

Yoga-āsana's

āsana	posture	āsana	āsana (n) = houding, zetel √ ās = zitten
adhomukha	downward facing	adhas-mukha-	adhas (ind.) = naar beneden mukha (n) = gezicht
adhomukhamatsyāsana	downward facing fish posture	adhas-mukha-matsya-āsana	adhas (ind.) = naar beneden mukha (n) = gezicht matsya (m) = vis
adhomukhaśvānāsana	downward facing dog posture	adhas-mukha-śvāna-āsana	adhas (ind.) = naar beneden mukha (n) = gezicht śvāna (m) = hond
adhomukhavṛkṣāsana	downward facing tree posture	adhas-mukha-vṛkṣa-āsana	adhas (ind.) = naar beneden mukha (n) = gezicht vṛkṣa (m) = boom
ākaraṇadhanurāsana	towards ear bow posture	ā-karṇa-dhanus-āsana	ā (ind.) = naar karṇa (m) = oor dhanus (n) = boog
ākuñcanāsana	bending posture	ākuñcana-āsana	ākuñcana (m/f/n) = buigend
anantāsana	sleeping Viṣṇu posture, endless posture	ananta-āsana	ananta (m) = de slang waarop Viṣṇu rust (lett.: de oneindige)
ardha	half	ardha	ardha (m/f/n) = half
ardhabaddhapadma-pāścimottānāsana	half bound lotus back stretched-out posture	ardha-baddha-padma-pāścima-uttāna-āsana	ardha (m/f/n) = half baddha (m/f/n) = gebonden padma (m/n) = lotus pāścima (m/f/n) = achterwaarts uttāna (m/f/n) = uitgestrekt
ardhabaddha-padmottānāsana	half-bound lotus stretched-out posture	ardha-baddha-padma-uttāna-āsana	ardha (m/f/n) = half baddha (m/f/n) = gebonden padma (m/n) = lotus uttāna (m/f/n) = uitgestrekt
ardhacakrāsana	half wheel posture	ardha-cakra-āsana	ardha (m/f/n) = half cakra (n) = wiel
ardhacandrāsana	half moon posture	ardha-candra-āsana	ardha (m/f/n) = half candra (m) = maan
ardhadhanurāsana	half bow posture	ardha-dhanus-āsana	ardha (m/f/n) = half dhanus (n) = boog
ardhamatsyendrāsana	half lord of the fishes posture, half-fish lord posture	ardha-matsya-indra-āsana	ardha (m/f/n) = half matsyendra = Matsyendra (yogaleraar) matsya (m) = vis indra (m) = heer
ardhanāvāsana	half boat posture	ardha-nāva-āsana	ardha (m/f/n) = half nāva, nau (f) = boot
ardhaśalabhāsana	half locust posture	ardha-śalabha-āsana	ardha (m/f/n) = half śalabha (m) = sprinkhaan
ardhaśvānāsana	half dog posture	ardha-śvāna-āsana	ardha (m/f/n) = half śvāna (m) = hond
aṣṭāvakrāsana	eight-angle posture	aṣṭāvakra-āsana	aṣṭāvakra (m) = Aṣṭāvakra (wijze) aṣṭa, aṣṭā (num.) = acht

