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YOGAFONT Ver 3.0 FOR WINDOWS

Yogafont contains 98 graphic images of common yoga postures (asanas). By putting these in a font, they can be reproduced accurately over a wide range of sizes to suit different applications. You can produce your asana of the week at point size 720, or you can produce a 2 hour long sequence on a single sheet. Anyone who has struggled with the Sanskrit names, stick figure representation, or who does not want to wear spectacles when following a written yoga programme, this is for you.

History

This is Version 3.0 and was issued on 5/1/2001. Thanks to all the people who commented on Version 2.1. I have used many of your suggestions. It can still be improved so contact me with your suggestions.

The previous version released was 2.1 on 26/10/1998.

Copyright

This font is **freeware**. Anyone can use it, copy it or distribute it, just do not sell it. All I ask is that you copy all these files with the font, which give instructions and my contact address for improvements.

There is no restriction on the use you make of the symbols, hopefully it will help others enjoy yoga.

Important

You cannot learn about yoga from this font. Go to a teacher or read a book, if you want to learn how to do these postures. These symbols are designed to be an aide-memoire only.

Dedication

I produced it give something back to the Yoga community, from which I have gained so much.

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Installation Details

Windows Users

1. The files should have been unpacked into a separate directory. The default is c:\program Files\yogafont
2. The font itself is in **yogafont.ttf** and this will have been copied to your font directory too.
3. Yogafont will now appear in the Font list in your programs.

Mac Users

You will need to convert the font file yogafont.ttf to Mac format. Use the software available at

<http://www.ngenious.com/signaturefactory/ttconverter.htm>

How to use Yogafont in Windows applications

1. A list of the asanas in alphabetical order and the associated key is given on the **Asanas** page.
2. Initially you will find it easier to identify which key corresponds to which posture by referring to the guide on the attached pages under **Keyboard**.
3. In Word 2000 you can use Insert/Symbol and then in the font box, select Yogafont. You will be presented with a box showing all the symbols. The symbols in this box are quite small, so refer to the guide on the attached pages under **Symbols**.
4. You will probably want to set the font size to be 70 when working with Yogafont. You can do this in most programs by clicking on the font size window and typing in a number, even if this size is not shown on the pop down menu. The font size can be set very large, the Yogafont symbols were created at size 720.
5. To use the font you will initially find it easier to work in a standard alphanumeric font and then change the font for the characters you want. I use tables and text boxes to hold the figures. I also find spreadsheets good for layouts, just set the font as in a word processor.
6. Another way to enter symbols, especially the ones shown under Miscellaneous on Keyboard/Row 5 which are not assigned to a standard key, is to use the Windows Accessory called Character Map. This should be in the System Tools section of Accessories. Select Yogafont, then select the asana/character required and it will be copied to the clipboard. (If Character Map is not installed then use Settings/Control Panel/Add-Remove Programs, select the Windows Setup Tab, click the system tools item, tick the Character Map and OK.)
7. If you require a graphic image, first produce the characters at the appropriate size in a word processor. Copy this to the clipboard. Open Paint (Paintbrush in some versions) in Accessories or another graphics package, and paste in the character. In other programs, try instead of using **Paste** to use **Paste Special** on the Edit menu. Then select paste as a Picture or similar. Graphic images can be copied to others who do not have Yogafont installed on their computer.
8. If you would like the pose facing left instead of right, you can create a bit map as above and then flip the image in Paint. Note you will end up with a graphic image, not a character.
9. **Palm** and **Handspring** PDA users can create a portable yoga programme using the appropriate bitmaps of the poses and loading them into a 'Photo Album' program. I set the program I use to display one pose per screen and to change to the next pose when the screen is tapped. Photo album programs are available on the main PDA software sites.
10. To **uninstall** Yogafont, just delete it from the list of fonts in Start/Settings/Control Panel /Font and then delete the directory c:\program files\yogafont



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[Top Row](#)[Row 2](#)[Row 3](#)[Rows 4](#)[Row 5](#)

The asanas are grouped into various categories, and each category is assigned to a row of keys as far as possible.

