



Glossary of Terms

Term	Description
Viniyoga	The tradition of yoga passed down from the great yogi Krishnamacharya and his son T.K.V. Desikachar. A form of Hatha yoga.
Sanskrit	classical Indian language
Yoga	To join
Asana	Postures - the physical poses of yoga.
Ujjayi	Controlled breathing (Ocean breath)
AK	Short for "Abyantara Kumbhaka" - the pause at the end of the inhale
Pranayama	"Prana" - energy / life force "ayama" stretch / extend / control Pranayama is therefore breathing often practiced at end of class to control our life force.
Namaste	The gesture is an acknowledgement of the soul in one by a soul in another. "nama" to bow; "as" means I; "te" means to you, therefore "I bow to you".
Sthira	Steadiness / connected
Sukha	Comfort / ease
Bahavana	literally means "development" or "cultivating" - description or instruction used to help develop or deepen the yoga
Brahmana	Energising yoga often featuring opening postures – from Ayurvedic Principles
Langhana	Reducing / calming - practice often features closing in postures again from Ayurvedic principles.
Bandhas	To lock, to hold or to tighten
Mula	'root' lock - Contraction of lower pelvic floor.
Uddiyana	'to fly up' - Pulling in and up of navel
Jalandhara	'throat' lock - forming a double chin!
Ayurveda	Ancient system of medicine - sister beliefs to yoga.
Mrigi Mudra	Hand position used in Pranayama where index and middle finger are bent towards palm.
Anuloma	"anu" = with; "loma" hair - this therefore means, with the hair / with the grain. Opposite is "viloma".
Drishti	(view or gaze) is a specific focal point that is employed during while holding an asana.
Agni	Ayurvedic thinking of fire in belly. We need to stoke this fire to get rid of waste.
Patanjali	The ancient yoga sage who wrote the Yoga Sutra's over 1700 years ago.
Yoga Sutras	A core yoga text, written by Patanjali, telling us how to practice yoga and live our lives made up of 195 verses (sutras) or words of wisdom.