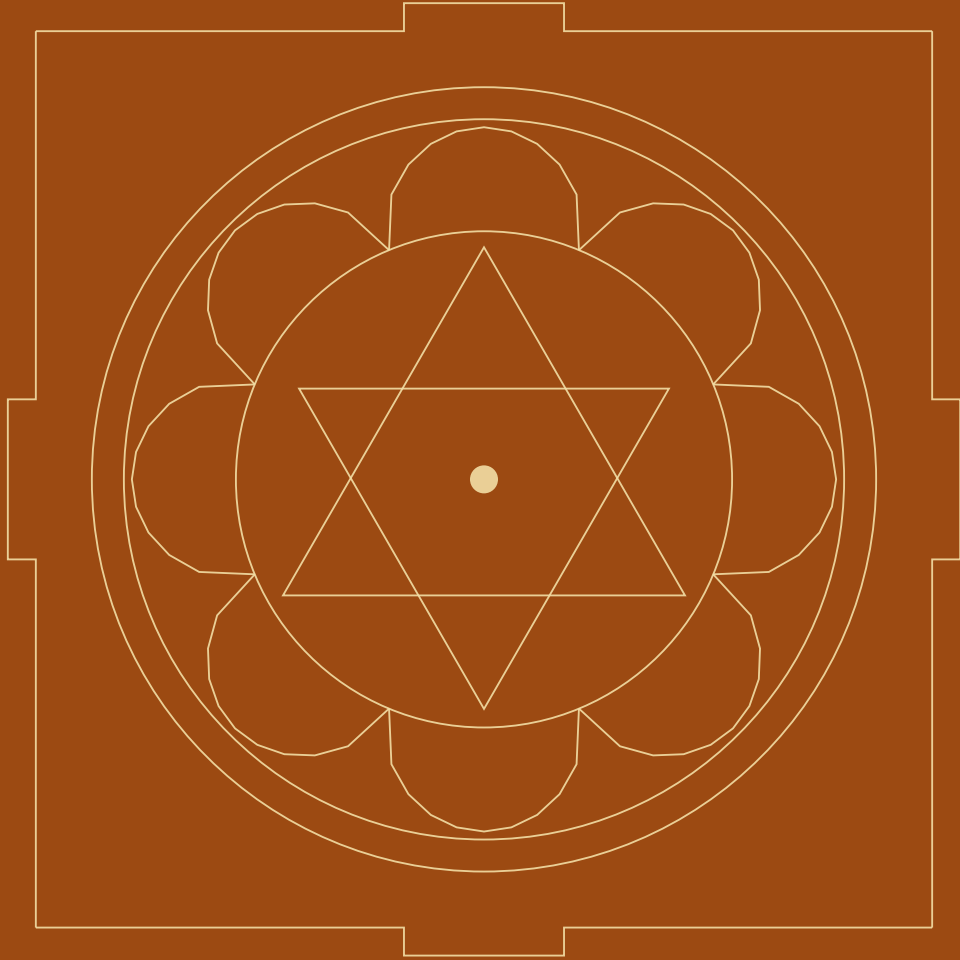


PRACTICE

The 84 Asana Cards

One card per posture of the Asana Atlas, to print and keep beside your mat: Sanskrit name, meaning, provenance, key points, an easier version, a precaution and the counter-pose



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yoga

YOGIDE

Free sample

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teacher or medical advice. Questions; administration@lacangel.fr

Before you begin

These cards are the eighty-four postures of The Asana Atlas: 84 Classical Poses with Sanskrit, condensed to what fits on a card: the name in Devanāgarī and transliteration, its meaning, where the posture comes from, its level, key points, an easier version, a precaution and the counter-pose of its family. Everything on them comes from the atlas, where each posture is described step by step with its verse from the texts when there is one.

The atlas is the book you read. The cards are the tool you use: on the mat, on the train, in the last weeks before a teacher training, or with your own students. Print the pages and keep them in a folder beside your mat. The cards follow one another on the page, and a card sometimes runs over two pages: to have loose cards that you can shuffle, draw and sort, copy the number and the name of each card onto the front of an index card, its meaning and family on the back, and keep the printed page as the reference. Keep the index cards in your pocket or in a small box.