			vakra (n) = <i>buiging</i>
baddha	bound	baddha	baddha (m/f/n) = gebonden
baddhahastaśīrṣāsana	<i>bound hand-head posture</i>	baddha-hasta-śīrṣa-āsana	baddha (m/f/n) = <i>gebonden</i> hasta (m) = <i>hand</i> śīrṣa (n) = <i>hoofd</i>
baddhakoṇāsana	<i>butterfly, bound-angle posture, auspicious posture</i>	baddha-koṇa-āsana	baddha (m/f/n) = <i>gebonden</i> koṇa (m) = <i>hoek</i>
baddhakoṇaśīrṣāsana	<i>bound angle head posture</i>	baddha-koṇa-śīrṣa-āsana	baddha (m/f/n) = <i>gebonden</i> koṇa (m) = <i>hoek</i> śīrṣa (n) = <i>hoofd</i>
baddhapadmāsana	<i>bound lotus posture</i>	baddha-padma-āsana	baddha (m/f/n) = <i>gebonden</i> padma (m/n) = <i>lotus</i>
bakāsana	<i>crane posture</i>	baka-āsana	baka (m) = <i>kraanvogel</i>
bālāsana	<i>child's posture</i>	bāla-āsana	bāla (m) = <i>kind</i>
bhairavāsana	<i>formidable posture</i>	bhairava-āsana	bhairava (m/f/n) = <i>verschrikkelijk</i> bhairava (m) = <i>vorm van Śiva</i>
bharadvājāsana	<i>sage posture</i>	bharadvāja-āsana	bharadvāja (m) = <i>Bharadvāja (wijze)</i> bharat (m/f/n) = <i>dragende</i> vāja (m) = <i>kracht, snelheid</i>
bhekāsana	<i>frog posture</i>	bheka-āsana	bheka (m) = <i>kikker</i>
bhujaṅgāsana	<i>cobra posture, serpent posture, snake posture</i>	bhujaṅga-āsana	bhujaṅga (m) = <i>slang, cobra</i> bhujam (m/f/n) = <i>gekromd</i> ga (m/f/n) = <i>gaande</i>
bhujāpīḍāsana	<i>arm pressure posture</i>	bhuja-āpīḍa-āsana	bhuja (m) = <i>arm</i> āpīḍa (m) = <i>druk</i>
cakorāsana	<i>partridge posture</i>	cakora-āsana	cakora (m) = <i>patrijs (Griekse)</i>
cakrabandhāsana	<i>wheel lock posture</i>	cakra-bandha-āsana	cakra (n) = <i>wiel</i> bandha (m) = <i>verbinding</i>
cakrāsana	<i>wheel posture</i>	cakra-āsana	cakra (n) = <i>wiel</i>
cakravākāsana	<i>cat, ruddy goose posture</i>	cakravāka-āsana	cakravāka (m) = <i>(rode) bergeend</i>
caturaṅgadanḍāsana	<i>four limb stick (staff) posture, plank</i>	catur-aṅga-daṇḍa-āsana	catur (num.; m/f/n) = <i>vier</i> aṅga (n) = <i>lichaamsdeel</i> daṇḍa (m) = <i>stok, staf</i>
catuspādapīṭham	<i>four legs seat</i>	catur-pāda-pīṭham	catur (num.; m/f/n) = <i>vier</i> pāda (n) = <i>been</i> pīṭha (n) = <i>bank, zitplaats</i>
daṇḍāsana	<i>stick (staff) posture</i>	daṇḍa-āsana	daṇḍa (m) = <i>stok, staf</i>
dhanurāsana	<i>bow posture</i>	dhanus-āsana	dhanus (n) = <i>boog</i>
digāsana	<i>airplane, direction posture</i>	dig-āsana	diś (f) = <i>richting</i>
durvāsāsana	<i>Durvasa posture</i>	durvāsa-āsana	durvāsa (m) = <i>Durvāsa (wijze)</i>
dviastabhujāsana	<i>two hand arm posture</i>	dvi-hasta-bhujāsana	dvi (num.; m/f/n) = <i>twee</i> hasta (m) = <i>hand</i> bhujā (m) = <i>arm</i>
dvipāda	two legs	dvi-pāda	dvi (num.; m/f/n) = twee pāda (n) = been
dvipādakaunḍinyāsana	<i>two-legged Kaundinya posture</i>	dvi-pāda-kaunḍinya-āsana	dvi (num.; m/f/n) = <i>twee</i> pāda (n) = <i>been</i> kaunḍinya (m) = <i>Kaunḍinya (wijze)</i>
dvipādapīṭham	<i>two legged seat</i>	dvi-pāda-pīṭham	dvi (num.; m/f/n) = <i>twee</i> pāda (n) = <i>been</i> pīṭha (n) = <i>bank, zitplaats</i>

dvipādaśīrṣāsana	<i>two-legged head posture</i>	dvi-pāda-śīrṣa-āsana	dvi (num.; m/f/n) = twee pāda (n) = been śīrṣa (n) = hoofd
dvipādaviparīta-daṇḍāsana	<i>two-legged inverted staff (stick) posture</i>	dvi-pāda-viparīta-daṇḍa-āsana	dvi (num.; m/f/n) = twee pāda (n) = been viparīta (m/f/n) = omgekeerd daṇḍa (m) = stok, staf
ekahastabhujāsana	<i>one hand-arm posture</i>	eka-hasta-bhuja-āsana	eka (num.; m/f/n) = één hasta (m) = hand bhuja (m) = arm
ekapāda	one leg	eka-pāda	eka(num.; m/f/n) = één pāda (n) = been
ekapāda-ūrdhavadhanurāsana	<i>one-legged upward-facing bow posture</i>	eka-pāda-ūrdhva-dhanus-āsana	ūrdhva (m/f/n) = opwaarts dhanus (n) = boog
ekapādabakāsana	<i>one-legged crane posture</i>	eka-pāda-baka-āsana	baka (m) = kraanvogel
ekapādagālāvāsana	<i>one-legged Galava posture</i>	eka-pāda-gālava-āsana	gālava (m) = Gālava (wijze)
ekapādakaunḍinyāsana	<i>one-legged Kaundinya posture</i>	eka-pāda-kaunḍinya-āsana	kaunḍinya (m) = Kaunḍinya (wijze)
ekapāda-rājapotaśana	<i>one-legged king pigeon posture</i>	eka-pāda-rāja-kapota-āsana	rājapota (m) = koningsduif rājan (m) = koning kapota (m) = duif
ekapādāsana	<i>one-legged posture</i>	eka-pāda-āsana	
ekapādasarvāṅgāsana	<i>one-legged shoulderstand</i>	eka-pāda-sarva-aṅga-āsana	sarvāṅga (n) = het hele lichaam sarva (m/f/n) = alle aṅga (n) = lichaamsdeel
ekapādasetubandha-sarvāṅgāsana	<i>one-legged bridge posture in shoulder stand</i>	eka-pāda-setu-bandha-sarva-aṅga-āsana	setu (m) = brug bandha (m) = verbinding ¹ sarvāṅga (n) = het hele lichaam
ekapādaśīrṣāsana	<i>one-legged head posture, leg behind the head posture</i>	eka-pāda-śīrṣa-āsana	śīrṣa (n) = hoofd
ekapāda-ūrdhavadhanurāsana	<i>one-legged upward-facing bow posture, one-legged upward bow posture</i>	eka-pāda-ūrdhva-dhanus-āsana	dhanus (n) = boog
ekapādaviparīta-daṇḍāsana	<i>one-legged inverted staff (stick) posture</i>	eka-pāda-viparīta-daṇḍa-āsana	viparīta (m/f/n) = omgekeerd daṇḍa (m) = stok, staf
gālāvāsana	<i>Galava posture</i>	gālava-āsana	gālava (m) = Gālava (wijze)
gaṇḍabheruṇḍāsana	<i>... posture</i>	gaṇḍa-bheruṇḍa-āsana	gaṇḍabheruṇḍa (m) = tweehoofdige adelaar gaṇḍa (m) = kaak, zijkant gezicht bheruṇḍa (m/f/n) = verschrikkelijk
garbhapiṇḍāsana	<i>womb-ball posture</i>	garbha-piṇḍa-āsana	garbha (m) = baarmoeder piṇḍa (m) = bol, embryo
garuḍāsana	<i>eagle posture</i>	garuḍa-āsana	garuḍa (m) = adelaar, mythische vogel
gheraṇḍāsana	<i>Gheranda posture</i>	gheraṇḍa-āsana	gheraṇḍa (m) = Gheraṇḍa (wijze) ²
godhāpīṭham	<i>alligator posture</i>	godhā-pīṭham	godhā (f.) = alligator, leguaan pīṭha (n) = bank, zitplaats

