



WISDOM ACADEMY

Tibetan Yoga

ALEJANDRO CHAOUL

Tibetan & Sanskrit (Skt) Reference Guide

Breathe

Bhanda (Skt): Lock

Lung: Breath-energy

Ma-ning lung: No-retention/neutral retention

The Movements

Categories

Tong chang: Purification of the Torso

Go chang: Purification of the Head

Lu chang: Purification of the Body

Me chang: Purification of the Lower Part of the Body

Kang chang: Purification of the Legs

Names

Da pen zhu pen: Extending the Bow to Shoot an Arrow

Ke Kyok: Bending the Neck

Zhak pa ma: Throwing the Lasso

Zhi tra ma: Extending the Four Limbs Skyward

Bu chung tsen chong: Little Boy Jumping Strongly

Terms

Ha Phat: The sound made in the concluding movement of each pose in Tibetan Yoga in the Bon Tradition

Ngondro: Preliminary

Ngozhi: Principal

Trul Khor: Magical Movements

Texts

A-tri: Instructions of the *A*

Zhang Zhung Nyen-gyun: Listening/Oral Transmission of the Zhang Zhung

Important Words in Text and Prayers

Kun zang long la chang tsal lo: Praises being in the expanse of one's natural state of mind

Bonku/ Dharmakaya (Skt): Truth Body

Dzogku/ Sambhogakaya (Skt): Complete Body

Tulku/ Nirmanakaya (Skt): Manifested Body

The Three Poisons

Döchang: Attachment

Shedang: Anger

Thimug: Confusion or *Marigpa*: Ignorance

Other

Rigpa: Awareness

Buddha: Awakened One

In Tibetan: *Sang-gye* *Sang*: Clearing *Gye*: Expanding

Tsa: Channels

Together with *Lung*, *Tsa-lung*: Channels-breath movements

Tsor-na: The feeling one might experience when pressing on their inguinal crease

Ding: Confidence