August 29, 2024

MINI SANSKRIT COURSE

संस्कृतम्

Session 5

6 weeks, Thursdays from 01.08. to 05.09. at 6pm

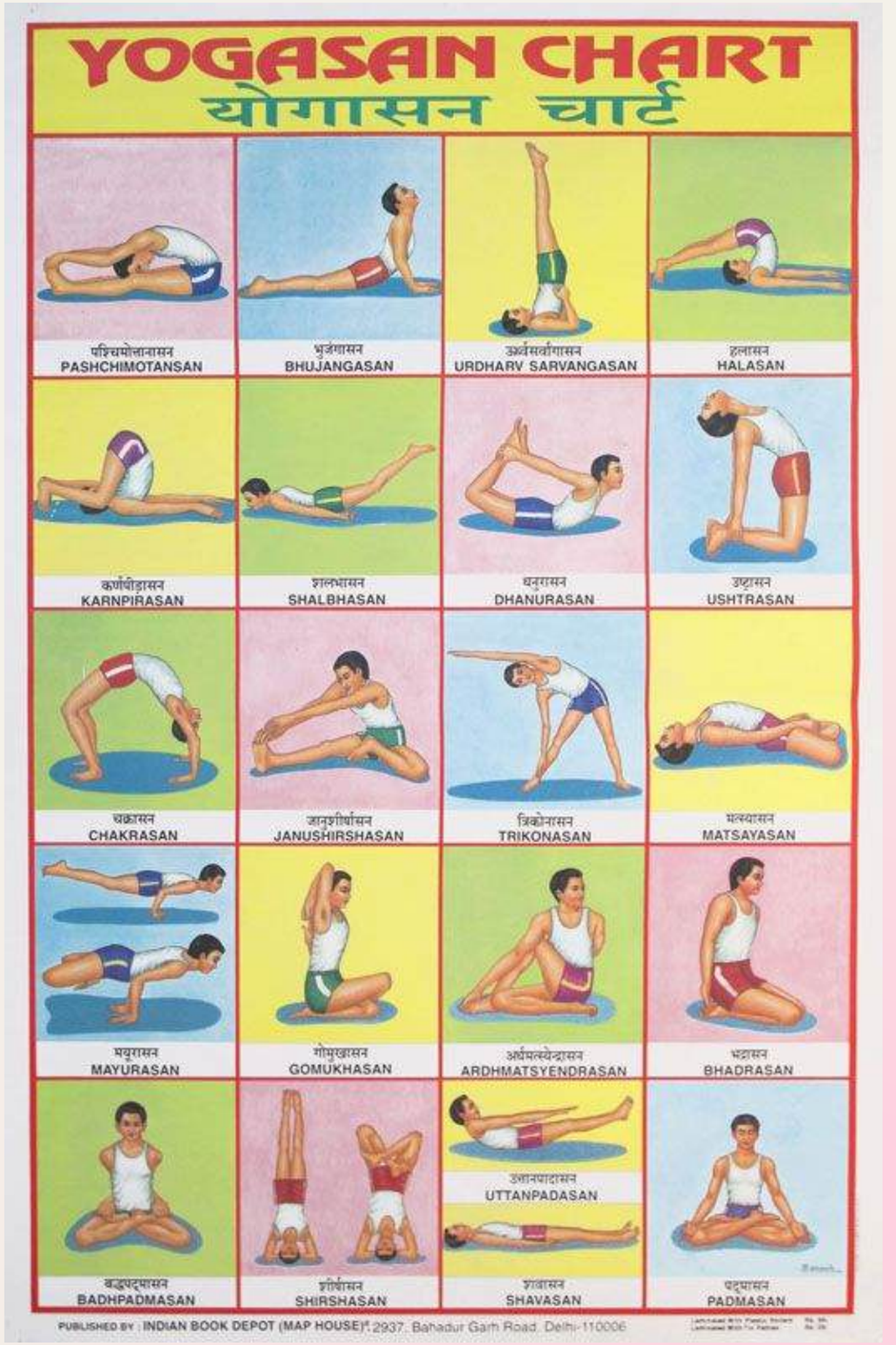
Elisa Dohmen

