

I remember chanting with hundreds of people one evening on a full moon night waiting for the *New Year* to dawn. I was with Gurumai and the Siddhi yogis, and we sang deep into the night. I remember hearing at one point that night that chanting is the original voice. It is the voice that you hear within and without. It is a way to communicate to the Gods within and without.

Chanting brings us closer to the Divine in ourselves. The vibrations of the words define a consciousness and a meditative experience that is beyond language. It is said that chanting energizes the mind and brings joy, harmony, and contentment. These simple chants invoke power to all four corners of the universe.

Larry Schultz
Director, It's Yoga



Sun Salutations continued

चतुरंग दंडासन	Chathuranga Thundaasana Push up position	चतुर - Chatur - Four अंग - Anga - Limb दंडा - Danda - Stick, Rod
ऊर्ध्व मुख श्वानासन	Urthhva Mukha Shvanasana Upward Facing Dog	ऊर्ध्व - Urthhva - Upward मुख - Mukha - Face श्वाना - Dog
अधो मुख श्वानासन	Athho Mukha Shvanasana Downward Facing Dog	अधो - Athho - Downward
उत्कटासन	Uthkataasana Fierce Pose	उत्कटा - Uthkata - Powerful, Mighty
वीरभद्रासनम्	Virbhathrasana (A) Warrior's Pose	वीर- वरि - Warrior वीरभद्र- A warrior from Indian mythology

Standing poses, Track 3

पादांगुष्ठासनम्	Pathangushtasana Big Toe Posture	पाद -> Pada - Foot अंगुष्ठा - Angushta - Big toe
पादहस्तासनम्	Pathahasthasana Hand under Foot Posture	पाद - Pada - Foot हस्त - Hasta - Hand
उत्थित त्रिकोणासनम्	Utthitha Thrikonasana Triangle Posture	उत्थित-Utthitha- Extended त्री- Three कोण -Kona - angle
परिव्रत्त त्रिकोणासनम्	Parivrttha Thrikonasana Revolved Triangle	परिव्रत्त -Parivrttha - Revolved
उत्थित पार्श्वकोणासनम्	Utthitha Parshvakonasana Extended Side Angle Pose	उत्थित - Utthitha - Extended पार्श्व -Parshva- Side कोणा - Kona - Angle
परिव्रत्त पार्श्वकोणासनम्	Parivrttha Parshvakonasana Revolving Side Angle Pose	परिव्रत्त -Parivrttha - Revolved
प्रसारित पादोत्तानासनम् क-घ	Prasaritha Pathoathanasana (A-D) Intense Wide Leg Stretch	प्रसारित-Prasaritha - Spread out पाद - Pada - Foot उत्ताना - Intense Stretch

Finishing Poses continued

उत्प्लुति	Vtthpluthi Uprooting	उत्प्लुति - Uprooting
शवासनम्	Shavasana Corpse Pose	शव - Corpse

The Rocket, Track 4

उत्कटासन	Vthkatasana Fierce Pose	उत्कटा - Uthkata - Powerful, Mighty
अर्ध उत्कटासन	Ardha Vthkatasana Half Fierce Pose	अर्ध - Ardha - Half
बकासनम्	Bakasana Crane pose	बक - Baka-Crane
चतुरंग दंडासन	Chathuranga Thundaasana Push-up position	चतुर - Chatur - Four अंग - Anga - Limb दंडा - Danda - Stick, Rod
ऊर्ध्व मुख श्वानासन	Vrthhva Mukha Shvanasana Upward Facing Dog	ऊर्ध्व - Urthhva - Upward मुख - Mukha - Face श्वाना - Dog
अधो मुख श्वानासन	Athho Mukha Shvanasana Downward Facing Dog	अधो - Athho - Downward
वीरभद्रासनम्	Virabhadrasana A, B Warriors Pose	वीर - Vir - Warrior वीरभद्र - A warrior from Indian mythology
उत्थित त्रिकोणासनम्	Vtthitha Thrikonasana Triangle Posture	उत्थित - Utthitha - Extended त्रि - Thri - Three कोण - Kona - Angle
परिव्रत्त त्रिकोणासनम्	Parivrttha Thrikonasana Revolved Triangle	परिव्रत्त - Parivrttha - Revolved
उत्थित पार्श्वकोणासनम्	Vtthitha Parshvakonasana Extended Side Angle Pose	उत्थित - Utthitha - Extended पार्श्व - Parshva- Side कोण - Kona - Angle
परिव्रत्त पार्श्वकोणासनम्	Parivrttha Parshvakonasana Revolving Side Angle	परिव्रत्त - Parivrttha - Revolved

