

## ONE HUNDRED SANSKRIT WORDS EVERY YOGI SHOULD KNOW

By Richard Rosen

The yoga tradition has a long and rich history and has developed its own special vocabulary, which is mostly expressed through Sanskrit, one of the oldest living languages on Earth. Here are 100 Sanskrit words I think every yogi should be familiar with and be able to at least briefly define. You may disagree with some of my inclusions and look for words I missed or omitted. Feel free then to make your own list. NOTE: some of the words here may be transliterated differently in the texts you read; e.g. chitta = citta; shiva = siva; vritti = vrtti.

abhinivesha	gunaguru	nirodha	shruti
abhyasa	hatha	niyama	shunyasiddhi
advaita	ida	om	smriti
ahamkara	indriya	pada	spanda
ahimsa	japa	pingala	sushumna
amrita	jiva	prajna	sutra
ananda	jnana	prana	svadhyaya
asana	kaivalya	pranayama	tamas
atman	kanda	pratyahara	tantra
avidya	karma	purusha	tapas
bandha	klesha	raga	turiya
bhakti	kosha	raja	upanishad
brahman	kriya	rajas	vach
buddhi	kundalini	rishi	vairagya
chakra	manas	sadhana	vayu
chit	mandala	sahaja	veda
chitta	mantra	samadhi	vedanta
darshana	marma	samskara	vidya
dharana	maya	samyama	vishnu
dharma	moksha	sanskrita	viveka
dhyana	mudra	sat	yama
drishti	nada	sattva	yantra
dukhha	nadi	shakti	yoga
dvandva	natha	shiva	
dvesha	neti	shraddha	