Religious Studies M.A.
Dru Yoga & Meditation

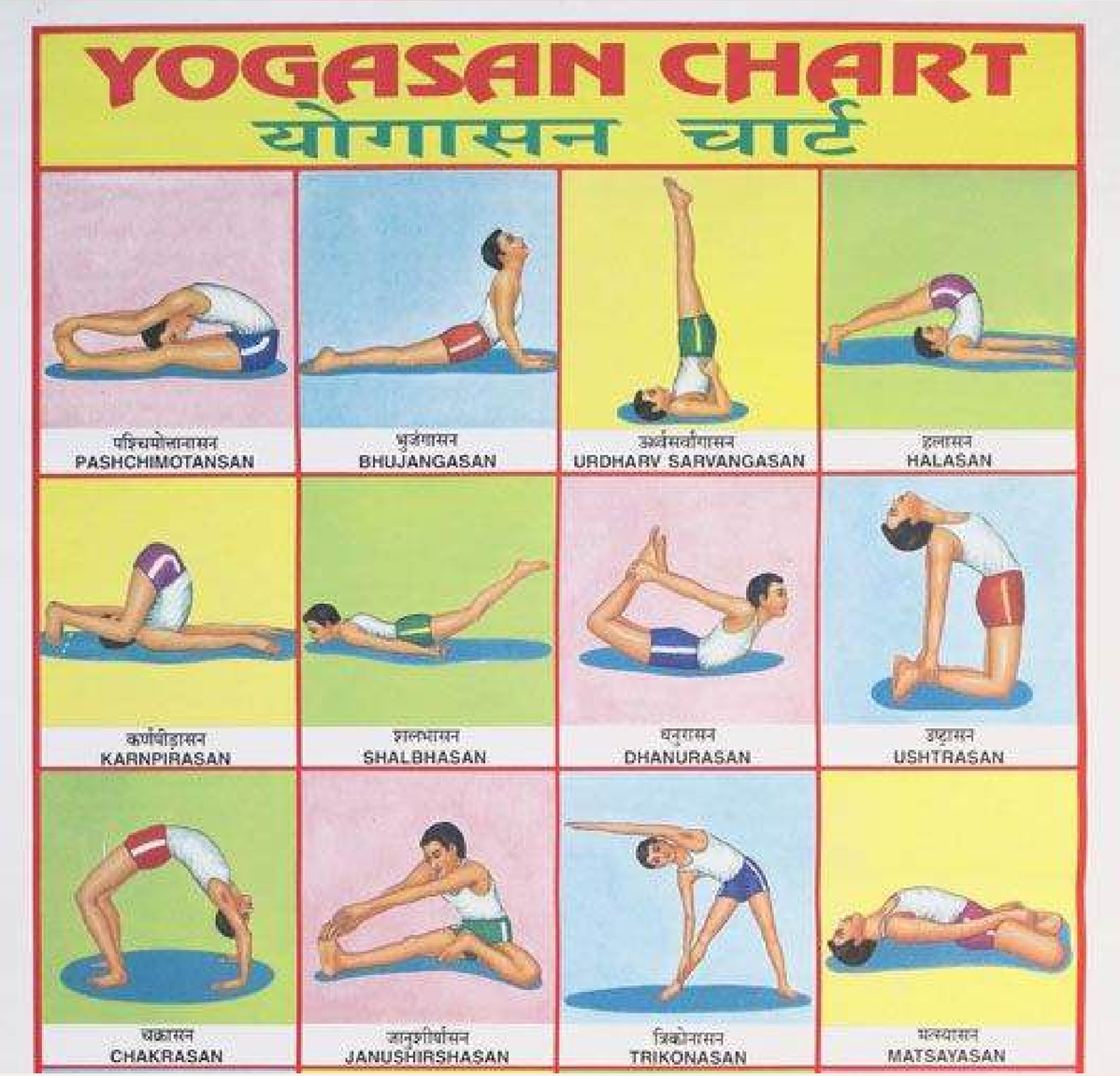
SESSION 3

- classical yoga āsanas & translations
- sandhi rules