¹ De aanduiding setubandha wordt m.n. gebruikt voor de constructie van de brug van Zuid-India naar Sri Lanka door Hanuman en zijn helpers (in de *Rāmāyana*).

² Hij is de auteur van de *Gheraṇḍa-Samhitā*, een van de drie klassieke teksten van hatha yoga.

gomukhāsana	<i>cow-face posture</i>	go-mukha-āsana	go (f.) = <i>koe</i> mukha (n) = <i>gezicht</i>
gorakṣāsana	<i>cowherd posture</i>	go-rakṣa-āsana	go (f.) = <i>koe</i> rakṣa (m) = <i>bewaker</i>
halāsana	<i>plow posture</i>	hala-āsana	hala (m) = <i>ploeg</i>
haṁsāsana	<i>swan posture</i>	haṁsa-āsana	haṁsa (m) = <i>zwaan, wilde gans</i>
hanumānāsana	<i>Hanuman posture, front split</i>	hanumān-āsana	Hanumat (m) = <i>Hanuman, de aapgod.</i>
jānuśīrṣāsana	<i>head-to-knee posture, knee-head posture</i>	jānu-śīrṣa-āsana	jānu (n) = <i>knie</i> śīrṣa (n) = <i>hoofd</i>
jaṭharaparivartanāsana	<i>revolved belly posture</i>	jaṭhara-parivartana-āsana	jaṭhara (n) = <i>buik</i> parivartana (m/f/n) = <i>gedraaid</i>
kākāsana	<i>crow posture</i>	kāka-āsana	kāka (m) = <i>kraai</i>
kālabhairavāsana	<i>Lord Kālabhairava's posture</i>	kāla-bhairava-āsana	kālabhairava (m) = <i>Kālabhairava, de donkerblauwe Śiva</i> kāla (m/f/n) = <i>zwart, donkerblauw</i> bhairava (m) = <i>vorm van Śiva</i>
kandāsana	<i>knot posture</i>	kanda-āsana	kanda (m) = <i>knoop, zwellend</i>
kapilāsana	<i>Kapila posture</i>	kapila-āsana	kapila (m) = <i>Kapila (wijze)</i>
kapiñjalāsana	<i>kapiñjala posture</i>	kapiñjala-āsana	kapiñjala (m) = <i>grijs patrijs</i> ³
kapotāsana	<i>pigeon posture</i>	kapota-āsana	kapota (m) = <i>duif</i>
kāraṇḍavāsana	<i>Himalayan goose posture</i>	kāraṇḍava-āsana	kāraṇḍava (m) = <i>meerkoet, Himalaya gans</i>
karnāpīḍāsana	<i>knee-to-ear posture, ear-pressure posture</i>	karnā-āpīḍa-āsana	karnā (m) = <i>oor</i> āpīḍa (m) = <i>druk, pressie</i>
kaśyapāsana	<i>Kaśyapa posture</i>	kaśyapa-āsana	kaśyapa (m) = <i>Kaśyapa (wijze)</i>
krauñcāsana	<i>heron posture</i>	krauñca-āsana	krauñca (m) = <i>reiger</i>
kukkuṭāsana	<i>rooster posture</i>	kukkuṭa-āsana	kukkuṭa (m) = <i>haan</i>
kūrmāsana	<i>turtle posture, tortoise posture</i>	kūrma-āsana	kūrma (m) = <i>schildpad</i>
laghuvajrāsana	<i>light thunderbolt posture</i>	laghu-vajra-āsana	laghu (m/f/n) = <i>licht (van gewicht)</i> vajra (m) = <i>donderkeil</i> ⁴
lolāsana	<i>pendant posture, dangling posture</i>	lola-āsana	lola (m/f/n) = <i>heen en weer bewegend</i>
mahāmudrā	<i>great seal</i>	mahā-mudrā	mahā (ind.) = <i>groot</i> mudrā (f) = <i>zegel, handhouding</i>
makarāsana	<i>sea animal posture</i>	makara-āsana	makara (m) = <i>zeemonster (haai, dolfijn, krokodil)</i> ⁵
mālāsana	<i>garland posture, necklace posture, squat</i>	mālā-āsana	mālā (f) = <i>bloemenkrans</i>
maṇḍalāsana	<i>circle posture</i>	maṇḍala-āsana	maṇḍala (n) = <i>cirkel</i>
marīcyāsana	<i>Marichi posture</i>	marīci-āsana	marīci (m) = <i>Marīci (wijze)</i> ⁶ marīci (m/f) = <i>lichtstraal</i>
matsyāsana	<i>fish posture</i>	matsya-āsana	matsya (m) = <i>vis</i>
mayūrāsana	<i>peacock posture, elbow balance</i>	mayūra-āsana	mayūra (m) = <i>pauw</i>
muktahastaśīrṣāsana	<i>freehand headstand posture, freed hand-head posture</i>	baddha-hasta-śīrṣa-āsana	mukta (m/f/n) = <i>bevrijd</i> hasta (m) = <i>hand</i> śīrṣa (n) = <i>hoofd</i>

