
Sanskrit words from Day 2

Where these are underlined, this takes you to a link to listen to the pronunciation.

Abhyasa	Practice
Vairagya	Non-attachment
Garudasana	Eagle Pose (garuda = eagle / asana = pose)
Hasta	Hand
Mudra	Gesture, seal
Jnana	Wisdom (used in jnana mudra)
Ujjayi	Victorious
Pratikriyasana	Counterpose
Vinyasa krama	To place steps (krama) in a special way