



TriYoga® Center of Philadelphia at Mind-Body Services

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COMMON TRIYOGA TERMS AND PHRASES TRANSLATED BY CHRISTINE (CITRINĪ) WARE, Ph.D., E-RYT

One of you asked me to translate some of the most common TriYoga terms and phrases. Here are a few (...with more to come). (Please note: these do not have transliteration marks, so if you need assistance with pronunciation, please ask your TriYoga teacher).

yoga - "union;" "effort;" union of body, mind, and spirit; from yuj, to unite or connect; the act of yoking, joining, attaching, harnessing; self-concentration, abstract meditation and mental abstraction practiced as a system with its chief aim being to teach the means by which the human spirit may attain complete union with the Supreme Spirit; the union of the individual soul with the universal soul

yogi; yogin (male); yogini (female) - one who practices yoga

Tri - mother; trinity; triple

TriYoga - mother yoga; trinity yoga; merging toward cosmic consciousness where the trinity is inherent; yoga manifesting the trinity (e.g., satcitananda, triguna, mind-body-breath)

hatha yoga; hata yoga - yoga that transcends the pairs of opposites; union with the supreme via discipline; based on the trinity of asana, pranayama, and mudra (Note: if you pronounce it with a "th" sound, the word means violence, force and ultimately to kill - this is not what we want)

asana; yogasana - "seat;" yoga seat; yoga posture

kriya - means "action;" actions that propel one toward higher awareness; term often used in terms of cleansing practices; flowing from posture to posture is extremely cleansing to the body/mind... thus, kriya is used to denote the continuous movement

prana - energy; life energy; universal life energy; derived from "pra," continuous and "na," movement; prana also means "in breath;" that which allows the energy to flow in to nourish the body; in the context of the movement of apana and prana: prana is affected by the inhalation

prana vidya - the knowledge and its application in controlling the flow of prana for greater health and awareness; "knowledge of prana"

pranayama - "the control and expansion of prana;" breathing practices; from "prana," life energy, and "ayama," to control, to expand

mudra - meaning "sealing in the energy;" a seal; postures especially with hands and face to assist in inner communication

mantra - transcendental chant; that which protects the mind; from "man," the mind, and "tra," to protect

aum; om - sound representing universal energy; primordial sound

nada pasyanti - light and sound concentration practice; energy visualization

nidra; yoganidra - sleep; deep relaxation; the sleep of yoga, where the body is resting but the mind is awake

jaya or jai - victory

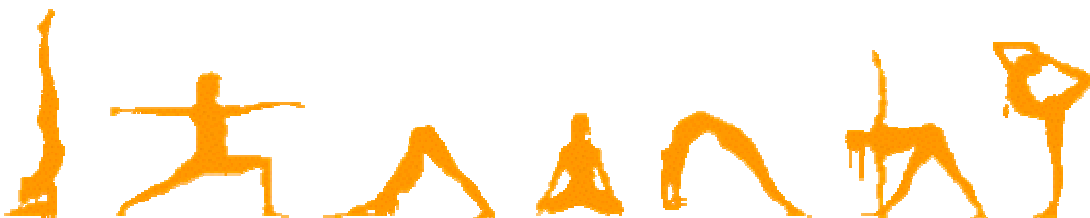
guru - teacher; that which dispels darkness and reveals light

jaya guru devi - "Victory to the Cosmic Energy which reveals the Light;" "Victory to health, wisdom, and happiness;" I have also heard this translated as: "Blessings for a prosperous life physically, mentally, and spiritually"

namaste (accent on the 2nd syllable) - "I bow to the Light within;" "Salutations to the Light in you;" "I honor the One Spirit in everyone" (as opposed to namaste with the accent on the 1st syllable, which means "to have nothing in your mind")

mata - mother

guru mata ki ~ jai - "Honor to the mother teacher (who dispels darkness and reveals the light) ~ victory/yeah!"



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