



**TriYoga® Center of Philadelphia
at Mind-Body Services**

**301 West Chester Pike, Suite 102
Havertown, PA 19083
www.mindbodyservices.com
610-664-6446 x3**

**A FEW MORE YOGA TERMS
BY CHRISTINE (CITRINĪ) WARE, Ph.D., E-RYT**

Devi - Mother Goddess; Universal Energy; the ever-expanding expression of the Absolute; the cosmic energy; feminine of Deva; the Goddess; a synonym for Durga or Kali; the Goddess of Speech-Consciousness

Devi yoga - mother yoga; another name for TriYoga

shavasana - the corpse posture; TriYoga calls this "tranquility"

candra (pronounced **chandra**) - moon

surya - sun

bindu - essence, drop, globule, point, dot

sat - existence; pure existence; the soul is eternal

cit - consciousness; knowledge; highest knowledge; the soul has highest knowledge

ananda - bliss; absolute bliss; the soul is above the pair of opposites, residing in bliss

sat cit ananda; satcitananda; sacchidananda - the qualities of our soul: pure existence, consciousness, and bliss

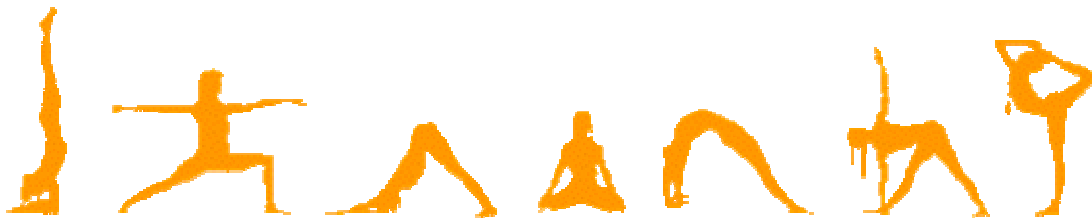
omkara - the repetition of om; the unstruck sound of om

ah - sound representing universal consciousness; mantra for sahasrara cakra

bija mantra - seed mantra

ah	white
om	violet
ham	blue
yam	green
ram	yellow
vam	orange
lam	red

om aim hreem shreem (or **om aim hrim shrim**) - mantra for Devi; om = universal Energy; aim = Sarasvati... energy of higher knowledge; hreem = Kali... energy of purification; shreem = Lakshmi... energy of inner happiness



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