What is on each card

Line	What it gives
Number and name	the card number (the same as in the atlas), the transliterated name and its meaning
First line	the name in Devanāgarī and IAST; the provenance (HYP or GS with verses, or Modern); the level
Name	the breakdown of the Sanskrit name
Key points	the two or three points that make the posture safe and effective
Easier	a variation with a prop, a smaller range or a support
Take care	who should avoid or adapt the posture
Atlas card	the card number, to find the full steps and the verse

At the start of each family you will also find its safety box and its usual counter-pose.

Three rules for every pose

1. **Breath first.** If you cannot breathe smoothly through the nose, you have gone too far. Come back a little.
2. **No pain in the joints.** A stretch felt in the belly of a muscle is fine; pain in the knee, lower back, neck or wrist is not.
3. **Leave as carefully as you enter.** Many strains happen on the way out of a pose.

These cards are not medical advice.

If you are pregnant, have high blood pressure, heart disease, glaucoma or a detached retina, osteoporosis, a neck or spinal injury, a recent operation, a hernia, or knee or hip problems, ask your doctor before practising, and avoid inversions and deep bends until you have their agreement. A card is a reminder, not a lesson: learn the advanced postures (level "advanced", headstand, shoulderstand) with a qualified teacher.

Chapter 1. How to use the cards: six ways

1. The card of the day

Each morning, draw one card and set it aside once drawn. Read it before your practice, then include the posture (or its easier version) in your session, leaving aside any card above your level. In the evening, recall its Sanskrit name and its meaning without looking. After eighty-four days, twelve weeks, you will have met every card.

2. Learning the names: the box method

Many people learn vocabulary with a simple system of boxes described by the Austrian journalist Sebastian Leitner in *So lernt man lernen* (1972). Here is a simplified four-box version; it works well for Sanskrit names.

Box	When you review it	What moves a card
Box 1	every day	a card you named correctly moves to box 2
Box 2	every three days	correct: to box 3; wrong: back to box 1
Box 3	every week	correct: to box 4; wrong: back to box 1
Box 4	every month	correct: it stays; wrong: back to box 1

Look at the front of the index card (the transliterated name), say the meaning and the family aloud, then check. When you know all the meanings, do the reverse: from the meaning to the Sanskrit name.

3. Building a session by drawing cards

Sort the index cards into their families. For a forty-five-minute session, draw:

Draw	From the family	Place in the session
1 card	relaxation postures	the end (always)
3 cards	standing postures	after the sun salutations
1 card	backbends	the peak
1 card	forward bends	after the backbend's counter-pose
1 card	twists	to neutralise
1 card	seated postures	for the breath and the sitting

Put back any card above your level, and any card whose "Take care" line concerns you. Then arrange the cards in order on the floor beside your mat: you have a session, with its counter-poses written on the

family pages. The Art of Sequencing and Cueing explains the logic in full.

4. Preparing a teacher training

In the weeks before a 200-hour training, use the cards to learn the names your teachers will use in class, their meaning and their level. Ask a friend to read you the key points while you hold the posture: you will be learning to cue at the same time.

5. Teaching

If you teach, take the cards of your class with you. Read the "Take care" line before the class and think of your students. Give a copy of the page to a student who wants to practise a posture at home.

6. Pronouncing

A few keys to read the transliteration aloud:

Letter	Sounds roughly like	Example
a	the u in "but"	āsana: the first a is long, the others short
ā, ī, ū	long: "father", "see", "moon"	Tādāsana
c	ch in "church"	Marīcyāsana = "ma-ree-chyaa-sa-na"
ś, ṣ	sh	Śavāsana, Vṛkṣāsana
ṛ	a short ri	Vṛkṣāsana = "vrik-shaa-sa-na"
ṭ, ḍ, ṇ	with the tongue curled back	Tādāsana
bh, dh, kh	consonant with a puff of air	Bhujāṅgāsana

Sanskrit for Yogis gives the whole alphabet and the pronunciation of all common posture names.

End of the sample

Thank you for reading this far. We hope these first pages already help your practice, and that they show how the rest of the book is built: clear steps, texts quoted with their source, nothing invented.

The full book has 45 pages.

Get it here: <https://yogide.com/>

One-time payment, instant PDF.