- ◆ Top row - Inverted poses
- ◆ Row 2 - Seated poses and twists
- ◆ Row 3 - Standing poses
- ◆ Row 4 - Balancing and supine poses
- ◆ Row 5 - Backbends

The Key to press, the Sanskrit name and the asana produced are shown for each category.

The Om symbol is on the £ key.

The rows correspond to a UK(44) keyboard, so the characters may appear in different places on others.



Yogafont

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Key	Inverted	Asana
!	salamba sirsasana II	
"	parsva sirsasana	
£	om	ॐ
\$	halasana	
%	parivrtta eka pada sirsasana	
^	eka pada sirsasana	
&	parsvaikapada sirsasana	
*	parighasana	
(astavakrasana	
)	parsva bakasana	
_	eka pada setu bandha sarvangasana	
+	savasana I	

Key	Inverted	Asana
1	adho mukha vrksasana	
2	salamba sarvangasana(on chair)	
3	karnapidasana	
4	ardha halasana	
5	pinca mayurasana	
6	salamba sarvangasana	
7	salamba sirsasana I	
8	supta konasana	
9	parsvaikapada sarvangasana	
0	eka pada sarvangasana	
-	setu bandha sarvangasana	
=	viparita karani	



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Key	Sitting & Twists	Asana
Q	gomukhasana	
W	baddha konasana forward bend	
E	paripurna navasana	
R	virasana forward bend	
T	sukhasana	
Y	parivrtta janu sirsasana	
U	triang mukhaikapada pascimottanasana	
I	maricyasana I	
O	parvatasana	
P	ardha matsyendrasana I	
{	maricyasana(standing)	
}	bharadvajasana(on chair)	
~	lunge	

Key	Sitting & Twists	Asana
q	dandasana	
w	baddha konasana	
e	ardha navasana	
r	padmasana	
t	sukhasana	
y	sukasana forward bend	
u	janu sirsasana	
i	pascimottanasana	
o	virasana	
p	upavista kona sana	
]	bharadvajasana I	
[maricyasana III	
#	kurmasana	



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Key	Standing	Asana
A	tadasana	
S	urdhva hastasana	
D	utkatasana	
F	parivrtta trikonasana	
G	parivrtta ardha chandrasana	
H	parivrtta parsvakonasana	
J	virabhadrasana II	
K	parsvottanasana	
L	garudasana	
:	utthita hasta padangusthasana II	
@	uttanasana I	

Key	Standing	Asana
a	tadasana	
s	urdhva hastasana	
d	vrksasana	
f	utthita trikonasana	
g	ardha chandrasana	
h	utthita parsvakonasana	
j	virabhadrasana I	
k	virabhadrasana III	
l	prasarita padottanasana I	
;	utthita hasta padangusthasana I	
'	uttanasana II	



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Key	Balancing & Supine	Asana
Z	bhujapidasana	
X	bakasana	
C	vasisthasana	
V	urdhva mukha svanasana	
B	bhujangasana	
N	supta padangusthasana	
M	jathara parivartanasana	
<	supta virasana	
>	supta baddha konasana	
?	caturanga dandasana	

Key	Balancing & Supine	Asana
z	eka hasta bhujasana	
x	lolasana	
c	dhamurasana	
v	adho mukha svanasana	
b	salabhasana I	
n	anantasana	
m	urdhva prasarita padasana	
,	bhekasana	
.	lying on cross-bolsters	
/	lying with legs up	



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Key	Backbends	Asana
	urdhva dhanurasana	
∩	viparita dandasana(on chair)	

Key	Backbends	Asana
\	ustrasana	
.	dvi pada viparita dandasana	

Key	Miscellaneous	Asana
;	natarajasana	
¥	dvi pada pitham	
#	apanasana	



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Demonstration lessons plans

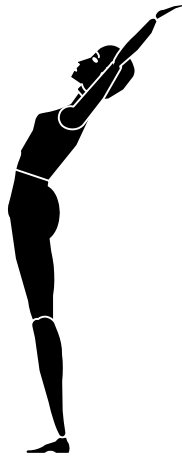
Download the PDF files by clicking on the appropriate buttons



