

Some Sanskrit words from Day 1:

Sanskrit	English	Pronunciation
Sangha	Community	https://youtu.be/-aBcd133UJo
Pada	Foot Also the word for the Chapters of the Yoga Sutras	https://youtu.be/QG1MD2Ls0_s
Asana	Posture / Seat	https://youtu.be/ClazAW_o1Rl
Vrksa	Tree	
Vrksasana	Tree Pose	https://youtu.be/nhMyE9kxvz4
Vrtti	Fluctuations (of the mind)	https://youtu.be/srulEwtQ00Y
Sutra	Thread	https://youtu.be/A7XcCeiAuM
Atha	Now	https://youtu.be/1wP9P5JNidA?si=j2e0032g5rOH6En
Citta	Mind stuff	https://www.youtube.com/watch?v=SqtbgQgCWpo
Yoga	Yoke, join, union	

* Note that Sanskrit words can have a number of different meanings. The definitions given above relate to the context in which they were used during our study day.