- exercises

CLASSICAL YOGA ĀSANAS

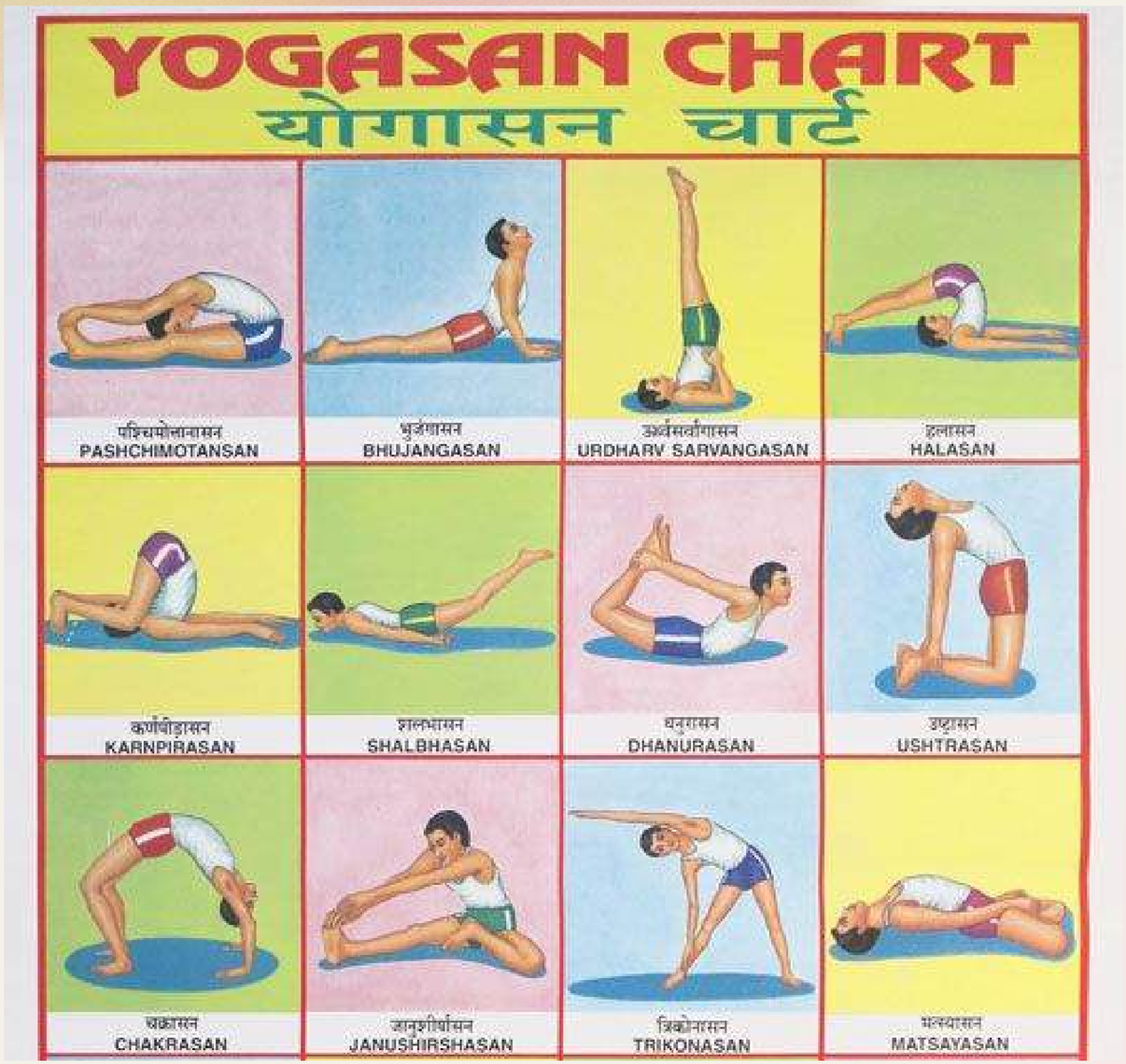


YOGA ĀSANAS



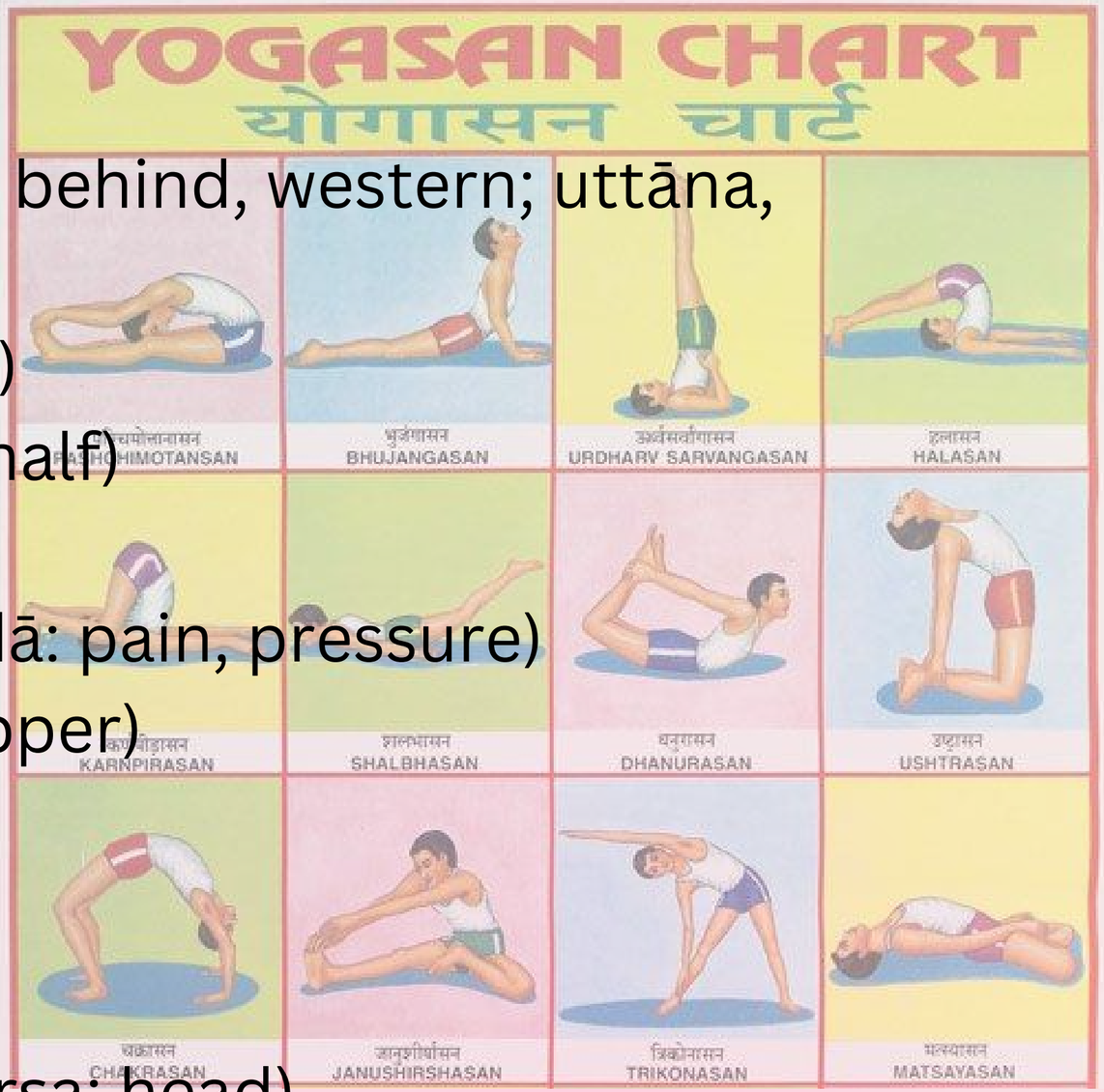
1. पश्चिमोत्तानासन paścimottānāsana
2. भुजङ्गासन
3. अर्धसर्वाङ्गासन
4. हलासन
5. कर्णपीडासन
6. शलभासन
7. धनुरासन
8. उष्ट्रासन
9. चक्रासन
10. जानुशीर्षासन
11. त्रिकोणासन
12. मत्स्यासन

