Tibetan Yoga

ALEJANDRO CHAOUUL

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
*Zham 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-gyu*: 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

Tsä: Channels
Together with Lung, Tsa-lung: Channels-breath movements
Tsor-wa: The feeling one might experience when pressing on their inguinal crease
Ding: Confidence