

Yoga A to Z

Inspired by friends and students of The Yoga Space

A asana, the third limb of yoga

B breath, to be observed in every pose

C clavicles (collarbones) which should be broadened

D downward facing dog, for strength, flexibility, vitality, and ease

E “extension is attention and expansion is awareness”...BKS Iyengar, **Light on Life**

F feet, the foundation of every standing pose

G gunas, the three qualities of nature

H hasta, Sanskrit for hand

I Iyengar, a system of yoga developed by Bellur Krishnamachar Sundararaja Iyengar (1918-2014)

J jaw, which should remain relaxed in every pose

K kumbhaka, retention of the breath after inhalation or exhalation

L **Light on Yoga** by BKS Iyengar, for instruction and inspiration

M marichyasana III, seated twist to ease backache, mobilize shoulders, and tone the abdomen

N navasana (ardha and paripurna)... Ahoy!

O Om (also spelled Aum), sacred mantra, sound, and symbol of perfection and completion

P pranayama, the fourth limb of yoga

Q quiet mind, attainable through yoga practice

R rope wall, for traction, support, and even swinging

S supta baddha konasana or surya namaskar, depending on energy level and time of day

T trapezius and triceps... release one, grip the other

U utthita trikonasana, to tone legs, strengthen ankles, relieve backache and neck pain

V virasana, for healthy knees, ankles, feet

W warrior poses, for willpower

X exhalation, which teaches surrender

Y **Yoga Sutras of Patanjali**, classical text on yoga

Z zeal (in Sanskrit, tapas)...a fiery discipline which brings purification and transformation