh sar-vahn-GAHS-ah-nuh</i>	Salamba, Sarva, Anga	supporté, tout, corps	Supported, all, body
Savasana	<i>sha-VAH-suh-nah</i>	Sava	cadavre	cadaver
Setu Bandhasana	<i>SEY-tu-BAHN-duh sahr-vahng-GAHS-ah-nuh</i>	Setu, Bandha	pont, contraction	bridge, contraction
Shalabhasana	<i>sha-la-BAH-san</i>	Shalabha	sauterelle	locust
Sirsasana	<i>shear-SHAHS-anna</i>	Sirsa	tête	head
Sukhasana	<i>suk-HAS-anna</i>	Sukha	facile	easy
Supta Baddha Konasana	<i>soup-tah BAH-DAH cone-AH-san</i>	Supta, Baddha, Kona	sur le dos, lié, angle	reclined, bound, angle
Supta Marichyasana	<i>soop-tah mah-REE-chee-AH-san</i>	Supta, Marichi	couché sur le dos, rayon de lumière ou Alexander Twist	supine, ray of light or Alexander Twist
Supta Padangusthasana	<i>soop-TAH pad-an-goosh-TAHS-anah</i>	Supta, Pada, Agustha	sur le dos, pied, gros orteil	reclined, foot, big toe

**Le Sanskrit Traduit: un guide / Sankrit Translated: a guide**

<b>La Posture en Sanskrit</b>	<b>Pronounce</b>	<b>Sanskrit</b>	<b>Français</b>	<b>English</b>
Supta Virasana	<i>soup-tah veer-AH-san</i>	Supta, Vira	couché, héro	reclining, hero
Tadasana	<i>ta-DAH-san</i>	Tada	montagne	mountain
Trianga Mukhaikapada	<i>tree-AWN-guh moo-KA-eh-ka-paw-duh POSH-ee -moh tun AWS ah-nah</i>	Tri, Anga, Mukha, Eka, Pada	trois, membre, visage, pied, ouest	three, limbs, face, foot, west
Upavistha Konasana	<i>oo-pah-VEESH-tah cone-AH-san</i>	Upavistha, Kona	assis, angle	seated, angle
Upavistha Konasana	<i>oo-pah-VEESH-tah cone-AH-san</i>	Upavistha, Kona	assis, angle	seated, angle
Urdhva Dhanurasana		Urdhva Dhanura	vers le haut, arc (la roue)	upward, arc (wheel)
Urdhva Mukha Svanasana	<i>OORD-vah MOO-kah shva-NAH-san</i>	Urdhva, Mukha, Svana Vers	le haut, visage, chien	upward, facing, dog
Ustrasana	<i>ooh--shtrAH-sa-n</i>	Ustra	chameau	camel
Utkatasana	<i>OOT-kah-TAH-san</i>	Utka	féroce, chaise	fierce/chair
Uttanasana	<i>OOT-tan-AH-san</i>	Utta	intense (flexion en avant)	intense (forward fold)
Utthita Hasta Padangustasana	<i>oo-TEE-tah HAS-tah pa-DAH-san</i>	Utthita, Hasta, Pada, Angusta	étiré, main, pied, gros orteil	stretched, hand, foot, big toe
Utthita Parsvakonasana	<i>oo-TEE-tah parsh-vah-co-NAH-san</i>	Utthita, Parsva, Kona	étiré, côté, kona	extended, side, angle
Utthita Trikonasana	<i>oo-TEE-tah trik-co-NAH-san</i>	Utthita, Tri, Kona	étiré, trois, angle	stretched, three, angle
Viparita Karani	<i>vip-par-ee-tah car-AHN-ee</i>	Viparita Karani	lac, heureux	happy, lake
Virabhadrasana 1, 2, 3	<i>VEER-ah-bha-DRAS-anna</i>	Virabhadra	guerrier 1, 2, 3	warrior 1, 2, 3
Virasana	<i>veer--Ah--sa--na</i>	Vira	héros	hero