³ Deze vogel zou van regendruppels leven.

⁴ De vajra is het wapen van de dondergod Indra.

⁵ De makara is het rijdier van god Varuṇa.

⁶ Hij is een van de zonen van Brahman.

mūlabandhāsana	<i>root lock posture, ankle-twist posture</i>	mūla-bandha-āsana	mūla (n) = wortel bandha (m) = verbinding
nabhyāsana	<i>boat posture</i>	nābhi-āsana	nābhi (f) = navel
nāgāsana	<i>cobra, snake, serpent posture</i>	nāga-āsana	naga, nāga (m) = slang
nakrāsana	<i>crocodile posture</i>	nakra-āsana	nakra (m) = krokodil
naṭarājāsana	<i>Lord of the dance posture</i>	naṭa-rāja-āsana	naṭarāja (m) = de dansende Śiva naṭa (m) = danser rājan (m) = koning
nāvāsana	<i>boat posture</i>	nāva-āsana	nāva, nau (f) = boot
nirālambasarvāṅgāsana	<i>unsupported shoulderstand</i>	nis-ālamba-sarva-aṅga-āsana	nis (ind.) = zonder ālamba (m) = ondesteuning sarvāṅga (n) = het hele lichaam sarva (m/f/n) = alle aṅga (n) = lichaamsdeel
pāda	leg	pāda	pāda (n) = been
pādahastāsana	<i>foot-to-hand forward bend, hands-and-feet posture, foot-hand posture</i>	pāda-hasta-āsana	hasta (m) = hand
pādāṅguṣṭha-dhanurāsana	<i>foot to fingers forward bow bend?</i>	pāda-aṅguṣṭha-dhanus-āsana	pāda-aṅguṣṭha (n) = grote teen aṅguṣṭha (n) = grote teen, duim dhanus (n) = boog
pādāṅguṣṭhāsana	<i>foot to fingers forward bend, big toe posture</i>	pāda-aṅguṣṭha-āsana	pāda-aṅguṣṭha (n) = grote teen aṅguṣṭha (n) = grote teen, duim
padmamayūrāsana	<i>lotus peacock posture</i>	padma-mayūra-āsana	padma (m/n) = lotus mayūra (m) = pauw
padmāsana	<i>lotus posture</i>	padma-āsana	padma (m/n) = lotus
parighāsana	<i>gate posture, beam posture</i>	parigha-āsana	parigha (m) = sluitboom van een poort
paripūrṇa-matsyendrāsana	<i>complete lord of the fishes posture</i>	paripūrṇa-matsya-indra-āsana	paripūrṇa = helemaal vol, volledig matsyendra = Matsyendra (yogaleraar) matsya (m) = vis indra (m) = heer
paripūrṇanāvāsana	<i>complete boat posture</i>	paripūrṇa-nāva-āsana	paripūrṇa = helemaal vol, volledig nāva, nau (f) = boot
parivṛtta	revolved	parivṛtta	parivṛtta (m/f/n) = gedraaid
parivṛttārdhacandrāsana	<i>revolved half moon posture</i>	parivṛtta-ardha-candra-āsana	ardha (m/f/n) = half candra (m) = maan
parivṛttasiddhāsana	<i>revolved inspired seer posture, crossed-legs twist</i>	parivṛtta-siddha-āsana	siddha (m) = heilige
parivṛttaikapāda-śīrṣāsana	<i>revolved leg behind the head posture</i>	parivṛtta-eka-pāda-śīrṣa-āsana	eka (num.; m/f/n) = één pāda (n) = been śīrṣa (n) = hoofd
parivṛttajānuśīrṣāsana	<i>revolved head-to-knee posture</i>	parivṛtta-jānu-śīrṣa-āsana	jānu (n) = knie śīrṣa (n) = hoofd
parivṛtta-pārśvakoṇāsana	<i>revolved side-angle posture</i>	parivṛtta-pārśva-koṇa-āsana	pārśva (n) = flank, zijkant koṇa (m) = hoek
parivṛtta-pāścimottānāsana	<i>revolved back stretched out posture</i>	parivṛtta-pāścima-uttāna-āsana	pāścima (m/f/n) = achterwaarts uttāna = uitgestrekt
parivṛttārdha-candrāsana	<i>revolved half-moon posture</i>	parivṛtta-ardha-candra-āsana	ardha (m/f/n) = half candra (m) = maan