YOGA ĀSANAS



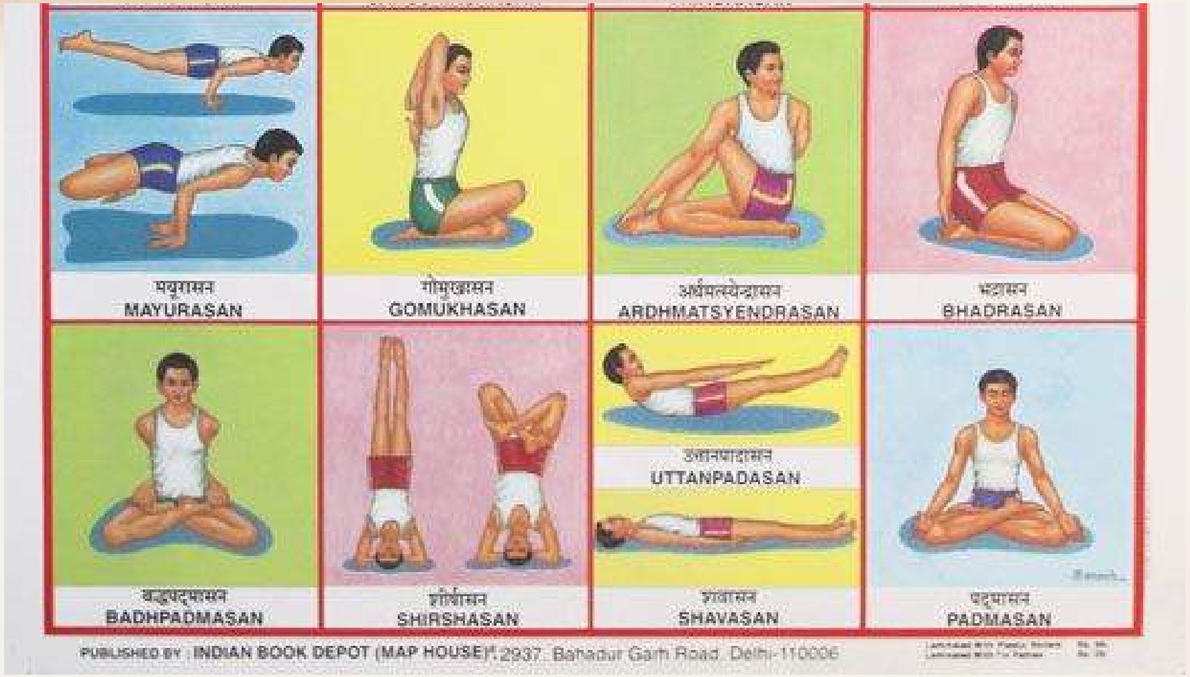
1. पश्चिमोत्तानासन paścimottānāsana
2. भुजङ्गासन bhujaṅgāsana
3. अर्धसर्वाङ्गासन ardhasarvāṅgāsana
4. हलासन halāsana
5. कर्णपीडासन karṇapīḍāsana
6. शलभासन śalabhāsana
7. धनुरासन dhanurāsana
8. उष्ट्रासन uṣṭrāsana
9. चक्रासन cakrāsana
10. जानुशीर्षासन jānuśīrṣāsana
11. त्रिकोणासन trikoṇāsana
12. मत्स्यासन matsyāsana

YOGA ĀSANAS



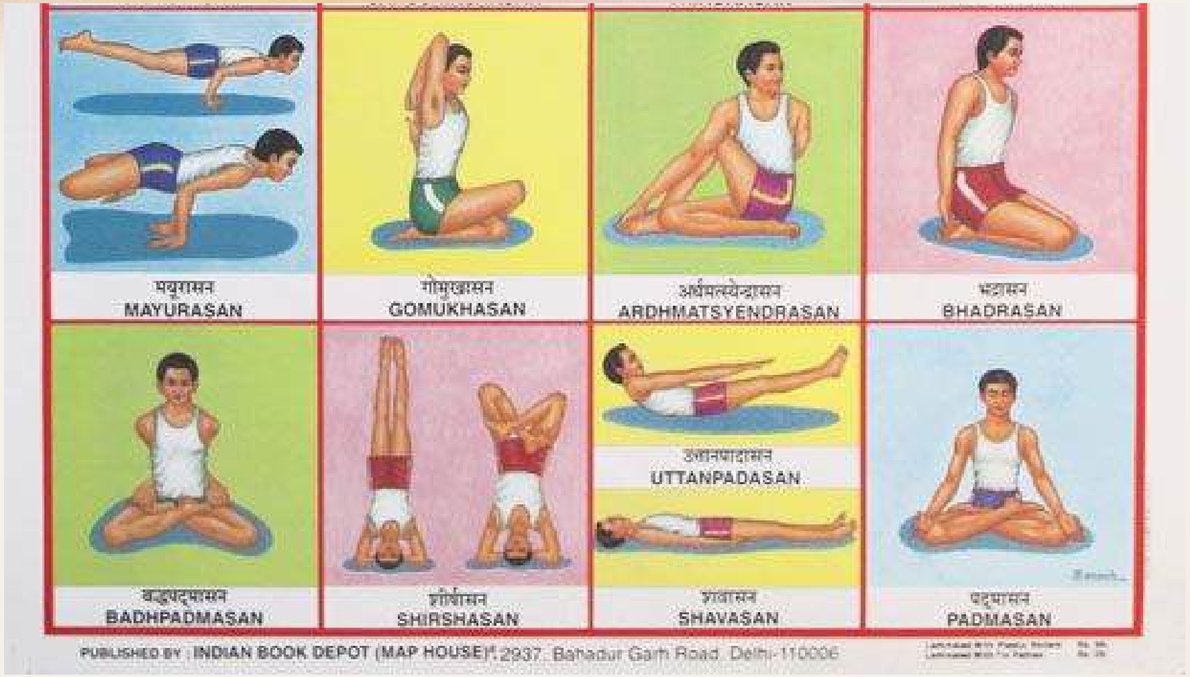
1. पश्चिमोत्तानासन paścimottānāsana (paścima: behind, western; uttāna, stretched out, āsana: posture, seat)
2. भुजङ्गासन bhujaṅgāsana (bhujaṅga: cobra)
3. अर्धसर्वाङ्गासन ardhasarvāṅgāsana (ardha: half)
4. हलासन halāsana (hala: plough)
5. कर्णपीडासन karṇapīḍāsana (karṇa: ear; pīḍā: pain, pressure)
6. शलभासन śalabhāsana (śalabha: grasshopper)
7. धनुरासन dhanurāsan (dhanus: bow)
8. उष्ट्रासन uṣṭrāsana (uṣṭra: buffalo, camel)
9. चक्रासन cakrāsana (cakra: wheel)
10. जानुशीर्षासन jānuśīrṣāsana (jānu: knee; śīrṣa: head)
11. त्रिकोणासन trikoṇāsana (trikoṇā: triangle; tri: three; koṇā, corner)
12. मत्स्यासन matsyāsana (matsya: fish)

