

## 42 Sanskrit Yoga Asanas

- [Sarvangasana](#) = The whole body
- [Utthita](#) = Raised up, extended, stretched.
- [Parsva](#) = Lateral, side
- [Nava](#) = Boat
- [Danda](#) = Staff
- [Kona](#) = Angle
- [Mala](#) = Wreath
- [Svana](#) = Dog
- [Supta](#) = Sleeping, lying down
- [Urdhva](#) = Upward
- [Ut](#) = Intensity
- [Parsarita](#) = Spread/stretched out
- [Pachima](#) = West
- [Pada](#) = Foot or leg
- [Karna](#) = Ear
- [Angusta](#) = Big Toe
- [Muhka](#) = Face
- [Ardha](#) = Half
- [Sava](#) = Corpse
- [Tan](#) = Stretch, extend, lengthen
- [Parivrtta](#) = Turned around, revolved,
- [Janu](#) = Knee
- [Sirsa](#) = Head
- [Baddha](#) = Caught, restrained, bound
- [Padma](#) = Lotus
- [Eka](#) = One
- [Upavistha](#) = Seated
- [Karna](#) = Ear
- [Salamba](#) = With support
- [Hasta](#) = Hand
- [Parsva](#) = Side or flank
- [Niralamba](#) = Without support
- [Hala](#) = Plough
- [Mayura](#) = Peacock
- [Ubhaya](#) = Both
- [Go](#) = Cow
- [Paripurna](#) = Entire or complete
- [Bhujangasana](#) = Serpent
- [Chatur](#) = Four
- Ariga = Limb or part of
- [Vatayanasana](#) = Horse
- [Garuda](#) = Eagle

