

Ashtanga Vinyasa Counting System

Numbers:

English	Sanskrit	Pronounced
one	ekam	yaykam
two	dve	dway
three	trini	treenee
four	catvari	chotwahree
five	panca	punchuh
six	sat	shot
seven	sapta	suhptuh
eight	astau	ahshtow
nine	nava	nawah
twn	dasa	dushah
eleven	ekadasa	yaykadushah
twelve	dvadasa	dwahdushah
thirteen	trayodasa	trayodushuh
fourteen	caturdasa	chahturdushah
fifteen	pancadasa	punchuhdushah
sixteen	sodadasa	showdushah
seventeen	saptadasa	sapthudushah
eighteen	astadasa	ahshtudushah
nineteen	ekoonvimshatihi	yaykoonavimshuhteehee
twenty	vimsatihi	vimshuhteehee
twenty-one	ekamvimsatihi	yaykumvimshuhteehee
twenty-two	dwavimsatihi	dwuhvimshuhteehee
twenty-three	trayovimsatihi	trayovimshuhteehee
twenty-four	caturvimsatihi	chaturvimshuhteehee
twenty-five	pancavimsatihi	punchuhvimshuhteehee
twenty-six	satvimsatihi	shotvimshuhteehee
twenty-seven	saptavimsatihi	saptuhvimshuhteehee
twenty-eight	astavimsatihi	ashtuhvimshuhteehee
twenty-nine	ekoonatrimshatihi	yaykoonatrimshuhteehee
thirty	trimshatihi	trimshuteehee

Surya Namaskar

ekam	inhale	A hands up	B hands up
dve	exhale	fold	fold
trini	inhale	head up	head up
catvari	exhale	jump back	jump back
panca	inhale	(UMS)	(UMS)
sat	exhale	(AMS) 5 breaths	(AMS)
sapta	inhale	jump, head up	right foot, hands up
astau	exhale	fold	hands down
nava	inhale	hands up, Samastithi	(UMS)
dasa	exhale		(AMS)
ekadasa	inhale		left foot hands up
dvadasa	exhale		hands down
trayodasa	inhale		(UMS)
caturdasa	exhale		(AMS) 5 breaths
pancadasa	inhale		jump, head
sodadasa	exhale		fold
saptadasa	inhale		hands up
samastithi			