

Many of your students ask about "yoga words" and ask what is Sanskrit, is it a different language? Please pass this on to your students and families if interested.

Sanskrit is an ancient language from India. Do you know what ancient means? Do you know where India is on the map?

Some yoga words you hear in class are Sanskrit.

The practice of yoga is more than 5,000 years old.

Asana = posture or pose It is a shape we make our bodies into.  
We pretend or use our imaginations.  
Be an animal, a plant or tree, be something in the story book.

So look at these words that end in asana:

Tada asana  
Mountain pose

Vrksa asana  
Tree pose

Trikona asana  
Triangle pose

Adho mukha svan asana  
Face downwards dog pose

Namaste = I bow to you, I show respect, greeting  
Or for young children:

"I show the light of my smile, the light of my eyes, the light of my ideas"

Yoga = yoke or join together - breath, earth and body  
Yogi or Yogini = someone who practices yoga



*Namaste,*  
*Dari Johnson 12/14/12*