YOGA ĀSANAS



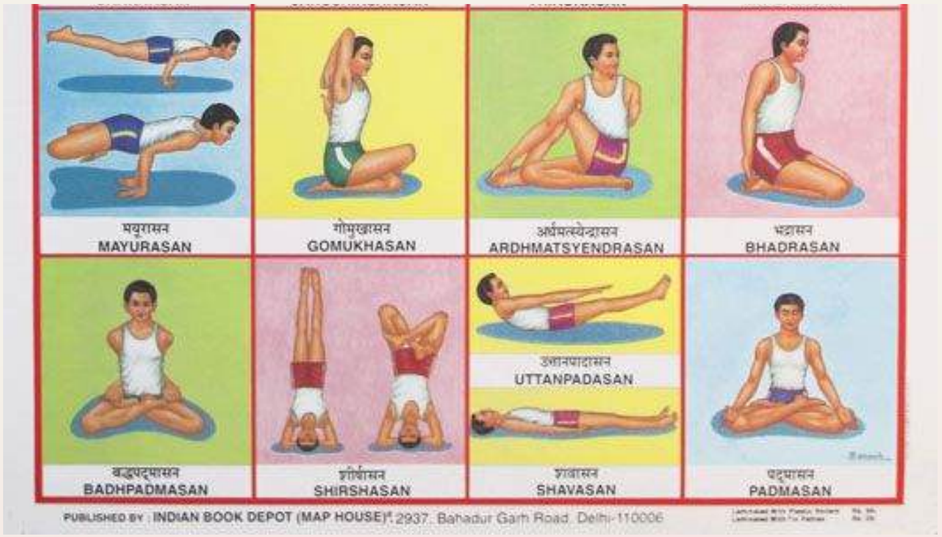
मयूरासन
गोमुखासन
अर्धमत्स्येन्द्रासन
भद्रासन
बद्धपद्मासन
शीर्षासन
शवासन
पद्मासन

YOGA ĀSANAS



मयूरासन mayūrāsana
गोमुखासन gomukhāsana
अर्धमत्स्येन्द्रासन ardhamatsyendrāsana
भद्रासन bhadrāsana
बद्धपद्मासन baddhapadmāsana
शीर्षासन śīrṣāsana
शवासन śavāsana
पद्मासन padmāsana

YOGA ĀSANAS



मयूरासन mayūrāsana (mayūra: peacock)
गोमुखासन gomukhāsana (go: cow; mukha: mouth, face)
अर्धमत्स्येन्द्रासन ardhamatsyendrāsana (ardha: half; matsya: fish; Indra: king of gods)
भद्रासन bhadrāsana (bhadra: blessed, auspicious, fortunate)
बद्धपद्मासन baddhapadmāsana (baddha: bound, tied, padma: lotus)
शीर्षासन śīrṣāsana (śīrṣa: head)
शवासन śavāsana (śava: corpse)
पद्मासन padmāsana (padma: lotus)

SANDHI

Say the following two sentences aloud:

Do you want some more chocolate?
Don’t you want some more chocolate?