parivṛttatrikoṇāsana	<i>revolved triangle posture</i>	parivṛtta-tri-koṇa-āsana	trikoṇa (n) = <i>driehoek</i> tri (num.; m/f/n) = <i>drie</i> koṇa (m) = <i>hoek</i>
parivṛttopaviṣṭa-koṇāsana	<i>revolved seated angle posture</i>	parivṛtta-upaviṣṭa-koṇa-āsana	upaviṣṭha (m/f/n) = <i>gezeten</i> parśva (n) = <i>flank</i> koṇa (m) = <i>hoek</i>
pārśva	side	pārśva	pārśva (n) = <i>flank, zijkant</i>
pārśvabakāsana	<i>side crane posture</i>	pārśva-baka-āsana	baka (m) = <i>kraanvogel</i>
pārśvadhanurāsana	<i>side bow posture</i>	pārśva-dhanus-āsana	dhanus (n) = <i>boog</i>
pārśvahalāsana	<i>side plow posture</i>	pārśva-hala-āsana	hala (m) = <i>ploeg</i>
pārśvaikapāda-sarvāṅgāsana	<i>one legged sideways shoulderstand</i>	pārśva-eka-pāda-sarva-aṅga-āsana	eka (num.; m/f/n) = <i>één</i> pāda (n) = <i>been</i> sarvāṅga (n) = <i>het hele lichaam</i> sarva (m/f/n) = <i>alle</i> aṅga (n) = <i>lichaamsdeel</i>
pārśvaikapāda-śīrṣāsana	<i>sideways one leg headstand</i>	pārśva-eka-pāda-śīrṣa-āsana	eka (num.; m/f/n) = <i>één</i> pāda (n) = <i>been</i> śīrṣa (n) = <i>hoofd</i>
pārśvakukkuṭāsana	<i>side rooster posture</i>	pārśva-kukkuṭa-āsana	kukkuṭa (m) = <i>haan</i>
pārśvapiṇḍāsana	<i>side fetus posture, side ball posture</i>	pārśva-piṇḍa-āsana	piṇḍa (m) = <i>bol, embryo</i> daṇḍa (m) = <i>stok, staf</i>
pārśvasarvāṅgāsana	<i>side shoulder stand</i>	pārśva-sarva-aṅga-āsana	sarvāṅga (n) = <i>het hele lichaam</i> sarva (m/f/n) = <i>alle</i> aṅga (n) = <i>lichaamsdeel</i>
pārśvaśīrṣāsana	<i>side headstand posture</i>	pārśva-śīrṣa-āsana	śīrṣa (n) = <i>hoofd</i>
pārśva-upaviṣṭakoṇāsana	<i>seated side-angle posture</i>	pārśva-upaviṣṭa-koṇa-āsana	upaviṣṭha (m/f/n) = <i>gezeten</i> koṇa (m) = <i>hoek</i>
pārśva-ūrdhva-padma-āsana	<i>side upward lotus posture</i>	pārśva-ūrdhva-padma-āsana	ūrdhva (m/f/n) = <i>opwaarts</i> padma (m/n) = <i>lotus</i>
pārśvavīrāsana	<i>sideways hero's posture</i>	pārśva-vīra-āsana	pārśva (n) = <i>flank (zijwaarts)</i> vīra (m) = <i>held</i> śīrṣa (n) = <i>hoofd</i>
pārśvottānāsana	<i>side stretch posture, side-stretched out posture</i>	pārśva-uttāna-āsana	uttāna (m/f/n) = <i>uitgestrekt</i>
parvatāsana	<i>mountain posture</i>	parvata-āsana	parvata (m) = <i>berg</i>
paryāṅkāsana	<i>couch posture, bed posture</i>	paryāṅka-āsana	paryāṅka (m) = <i>bed, sofa</i>
pāśāsana	<i>noose posture</i>	pāśa-āsana	pāśa (m) = <i>lus, band</i>
paścimottānāsana	<i>west stretch posture, back stretched-out posture</i>	paścima-uttāna-āsana	paścima (m/f/n) = <i>achterwaarts, westelijk</i> uttāna (m/f/n) = <i>uitgestrekt</i>
piñchamayūrāsana	<i>feathered peacock posture, elbow balance</i>	piñcha-mayūra-āsana	piñcha, piccha (n) = <i>staartveer</i> mayūra (m) = <i>pauw</i>
piṇḍāsana	<i>fetus posture, ball posture</i>	piṇḍa-āsana	piṇḍa (m) = <i>bol, embryo</i>
prasāritapādottānāsana	<i>wide-angle standing forward bend, spread-leg stretched-out posture</i>	prasārita-pāda-uttāna-āsana	prasārita (m/f/n) = <i>gespreid</i> pāda (n) = <i>been</i> uttāna (m/f/n) = <i>uitgestrekt</i>
pūrvottānāsana	<i>east stretch posture, front stretched-out posture</i>	pūrva-uttāna-āsana	pūrva (m/f/n) = <i>voorwaarts, oostelijk</i> uttāna (m/f/n) = <i>uitgestrekt</i>

