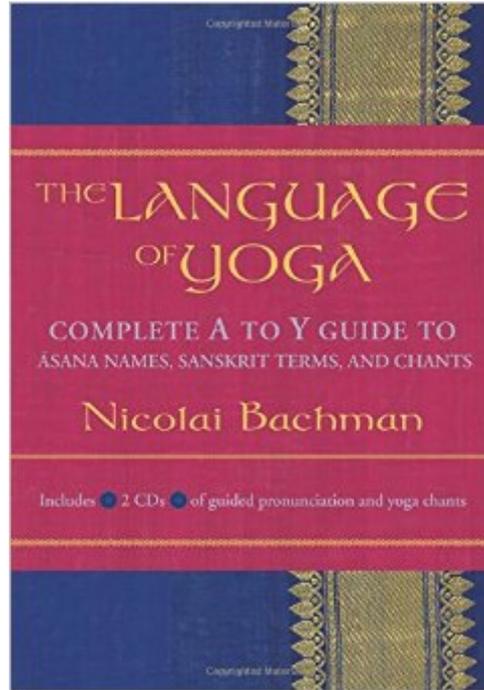


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# The Language Of Yoga: Complete A To Y Guide To Asana Names, Sanskrit Terms, And Chants



## Synopsis

Have you ever been bewildered in yoga class by the terms the teacher uses? What is the deeper meaning of these terms? How can you benefit by knowing them? For passionate and curious yoga students, *The Language of Yoga* offers the definitive A-Y of asana names and Sanskrit terms (there is no Z in Sanskrit!). This interactive set includes more than 200 asanas with illustrated yoga postures and 300 Sanskrit definitions. Sanskrit scholar Nicolai Bachman teaches you how to read and pronounce these sacred sounds with precision, and guides you through seven yoga chants with exact rhythm, tone, and pronunciation. An indispensable reference guide for any serious student of yoga.

## Book Information

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## Customer Reviews

This guide is the most complete and clearly communicated sanskrit reference for yoga that I have ever seen. I am a yoga teacher trainer and this will become my constant companion for both myself and to use in our trainings. It includes a comprehensive list of asana names and translations presented in alphabetical order with very, precise linear illustrations. This section alone is invaluable. The accompanying CD states the sanskrit term twice so that you may repeat it back and follows with the English translation (so you know the meaning of what you just said!). In addition to asana, the guide includes the sun salutation sequences, the first 3 astanga sequences, seven common mudras or hand gestures, common chants for your practice, several of the key sutras and a vast collection of yoga terms- numbers, yamas, niyamas, animals, bandhas, cakras, body parts and more. The book is very organized and easy to use. The accompanying CD is tracked allowing

you to quickly go to the section you are looking for. The best part of the CD is that you can clearly hear and understand Nicolai's rhythmic voice as well as, the female vocal accompaniment in the chants. (Many of my previous attempts at learning sanskrit were hampered by the thick accent of the translator). You can also use the book by itself or the CDs by themselves. No need to cross reference so you can play the CD anywhere and learn the language of yoga in your car or while working around the house. This book is a must for any serious yoga student or yoga teacher. It will help you quickly learn and understand the sanskrit terms used in yoga. It will also help you to pronounce sanskrit with the beauty of this most sacred and spiritual language.

If you are a Yoga teacher or serious student, this book is a must. The complete lay-out of the book along with the 2 CD's is so easy to follow. When you load the CD in the computer, you can continue to repeat the Sanskrit Asana over and over again until you have it memorized. It gives you the correct pronunciation for everything. Bill Kvistad

This book and 2 CD combination is a thorough, well-organized and illustrated guide to the language of yoga. It includes such categories as body parts, asana names, important sanskrit terms and some chants. The voice on the CD is easily understandable and you can either use the CDs with or without the guide. This reference also includes the alphabet and sanskrit terms in both original script and transliterated forms. The material in this set is easily digestible and it is spirally bound for ease of reference. In addition, it is printed on high quality paper and for the cost it is an incredible bargain. If you want to refine your pronunciation even more, then I would also pick up Sanskrit Pronunciation. This gives you even more practice and fuller explanations of transliterated Sanskrit. There is also more focus on commonly occurring philosophical terms. You can view more of my recommendations for yoga resources on my profile under my listmania lists. However, if pronunciation of Sanskrit is what you are after most likely this resource alone will give you what you need.

Nicolai taught Sanskrit for my yoga teacher training, and he's amazingly knowledgeable. This book groups sanskrit chants together and orders sanskrit words in a very common-sense manner...by mudra or body part, for example. It also lists a ton of poses alphabetically with a diagram of what the pose looks like. The accompanying CDs are the real beauty of this package. It allows you to hear the word, say it yourself, and hear it again. It's a very powerful tutorial. Should be required for all teachers and recommended for anyone who wants to understand that gibberish your yoga teacher

is talking :).-Richard

This is a great way to learn the sanskrit and pronunciation. The accompanying CD was wonderful.

I found this book/CD set to be really, really helpful in learning how to pronounce Sanskrit. I will say, though, that you do need to be seriously interested in learning the pronunciation or you'll get bored very quickly. I bought this book to help me pronounce terms I always hear in my Yoga classes, and it's been extremely helpful.

I should have read more about this book before ordering. It's just what it says it is. I ended up giving it to a woman who is studying to become a yoga instructor. It's not something a beginner would really need to have in my opinion. It just tells you how to say and read the sanskrit words. It's not the book's fault that I didn't know what it was! :) It's probably excellent for those looking for this type of reference. It doesn't tell you HOW to do the postures, or anything like that.

This has been my go-to book on Sanskrit names for yoga postures and chants for years. It is comprehensive, clear, beautifully illustrated. Postures, including the full ashtanga primary series and many more, are depicted with both English and Sanskrit names provided, so you can look up a posture by finding its visual image, or if you know the name in English or Sanskrit but want to find out what it looks like. I recommend it to any serious yoga practitioner.

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