The Rocket continued

प्रसारित पादोत्तानासनम् क-घ	Prasaritha Pathothanasana (A-D) Intense Wide Leg Stretch	प्रसारित - Prasaritha - Spread out पाद - Pada - Foot उत्ताना - Intense Stretch
समकोणासनम्	Samakonasana Chinese Splits	सम - Sum-Equal
हनुमनसनम्	Hanumanasana Pose of the Lord Hanuman	हनुमान - Hanuman - Monkey God (Ram's greatest devotee)
पार्श्वोत्तानासानम्	Parshvotthanasana Intense Side Stretch	पार्श्व - Parshva - Side उत्ताना - Utthana - Intense Stretch
पाशासनम्	Pashasana Noose Posture	पाश - noose
पार्श्व बकासनम्	Parsva Bakasana Sideways Crane	बक - Baka- Crane
गलवासनम्	Galavasana Pose of the Sage Galava	गल - Gala-Cow
कौचासनम्	Krounchasana Heron Posture	कौच - kraunch- a heron
अष्टवक्रासनम्	Ashtavakrasana Pose dedicated to Ashtavakra	अष्ट - ashta-eight वक्र - vakra-bend अष्टवक्र - name of a sage
शलभासनम्	Shalabasana Locust Posture	शलभ - shalabh- locust
चतुरंग दंडासन	Chathuranga Thundaasana Downward Facing Dog	चतुर - Chatur - Four अंग - Anga - Limb दंडा - Danda - Stick, Rod
ऊर्ध्व मुख श्वानासन	Urthhva Mukha Shvanasana Upward Facing Dog	ऊर्ध्व - Urthhva - Upward मुख - Mukha - Face श्वाना - Dog
अधो मुख श्वानासन	Athho Mukha Shvanasana Downward Facing Dog	अधो - Attho - Downward
वीरासनम्	Virasana A, B Hero Posture	वीर - hero
भेकासनम्	Bhekasana Frog Posture	भेक - Bheka-Frog

Track 9

गायत्री मंत्र ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्	Gayathri Manthra Om Bhur Bhuva Svah Thuths Vithur Vareniyum Bhurgothevasya Dheemhi Dhiyo Yonah Prachothayath.	Mantra to Lord Gayatri Oh, Lord - Embodiment of vital spiritual energy, remover of suffering - You are effulgent like the sun. May you enlighten my intellect. May you give me wisdom.
--	---	--

Track 10

सत्यम् ज्ञानम् आनन्दम् ब्रम्हा	Sathyam Gyaanam Ananthum Brahman	Truth, Knowledge, Bliss, Absolute.
--------------------------------------	---	---------------------------------------

Track 11

ॐ नमः शिवाय	Om Namah Shivaya.	I bow down to Shiva, the Lord of Destruction. Shiva liberates through change and upheaval.
-------------	--------------------------	--

Track 12

ॐ गम् गम् गणपतये नमः ।	Om Gam, Gam Ganapathey Namah.	Invocation to Lord Ganesha, the remover of obstacles, who guards the doorway to the enlightened realms. His blessings are essential for good beginnings.
---------------------------	--	--

Track 13

ॐ नमो भगवते वासुदेवाय ।	Om Namo Bhagavathe Vasuthevaya.	Invocation to Vasudeva, the one replete with Divine virtues, the granter of liberation.
----------------------------	--	---