SANDHI

Say the following two sentences aloud:

Do you want some more chocolate?
Don’t you want some more chocolate?

For many English speakers, there is a difference in how the first sound of the word you in these two sentences is pronounced:

combining the -t of don’t with the y- of you, the result is something like *dontchou*.

SANDHI

Or listen to how you say in between – many pronounce this as *imbetween*.
In English spelling, each word is written separately and always spelled in the same way, no matter what word follows.
This helps readers recognize the words they see on the page.
Sanskrit does this differently: rather than writing words so that they are individually recognizable straight away, Sanskrit writing marks how the pronunciation of words changes when they stand next to other words.
This has the advantage that, when we see any Sanskrit written, we know how it is to be pronounced with a much greater degree of accuracy.

SANDHI

-a + ā- = -ā-
śava + āsana:
the āsana [which is like a]
corpse (śava)

-a/ā + a/ā- = -ā-
-i/ī + i/ī- = -ī-
-u/ū + u/ū- = -ū-

-a/ā + u/ū- = -o- (dharmopadeśa = dharma + upadeśa)
-a/ā + o- = -au-
-a/ā + au- = -au-

-a/ā + i/ī- = -e- (matsyendrā = matsya + indra)
-a/ā + e- = -ai-
-a/ā + ai- = -ai-

SANDHI

Final Vowels								Initial Vowels
ă	ĭ	ŭ	ṛ	e	ai	o	au	
ā	ya	va	ra	e ’	ā a	o ’	āva	a
ā	yā	vā	rā	a ā	ā ā	a ā	āvā	ā
e	ī	vĭ	rĭ	a ĭ	ā ĭ	a ĭ	āvĭ	ĭ
o	yŭ	ū	rŭ	a ŭ	ā ŭ	a ŭ	āvŭ	ŭ
ar	yṛ	vṛ	ṝ	a ṛ	ā ṛ	a ṛ	āvṛ	ṛ
ai	ye	ve	re	a e	ā e	a e	āve	e
ai	yai	vai	rai	a ai	ā ai	a ai	āvai	ai
au	yo	vo	ro	a o	ā o	a o	āvo	o
au	yau	vau	rau	a au	ā au	a au	āvau	au

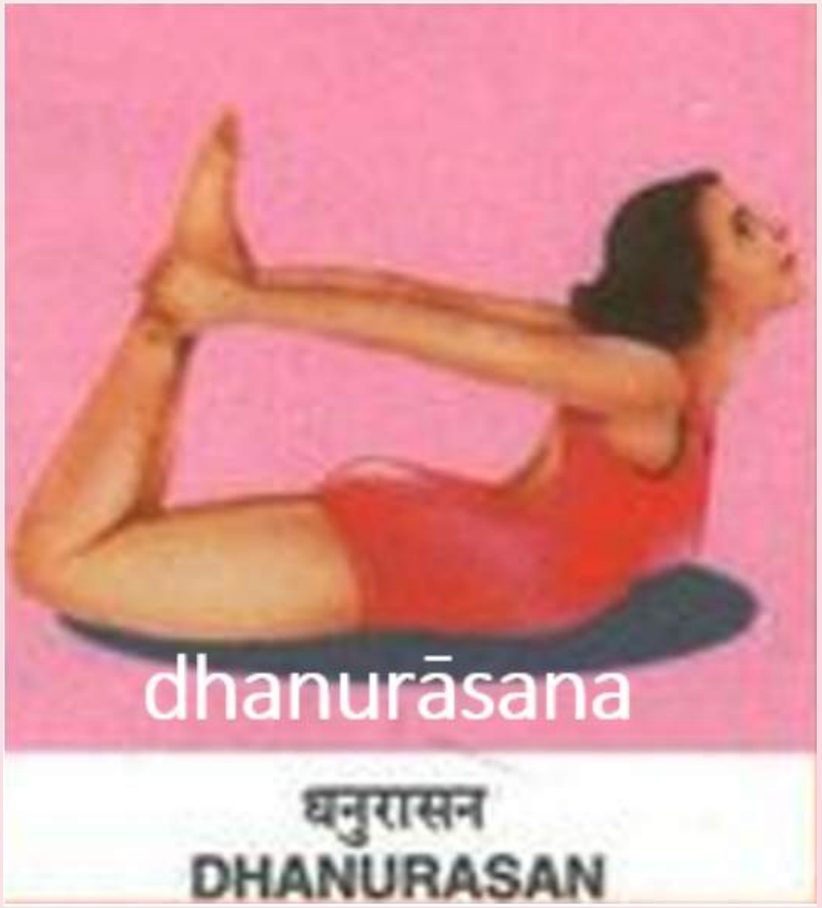
ă ĭ ŭ indicate that the short and long vowels (e.g. short ă and long ā) behave in the same way here. Shaded columns: complex vowels whose original second element is dropped before a following vowel.

