

Sanskrit words of syllabus

1. Asana	A. Gesture/Seal
2. Surya Namaskar	B. Mind protection
3. Mudra	C. Meditation
4. Hasta mudra	D. Flow of poses with breath
5. Pranayama	E. Observances - things to do
6. Mantra	F. Withdrawal of the senses
7. Yama	G. Concentration
8. Niyama	H. Breath control
9. Vinyasa	I. Enlightenment
10. Pratyahara	J. Hand gesture/seal
11. Dharana	K. Pose/Posture
12. Dhyana	L. Sun Salutation
13. Samadhi	M. Restraints - things not to do