rājapota	<i>king pigeon posture</i>	rāja-kapota-āsana	rājapota (m) = koningsduif rājan (m) = koning kapota (m) = duif
ṛcīkāśana	<i>Ricika posture</i>	ṛcīka-āsana	ṛcīka (m) = <i>Ṛcīka</i> (wijze)
śalabhāsana	<i>locust posture</i>	śalabha-āsana	śalabha (m) = <i>sprinkhaan</i>
sālambasarvāṅgāsana	<i>shoulder stand, supported shoulder stand</i>	sa-ālamba-sarva-aṅga-āsana	sālamba (m/f/n) = <i>als steun hebbend</i> sa (ind.) = met ālamba (m) = <i>steun, support</i> sarvāṅga (n) = <i>het hele lichaam</i> sarva (m/f/n) = <i>alle</i> aṅga (n) = <i>lichaamsdeel</i>
sālambaśīrṣāsana	<i>head balance</i>	sa-ālamba-śīrṣa-āsana	sālamba (m/f/n) = <i>als steun hebbend</i> śīrṣa (n) = <i>hoofd</i>
samakoṇāsana	<i>equal angle posture, side split</i>	sama-koṇa-āsana	sama (m/f/n) = <i>gelijk, even</i> koṇa (m) = <i>hoek</i>
samasthiti	<i>equal standing</i>	sama-sthiti	sama (m/f/n) = <i>gelijk, even</i> sthiti (f) = <i>het stevig staan, het rechtop staan</i>
ṣaṇmukhamudrā	<i>six faced seal</i>	ṣaṣ-mukha-mudrā	ṣaṇmukha (n) = <i>de zes gezichten hebbende (Śiva)</i> ṣaṣ (num.) = <i>zes</i> mukha (n) = <i>gezicht</i> mudrā (f) = <i>zegel, handhouding</i>
ṣaṇmukhīmudrā	<i>six faced seal</i>	ṣaṣ-mukhī-mudrā	ṣaṇmukhī (f) = <i>de zes gezichten hebbende (Kumārī)</i> mudrā (f) = <i>zegel, handhouding</i>
sarvāṅgāsana	<i>shoulder stand, all-limb posture</i>	sarva-aṅga-āsana	sarvāṅga (n) = <i>het hele lichaam</i>
śavāsana	<i>corpse posture, dead posture</i>	śava-āsana	śava (m) = <i>lijk</i>
śayanāsana	<i>relaxing posture</i>	śayana-āsana	śayana (m/f/n) = <i>rustende</i>
setubandhāsana	<i>bridge posture, bridge-building posture</i>	setu-bandha-sarva-aṅga-āsana	setu (m) = <i>brug</i> bandha (m) = <i>verbinding</i>
setubandhasarvāṅgāsana	<i>bridge posture in shoulder stand</i>	setu-bandha-sarva-aṅga-āsana	setu (m) = <i>brug</i> bandha (m) = <i>verbinding</i> ⁷ sarvāṅga (n) = <i>het hele lichaam</i>
siddhāsana	<i>accomplished posture</i>	siddha-āsana	siddha (m) = <i>heilige</i> siddha (m/f/n) = <i>volbracht, bereikt</i>
śīrṣāsana	<i>lion posture</i>	śīrṣa-āsana	śīrṣa (m) = <i>leeuw</i>
śīrṣapādāsana	<i>foot to head posture</i>	śīrṣa-pāda-āsana	śīrṣa (n) = <i>hoofd</i> pāda (n) = <i>been</i>
śīrṣāsana	<i>headstand posture</i>	śīrṣa-āsana	śīrṣa (n) = <i>hoofd</i>
skandāsana	<i>Skanda posture</i>	skanda-āsana	skanda (m) = <i>Skanda, de oorlogsgod</i> ⁸
sukhāsana	<i>easy posture, comfortable posture, tailor's posture, cross-legged posture</i>	sukha-āsana	sukha (m/f/n) = <i>aangenaam, gemakkelijk</i> sukha (n) = <i>geluk</i>
supta	<i>supine, reclining</i>	supta	supta (m/f/n) = <i>op de rug liggende</i>
supta-ūrdhva-pādavajrāsana	<i>sleeping raised foot thunderbolt posture</i>	supta-ūrdhva-pāda-vajra-āsana	ūrdhva (m/f/n) = <i>opwaarts</i> pāda (n) = <i>been</i>

⁷ De aanduiding *setubandha* wordt m.n. gebruikt voor de constructie van de brug van Zuid-India naar Sri Lanka door Hanuman en zijn helpers (in de *Rāmāyana*).

⁸ Hij was de zoon van Śiva en Pārvatī.

