

Asanas and Affirmations in Ananda Yoga



Adho Mukha Shvanasana—

Downward-Facing Dog Pose

“Calmness radiates from every fiber of my being.”

Akarshana Dhanurasana—

Pulling-the-Bow Pose

“With shafts of will I pierce the heart of worries.”

Ardha Chandrasana—Half-Moon Pose

“Strength and courage fill my body cells.”

Ardha Matsyendrasana—Half Spinal Twist

“I radiate love and goodwill to soul-friends everywhere.”

(Standing) Backward Bend

“I am free! I am free!”

Baddha Konasana—Bound Angle Pose (also Butterfly Pose)

“Secure in my Self, I accept whatever is.”

Bakasana—Crane Pose

“The silent power of the Infinite expands within me.”

Balasana—Child Pose

“I relax from outer involvement into my inner haven of peace.”

Bhujangasana—Cobra Pose

“I rise joyfully to meet each new opportunity.”

Chakrasana—Circle Pose (also, Wheel Pose)

“I am awake! Energetic! Enthusiastic!”

Dhanurasana—Bow Pose

“I recall my scattered forces to recharge my spine.”

Ganapatiasana—Ganesha’s Pose

“I sail serenely through skies of inner freedom.”

Garudasana—Eagle Pose (also Twisted Pose)

“At the center of life’s storms I stand serene.”

Gomukhasana—Face of Light Pose

“Free in my heart, I live without fear.”

Halasana—Plow Pose

“New life, new consciousness now flood my brain!”

Janushirasana—Head-to-the-Knee Pose

“Left and right and all around—life’s harmonies are mine.”

Jathara Parivartanasana—Supine Twist

“I open to the flow of God’s life within me.”

Karnapirasana—Ear-Closing Pose

“My boat of life floats lightly on tides of peace.”

Matsyasana—Fish Pose

“My soul floats on waves of cosmic light.”

Natarajasana—Dancing Shiva Pose (also King-of-the-Dance Pose)

“While I move through life, I am anchored in my Self.”

Navasana—Boat Pose (also, V-Pose)

“Within my every breath is infinite power.”

Padahastanasana—Jackknife Pose (also Hand-to-Foot Pose, Standing Forward Bend)

“Nothing on earth can hold me!”

Padmasana—Lotus Pose

“I sit serene, uplifted in Thy light.”

Parighasana—Gate Pose

“Waves of joy surge upward in my spine.”

Parsvakonasana—Side Angle Pose

“I am a fountain of boundless energy and power!”

Parvatasana—Seated Mountain Pose

“My thoughts and energy rise up to touch the sky.”

Parsvotanasana—Side Stretching Pose (also Pyramid Pose)

“I offer myself fully into the flow of grace.”

Paschimotanasana— Posterior-Stretching Pose

“I am safe. I am sound. All good things come to me; they give me peace!”

Asanas and Affirmations in Ananda Yoga (continued)

Pavanamuktasana—Wind-Freeing Pose

“I release my spinal energy to rise in light.”

Pincha Mayurasana—Peacock Feather Pose

“The Infinite Light cascades through my spine.”

Prasarita Padotanasana— Wide-Stance Forward Bend

“I relax and cast aside all mental burdens.”

Purvotanasana—Front-Stretching Pose

“With a burst of energy, I rise to greet the world!”

Rajakapotasana—Royal Pigeon Pose

“I rise above all thought of past and future, into the Eternal Now.”

Salabhasana—Locust Pose

“I soar upward on wings of joy!”

Sarvangasana—Shoulderstand

“God’s peace now floods my being.”

Sasamgasana—Hare Pose

“I am master of my energy, I am master of myself.”

Savasana—Corpse Pose

“Bones, muscles, movement I surrender now; anxiety, elation and depression, churning thoughts—all these I give into the hands of peace.”

Setu Bandhasana—Bridge Pose

“I offer every thought as a bridge to divine grace.”

Siddhasana—Perfect Pose

“I set ablaze the fire of inner joy.”

Simhasana—Lion Pose

“I purify my thoughts, my speech, my every action.”

Sirshasana—Headstand

“I am He! I am He! Blissful Spirit, I am He!”

Supta Vajrasana—Supine Firm Pose

“Energetic movement or unmoving peace: The choice is mine alone! The choice is mine!”

Surya Namaskar—Sun Salutation

“Salutations to the sun, to the awakening light within, to the dawning of higher consciousness in all beings.”

Tadasana—Standing Mountain Pose

“I stand ready to obey Thy least command.”

Tola Trikonasana—Balancing Triangle Pose

“I expand fully into this moment.”

Trikonasana—Triangle Pose

“Energy and joy flood my body cells! Joy descends to me!”

Upavistha Konasana—Seated Angle Pose

“I welcome every opportunity for further growth.”

Ustrasana—Camel Pose

“With calm faith, I open to Thy Light.”

Utkatasana—Chair Pose

“My body is no burden; it is light as air.”

Vajrasana—Firm Pose

(also Thunderbolt Pose, Diamond Pose)

“In stillness I touch my inner strength.”

Vasishthasana—Vasishtha’s Pose

“The calm fire of my concentration burns all restlessness, all distraction.”

Viparita Karani—Simple Inverted Pose

“Awake, my sleeping powers, awake!”

Virabhadrasana I—Warrior Pose I

“I attune my will to the Source of all power.”

Virabhadrasana II—Warrior Pose II

“I joyfully manifest the power of God!”

Vrikasana—Tree Pose

“I am calm, I am poised.”

Yoga Mudra—Symbol of Yoga

“I am Thine; receive me.”