



## आसनं

**asana** is a word which, in the context of [yoga](#), describes a specific fixed position of the body. Vinyasa is the movement which morphs the body from one asana to the next. In practice, specific asanas are referred to by both their sanskrit and english names, often interchangeably. While the english names often make a symbolic reference to the actual form or gesture, the sanskrit terms can be a little less accessible to us westerners.

Lucky you! We've compiled this handy quick reference for the most commonly mentioned poses:

devanagari	sanskrit	common name
शवासन	savasana	corpse pose
ताडासन	tadasana	mountain pose
उत्तानासन	uttanasana	standing forward bend
चतुरङ्गदण्डासन	catruranga dandasana	four limbed staff (aka yoga pushup, done between plank and cobra while in vinyasa)
बद्धकोणसन	badha konasana	bound angle pose / butterfly
वीरभद्रासन	virabhadrasana	warrior pose (3 available variations)
वृक्षासन	vrksasana	tree pose
नटराजासन	natarajasana	lord of the dance, shiva, dancer's balance
सूर्य नमस्ते	surya namaskara	sun salutation, the basic foundational vinyasa flow

For a comprehensive reference listing more than 100 asanas, visit [WikiPedia](#).