

Sanskrit words of syllabus

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