			vajra (m) = <i>donderkeil</i> ⁹
suptabaddhakoṇāsana	<i>reclining (supine) bound angle posture</i>	supta-baddha-koṇa-āsana	baddha (m/f/n) = <i>gebonden</i> koṇa (m) = <i>hoek</i>
suptabhekāsana	<i>reclining frog posture</i>	supta-bheka-āsana	bheka (m) = <i>kikker</i>
suptadaṇḍāsana	<i>reclining staff posture</i>	supta-daṇḍa-āsana	daṇḍa (m) = <i>stok, staf</i>
suptakoṇāsana	<i>reclining-angle posture</i>	supta-koṇa-āsana	koṇa (m) = <i>hoek</i>
suptakūrmāsana	<i>reclining turtle posture, supine-tortoise posture</i>	supta-kūrma-āsana	kūrma (m) = <i>schildpad</i>
suptapādāṅguṣṭhāsana	<i>reclining big-toe posture</i>	supta-pāda-aṅguṣṭha-āsana	pāda-aṅguṣṭha (n) = <i>grote teen</i> pāda (n) = <i>been</i> aṅguṣṭha (n) = <i>grote teen, duim</i>
suptatrivikramāsana	<i>reclined three steps posture, supine split</i>	supta-tri-vikrama-āsana	tri (num.; m/f/n) = <i>drie</i> vikrama (m) = <i>stap, schrede</i>
suptavajrāsana	<i>supine thunderbolt posture</i>	supta-vajra-āsana	vajra (m) = <i>donderkeil</i> ¹⁰
suptavīrāsana	<i>reclining hero posture</i>	supta-vīra-āsana	supta (m/f/n) = <i>achterover leunende</i> vīra (m) = <i>held</i>
sūryanamaskāra	<i>sun salutation</i>	sūryā-namas-kāra	sūrya (m) = <i>zon</i> namaskāra (m) = <i>groet</i> namas (n) = <i>buiging</i> kāra (m) = <i>werk, daad</i>
svastikāsana	<i>auspicious posture</i>	svastika-āsana	svastika (m) = <i>gelukbrengend voorwerp</i>
taḍākamudrā	<i>tank appearance</i>	taḍāka-mudrā	tāḍa (m) = <i>vijver, tank</i> mudrā (f) = <i>zegel, handhouding, houding</i>
tāḍāsana	<i>mountain posture</i>	tāḍa-āsana	tāḍa (m) = <i>berg</i>
tīryaṅmukhaikapāda-pāścimottānāsana	<i>oblique face one leg back stretched out posture</i>	tīryaṅc-mukha-eka-pāda-pāścima-uttāna-āsana	tīryaṅc (m/f/n) = <i>dwars, schuin, horizontaal, ondersteboven</i> mukha (n) = <i>gezicht</i> eka (num.; m/f/n) = <i>één</i> pāda (n) = <i>been</i> pāścima (m/f/n) = <i>achterwaarts</i> uttāna = <i>uitgestrekt</i>
tīryaṅmukhottānāsana	<i>upside down face stretched out posture</i>	tīryaṅc-mukha-uttāna-āsana	tīryaṅc (m/f/n) = <i>dwars, schuin, horizontaal, ondersteboven</i> mukha (n) = <i>gezicht</i> uttāna = <i>uitgestrekt</i>
ṭīṭṭibhāsana	<i>firefly posture</i>	ṭīṭṭibha-āsana	ṭīṭṭibha (m) = <i>wants, wandluis</i>
tolāsana	<i>scales posture, dangling posture</i>	tola-āsana	tola (m/f/n) = <i>zichzelf in evenwicht houdend, balancerend</i>
trivikramāsana	<i>standing split, three steps posture</i>	tri-vikrama-āsana	tri (num.; m/f/n) = <i>drie</i> vikrama (m) = <i>stap, schrede</i>
tryaṅgamukhaikapāda-pāścimottānāsana	<i>three parted-face one leg west stretch posture</i>	tri-aṅga-mukha-eka-pāda-pāścima-uttāna-āsana	tri (num.; m/f/n) = <i>drie</i> aṅga (n) = <i>lichaamsdeel, deel</i> mukha (n) = <i>gezicht</i> eka (num.; m/f/n) = <i>één</i> pāda (n) = <i>been</i>

⁹ De vajra is het wapen van de dondergod Indra.

¹⁰ De vajra is het wapen van de dondergod Indra.

