

Book of Yogasanas



For Personal Practice

Patanjali's Astanga Yoga (Eight Limbs of Yoga)

1. **Yama:** Ethical precepts governing social interactions.

ahimsa	non-violence
satya	truthfulness
asteya	non-stealing
brahmacharaya	control of sensual pleasures
aparigraha	freedom from covetousness

2. **Niyama:** Ethical precepts governing personal observances.

saucha	cleanliness
santosa	contentment
tapas	discipline
svadhyaya	self-study
Isvara-pranidhana	surrender

3. **Asana:** Postures (poses) to bring health and create harmony between body and mind.

4. **Pranayama:** The art of breathing, brings introspection and spiritual awareness.

5. **Pratyahara:** Withdrawing of the senses from the external to the internal.

6. **Dharana:** Uninterrupted concentration upon on a single point.

7. **Dhyana:** Expanding concentration from one point to encompass the whole.

8. **Samadhi:** Transcending state where consciousness is absorbed into the soul.

A good reference for understanding the philosophy and how it fits in with the practice of asanas is *The Tree of Yoga*, by B.K.S. Iyengar, Shambhala Publications, Inc., Mass., 1988

Invocation to Patanjali

Comments by Geeta Iyengar on chanting these verses before class or practice:

"We chant so that at the very beginning that feeling of sanctification comes from inside, with the feeling of surrendering oneself, because nothing can be learned in this world unless you have the humility to learn. So the moment you think of the Lord at the beginning of doing a practice, you know that you are very small in front of that greatest soul. Once that is understood then the other problems which always arise while practicing, mainly concerned with the ego, will be affected. You know that you are "coming down" to learn something. And you can't learn anything unless you come down; if you think you are on the top and you know everything, then you are not a learner at all. In that sense, the chanting helps."



yogena cittasya padena vacam
(yo-gay-nuh chih-tah-syuh pah-day-nuh vah-chahm)

By yoga, the mind; by a word,
the speech;

malam sarirasya ca vaidyakena
(mah-lahm shah-ree-rah-syuh chuh vy-dyuh-kay-nuh)

impurity of the body by medicine

yopakarottam pravaram muninam
(yo-pah kar-oh-tahm prah-vah-rahm moo-nee-nahm)

to the one who has removed that,
of the lineage of the sages,

patanjalin pranjaliranato'smi
(pah-tahn-jah-lim prahn-jah-lee-rah-nah-to-smee)

to Patanjali, with hands to the heart,
head bowed, I am bowed down

abahu purusakaram
(ah-bah-hoo poo-roo-shah-kar-ahm)

he is one whose arms extend down
to the knees, human in form,

sankha cakrasi dharinam
(shahn-kah chah-krah-see dar-ee-nahm)

a conch, discus and sword holding

sahasra sirasam svetam
(sah-hah-srah sheer-ah-sahm shvay-tahm)

thousand headed, he is white
in color,

pranamami patanjalin
(prah-nuh-mah-mee pah-tahn-jah-lim)

I bow down to that Patanjali.

Intro Level



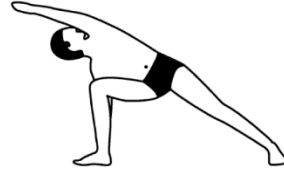
Tadasana
Mountain



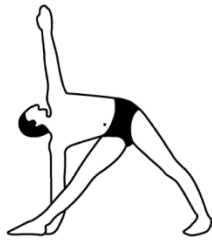
Vrksasana
Tree



Virabhadrasana II
Warrior 2



Utthita Parsvakonasana
Extended Side Angle



Utthita Trikonasana
Extended Triangle



Ardha Chandrasana
Half Moon



Parsvottanasana
Side Intense Stretch



Parivrtta Trikonasana
Revolved Triangle

Intro Level



Utkatasana
Powerful



Virabhadrasana I
Warrior 1



Padangusthasana
Big Toe



Prasarita Padottanasana
Spread Legs Intense Stretch



Adho Mukha Svanasana
Downward Facing Dog



Urdhva Hasta
Upward Arms



Baddhanguliyasana
Bound Fingers



Gomukhasana
Cow Face

Intro Level



Paschima Namaskar
Western Prayer



Virasana
Hero



Dandasana
Staff



Baddha Konasana
Bound Angle



Upavistha Konasana
Seated Angle



Janu Sirsasana
Head of the Knee



Paschimottasana
Intense Stretch of the West



Urdhva Mukha Svanasana
Upward Facing Dog

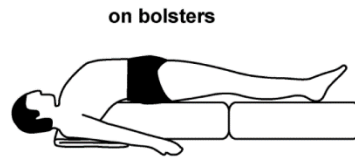
Intro Level



Bharadvajasana
Twist of the Sage Bharadvaja



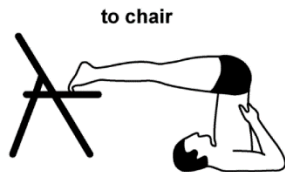
Chatush Padasana
Four Legged



Setu Bandha Sarvangasana
Supported Bridge All Limb



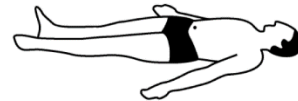
Viparita Karani
Inverted Lake



Ardha Halasana
Half Plough



Salamba Sarvangasana
Supported All Limb
(Shoulderstand)



Savasana
Corpse