Salute to the Sun



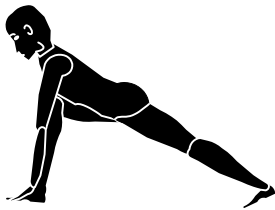
Tadasana



Urdhva Hastasana



Uttanasana II



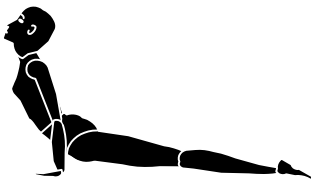
lunge



Adho Mukha Svanasana



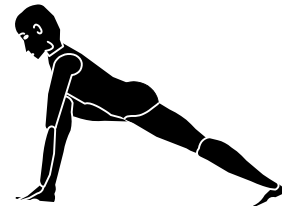
Caturanga Dandasana



Urdhva Mukha Svanasana



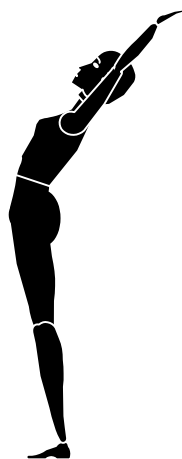
Adho Mukha Svanasana



lunge



Uttanasana II



Urdhva Hastasana



Tadasana

This programme was devised by Alicia Lester based on 'Light on Yoga' and her training at the Ramanamani Iyengar Institute in Pune, India. The figures were produced by Bill Grainger. Only perform the asanas you have been taught by a teacher and are happy doing on your own, as these lessons are only meant to be 'aide memoires', not instructions.

Lesson 1



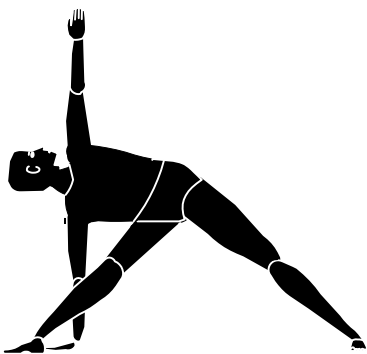
come forward in
Sukhasana



Uttanasana I



Urdhva Hastasana



Utthita Trikonasana



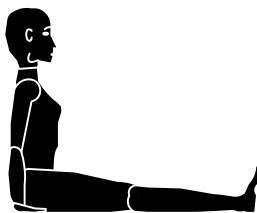
Utthita Parsvakonasana



Parsvottanasana



Prasarita Padottanasana



Dandasana



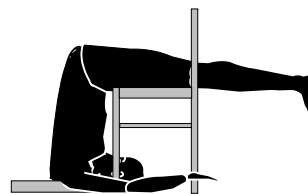
Janu Sirsasana



Baddha Konasana



Paschimottanasana



supported Halasana

Lesson 2



Sukhasana
hands in Namaste



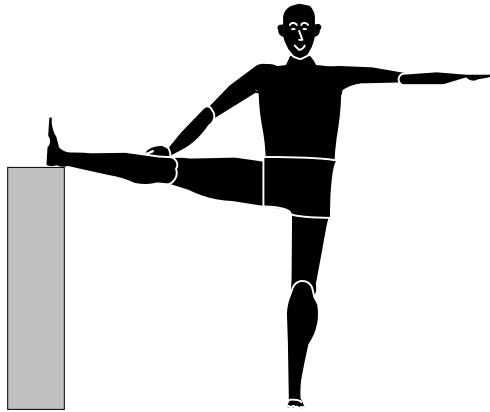
Tadasana



Uttanasana I



Adho Mukha Svanasana



Utthita Hasta Padangusthasana II



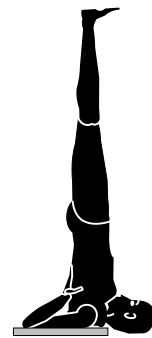
Utthita Trikonasana



Virabhadrasana II



Virasana



Salamba Sarvangasana



Halasana



Paschimottasana



Savasana II

This programme was devised by Alicia Lester based on 'Light on Yoga' and her training at the Ramanamani Iyengar Institute in Pune, India. The figures were produced by Bill Grainger. Only perform the asanas you have been taught by a teacher and are happy doing on your own, as these lessons are only meant to be 'aide memoires', not instructions.