			paścima (m/f/n) = <i>achterwaarts</i> uttāna = <i>uitgestrekt</i>
ubhaya-pādāṅguṣṭhāsana	<i>both big toes posture, buttocks balance posture, both-feet big-toe posture</i>	ubhaya-pāda-aṅguṣṭha-āsana	ubhaya (m/f/n) = <i>beide</i> pāda-aṅguṣṭha (n) = <i>grote teen</i> pāda (n) = <i>been</i> aṅguṣṭha (n) = <i>grote teen, duim</i>
upaviṣṭha koṇāsana	<i>seated-angle posture, wide-angle seated posture</i>	upaviṣṭha-koṇa-āsana	upaviṣṭha (m/f/n) = <i>gezeten</i> koṇa (m) = <i>hoek</i>
ūrdhva	upward	ūrdhva	ūrdhva (m/f/n) = opwaarts
ūrdhva daṇḍāsana	<i>upward staff posture</i>	ūrdhva-daṇḍa-āsana	daṇḍa (m) = <i>stok, staf</i>
ūrdhva dhanurāsana	<i>upward-facing bow posture, upward bow posture</i>	ūrdhva-dhanus-āsana	dhanus (n) = <i>boog</i>
ūrdhva hastāsana	<i>upward hand posture</i>	ūrdhva-hasta-āsana	hasta (m) = <i>hand</i>
ūrdhva kukkuṭāsana	<i>upward rooster posture</i>	ūrdhva-kukkuṭa-āsana	kukkuṭa (m) = <i>haan</i>
ūrdhva mukha-pāścimottānāsana	<i>upward-facing back-stretched out posture</i>	ūrdhva-mukha-pāścima-uttāna-āsana	mukha (n) = <i>gezicht</i> pāścima (m/f/n) = <i>achterwaarts</i> uttāna (m/f/n) = <i>uitgestrekt</i>
ūrdhva mukhaśvānāsana	<i>upward-facing dog posture</i>	ūrdhva-mukha-śvāna-āsana	mukha (n) = <i>gezicht</i> śvāna (m) = <i>hond</i>
ūrdhvamukhaśvānāsana	<i>upward-facing dog posture</i>	ūrdhva-mukha-śvāna-āsana	mukha (n) = <i>gezicht</i> śvāna (m) = <i>hond</i>
ūrdhva padmāsana	<i>upward lotus posture</i>	ūrdhva-padma-āsana	ūrdhva (m/f/n) = <i>opwaarts</i> padma (m/n) = <i>lotus</i>
ūrdhva prasārita-ekapādāsana	<i>one foot extending upward posture, one legged standing forward bend, standing split</i>	ūrdhva-prasārita-ekapāda-āsana	prasārita (m/f/n) = <i>gespreid</i> eka (num.; m/f/n) = <i>één</i> pāda (n) = <i>been</i>
uṣṭrāsana	<i>camel posture</i>	uṣṭra-āsana	uṣṭra (m) = <i>kameel</i>
utkaṭāsana	<i>chair posture, mighty posture</i>	utkaṭa-āsana	utkaṭa (m/f/n) = <i>opgewonden, trots</i>
utpluta	<i>upward floating</i>	utpluta	utpluta (m/f/n) = <i>drijvende</i>
utpluti	<i>flood</i>	utpluti	utpluti (f) = <i>overstroming, vloed</i>
uttānapādāsana	<i>leg lifting posture, stretched-out leg posture</i>	uttāna- pāda-āsana	uttāna (m/f/n) = <i>uitstrekkend</i> pāda (n) = <i>been</i>
uttāna-padmamayūrāsana	<i>intense stretch peacock pose</i>	uttāna-padma-mayūra-āsana	uttāna (m/f/n) = <i>uitstrekkend</i> padma (m/n) = <i>lotus</i> mayūra (m) = <i>pauw</i>
uttānāsana	<i>forward stretch</i>	uttāna-āsana	uttāna (m/f/n) = <i>uitstrekkend</i>
utthita	extended	utthita	utthita (m/f/n) = uitgestrekt
utthitahasta-pādāṅguṣṭhāsana	<i>extended hand-toe posture, extended hand-foot-big toe posture</i>	utthita-hasta-pāda-aṅguṣṭha-āsana	hasta (m) = <i>hand</i> pāda-aṅguṣṭha (n) = <i>grote teen</i> pāda (n) = <i>been</i> aṅguṣṭha (n) = <i>grote teen, duim</i>
utthitapārśvakoṇāsana	<i>extended side-angle posture</i>	utthita-pārśva-koṇa-āsana	pārśva (n) = <i>flank</i> koṇa (m) = <i>hoek</i>
utthitatrikoṇāsana	<i>extended triangle posture</i>	utthita-trikoṇa-āsana	trikoṇa (n) = <i>driehoek</i>
vajrāsana	<i>thunderbolt posture</i>	vajra-āsana	vajra (m) = <i>donderkeil</i> ¹¹
vāmadevāsana	<i>Vamadeva posture</i>	vāmadeva-āsana	vāmadeva (m) = <i>Vāmadeva (wijze)</i>

¹¹ De vajra is het wapen van de dondergod Indra.

			vāma (m/f/n) = <i>lieflijk, prachtig</i> deva (m) = <i>god</i>
vasiṣṭhāsana	<i>side plank posture</i>	vasiṣṭha-āsana	vasiṣṭha (m) = <i>Vasiṣṭha</i> (wijze) vasiṣṭha (m/f/n) = <i>beste, rijkste</i> vasu (m/f/n) = <i>goed, excellent</i>
vātāyanāsana	<i>horse posture</i>	vātāyana-āsana	vātāyana (m) = <i>paard</i>
viparīta	<i>inverted</i>	viparīta	viparīta (m/f/n) = <i>omgekeerd</i>
viparītadaṇḍāsana	<i>inverted staff posture</i>	viparīta-daṇḍa-āsana	daṇḍa (m) = <i>stok, staf</i>
viparītakaraṇī	<i>legs-up-the-wall posture, the great rejuvenator</i>	viparīta-karaṇī	karaṇī (f) = <i>actie, manier van doen</i>
viparītaśalabhāsana	<i>inverted locust posture</i>	viparīta-śalabha-āsana	śalabha (m) = <i>sprinkhaan</i>
vīrabhadrāsana	<i>warrior posture</i>	vīrabhadra-āsana	vīrabhadra (m) = <i>Vīrabhadra</i> (held) vīra (m) = <i>held</i> bhadra (m/f/n) = <i>excellent</i>
virañcyāsana	<i>Virañci's posture</i>	virañci-āsana	virañci (m) = <i>Virañci</i> (wijze)
vīrāsana	<i>hero's posture</i>	vīra-āsana	vīra (m) = <i>held</i>
viśvāmitrāsana	<i>Viśvāmitra's posture</i>	viśvā-mitra-āsana	viśvāmitra (m) = <i>Viśvāmitra</i> (wijze) viśva (m/f/n) = <i>alle</i> mitra (m) = <i>vriend</i>
vṛkṣāsana	<i>tree posture</i>	vṛkṣa-āsana	vṛkṣa (m) = <i>boom</i>
vṛścikāsana	<i>scorpion posture</i>	vṛścika-āsana	vṛścika (m) = <i>schorpioen</i>
yoga	<i>yoga</i>	yoga	yoga (m) = <i>yoga</i> (lett.: <i>verbinding</i>)
yogadaṇḍāsana	<i>yogin's staff posture</i>	yoga-daṇḍa-āsana	daṇḍa (m) = <i>stok, staf</i>
yogamudrā	<i>yogic gesture, yoga seal</i>	yoga-mudrā	mudrā (f) = <i>zegel, handhouding, houding</i>
yoganidrāsana	<i>yogic sleep posture</i>	yoga-nidrā-āsana	nidrā (f) = <i>slaap</i>

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