SANDHI

-uḥ + ā- = -urā-

dhanuḥ + āsana = dhanurāsana

the āsana [which is like a] bow (dhanuḥ)



SANDHI

-ḥ + ā- = - rā -

dhanuḥ + āsana = dhanurāsana

the āsana [which is like a] bow (dhanuḥ)

Final sound			Initial sound of following word
ḥ	āḥ	aḥ	
ḥ	āḥ	aḥ	zero
r	ā	a[1]	vowels
ḥ	āḥ	aḥ	k/kh
r	ā	o	g/gh
ś	āś	aś	c/ch
r	ā	o	j/jh
ṣ	āṣ	aṣ	ṭ/ṭh
r	ā	o	ḍ/ḍh
s	ās	as	t/th
r	ā	o	d/dh
ḥ	āḥ	aḥ	p/ph
r	ā	o	b/bh
r	ā	o	n/m
r	ā	o	y/v
ø[2]	ā	o	r
r	ā	o	l
ḥ	āḥ	aḥ	ś
ḥ	āḥ	aḥ	ṣ/s
r	ā	o	h

SANDHI

oṃ namaḥ śivaya

oṃ namo bhagavate vasudevaya

-aḥ + ś- = aḥ
-aḥ + b/bh- = o

FINAL SOUND										INITIAL SOUND OF FOLLOWING
k	ṭ	t	p	ṅ	n	m	ḥ	āḥ	aḥ	
k	ṭ	t	p	ṅ	n	m	ḥ	āḥ	aḥ	zero
g	ḍ	d	b	ṅ/ ṅṅ[1]	n/nn[1]	m	r	ā	a[2]	vowels
k	ṭ	t	p	ṅ	n	ṃ	ḥ	āḥ	aḥ	k/kh
g	ḍ	d	b	ṅ	n	ṃ	r	ā	o	g/gh
k	ṭ	c	p	ṅ	ṃś[3]	ṃ	ś	āś	aś	c/ch
g	ḍ	j	b	ṅ	ñ	ṃ	r	ā	o	j/jh
k	ṭ	ṭ	p	ṅ	ṃṣ[3]	ṃ	ṣ	āṣ	aṣ	ṭ/ṭh
g	ḍ	ḍ	b	ṅ	ṇ	ṃ	r	ā	o	ḍ/ḍh
k	ṭ	t	p	ṅ	ṃs[3]	ṃ	s	ās	as	t/th
g	ḍ	d	b	ṅ	n	ṃ	r	ā	o	d/dh
k	ṭ	t	p	ṅ	n	ṃ	ḥ	āḥ	aḥ	p/ph
g	ḍ	d	b	ṅ	n	ṃ	r	ā	o	b/bh
ṅ	ṇ	n	m	ṅ	n	ṃ	r	ā	o	n/m
g	ḍ	d	b	ṅ	n	ṃ	r	ā	o	y/v
g	ḍ	d	b	ṅ	n	ṃ	ø[6]	ā	o	r
g	ḍ	l	b	ṅ	l̃[7]	ṃ	r	ā	o	l
k	ṭ	c (ch)[4]	p	ṅ	ñ (ś/ch)[4]	ṃ	ḥ	āḥ	aḥ	ś
k	ṭ	t	p	ṅ	n	ṃ	ḥ	āḥ	aḥ	ṣ/s
g (gh)[4]	ḍ (ḍh)[4]	d (dh)[4]	b (bh)[4]	ṅ	n	ṃ	r	ā	o	h

EXERCISES

Take out your worksheets!