

Aṣṭāṅga Yoga Anuṣṭhāna by R. Sharath Jois: differences between 1st and 2nd editions

* where the same correction is made throughout the book I have listed only the first occurrence.

** whenever an asana name is written as more than one word in the 1st edition, it is always corrected to just one word in the 2nd edition, so I have merely included 2 examples here.

... signifies the text is part of a Yoga Sūtra, or signifies ellipsis generally.

bold highlights the differences where appropriate.

- indicates the text doesn't exist in this edition.

[] contains my notes; not part of the text.

Page No.	Section	1st Edition (March 2013)	2nd Edition (January 2014)
General	Book size	21.6 x 15.7cm	22.8 x 19cm
General	Number of pages	88	92
General	Asana images	Mostly older photos with a few newer ones added in (see pages 39, 43, 44, 48, 65, 82 & 83).	All recent photos (sporting 2 different hairstyles!), with additional/alternative images added, e.g. page 45.
5	Dedication: 3rd para	Krishnamacharya	Kṛṣṇamācārya
		parampāra*	paramparā
7	Contents	Āsanas*	Āsanās
		Mangala	Maṅgala
8	The Eight Limbs	Aṣṭa	Aṣṭou
		āṅga	aṅga
		prāṇāyāma	prāṇāyāma
		Aṣṭāṅga*	Aṣṭāṅga
9	The Eight Limbs (cont.)	yogāṅgānuṣṭhānā...	yogāṅgānuṣṭhānā...
		Sutrā	Sūtra
		...prāṇāyāma...	...prāṇāyāma...
		...dhāraṇā...	...dhāraṇā...
10	Yama	yamas	yamās
		aparigrahā*	aparigraha
		...āparigrahā...	...āparigrahāḥ...
12	Satya	...nānrutaṁ...	...nānr̥taṁ...
13	Asteya	...psthānam...	...psthānaṁ...

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14	Brahmacarya	Brahmins	Brāhmins
		around the age of 12 or 13	around the age of 7 to 9
		gri hastha	Gṛ hastha
		van aprasta	Vān aprashta
		sannyasa	Sanyāsa
15	Aparigraha	Pari means around, grahā means to grasp, and a means not.	A means not, parigraha means to grasp or greed.
16	Niyama	niyamas	niyamās
		...niyamāḥ...	...niyamāḥ...
17	Śauca	antara śauca	antaḥ śauca
		atma	ātmā
20	Svādhyāya	to do our homework, to do and review	to do our homework, to practice and review
		Ganapati	Gaṇapati
21	Īsvara Praṇidhāna	samsara	saṁsāra
23	Tristhāna: Breathing	if you inhale for two seconds, the exhale should be for two seconds	if you inhale for five seconds, the exhale should be for five seconds
24	Gazing Point	nāsāgra*	nāsāgre
		ūrdhva*	ūrdhve
		brūmadhya*	brūmadhye
		pārśva*	pārśvayoḥ
		nābhi*	nābhau
		hastāgra*	hastāgre
		aṅguṣṭha*	aṅguṣṭhāgre
		pādāgra*	pādāgre
25	Vinyāsa: 1st para	vinyāsa*	vinyāsās
	Vinyāsa: 3rd para	yoga āsanās	yogāsanās
	Vinyāsa: 4th para	purify the nervous system and then the sense organs	purify the nervous system and sense organs
26	Main Āsanās of Primary Series	pūrvatānāsana	pūrvattānāsana
		tiryaṅ mukhaikapāda...	triyaṅ gamukhaikapāda...
27	Main Āsanās of Primary Series (cont.)	ubhaya pādāṅguṣṭhāsana**	ubhayapādāṅguṣṭhāsana
		sālamba sarvāṅgāsana**	sālambasarvāṅgāsana

Page No.	Section	1st Edition (March 2013)	2nd Edition (January 2014)
		utpluti	utpluthiḥ
29	Opening Mantrāḥ	jaṅgalikāyamāne	jāṅgalikāyamāne
		śiraśaṁ	śirasaṁ
31	Sūryanamaskāra A	samasthiti*	samasthitiḥ
33	Sūryanamaskāra B: ṣaṭ 6	...pull in the stomach completely, gaze at the navel.	...pull in the stomach completely, and hold the position while gazing at the navel.
38	Utthitapārsvakoṇāsana A	-	[After pañca 5] Continue on to the next āsana.
48	Seated Postures: intro	...and the final two are omitted.	...and the final two are often omitted.
	Paścimattānāsana A	nava 9: exhale, touch the chin to the knees.	nava 9: exhale, touch the head or chin to the knees.
52	Triyaṅgamukhaikapādapaś-cimattānāsana	Tiraṅgamukha Ekapāda Paścimattānāsana	Triyaṅgamukhaikapādapaś-cimattānāsana
75	Ūrdhavadhanurāsana	daśa 10: exhale, come down to the floor. Repeat four more times.	daśa 10: exhale, come down to the floor. Repeat two to four more times.
76	Paścimattānāsana	nava 9: exhale, touch the head to the knees.	nava 9: exhale, touch the head or chin to the knees.
78	Śīrṣāsana	Half Bend. Exhale, lower the legs half way, point the toes. Breathe ten times. Inhale, lift the legs back up. Exhale, come down, sit on the heels with the head remaining down. Do not lift the head for a few minutes. nava 9: exhale, jump back to the fourth position of sūryanamaskāra. daśa 10: inhale, take the fifth position of sūryanamaskāra. ekādaśa 11: exhale, take the sixth position of sūryanamaskāra.	Half Bend. nava 9: Exhale, lower the legs half way, point the toes. Breathe ten times. Inhale, lift the legs back up. Inhale, lift the head up off the floor and tuck the chin. Breathe ten times. daśa 10: Exhale, come down, sit on the heels with the head remaining down. Do not lift the head for a few minutes. ekādaśa 11: exhale, jump back to the fourth position of sūryanamaskāra. dvādaśa 12: inhale, take the fifth position of sūryanamaskāra. trayodaśa 13: exhale, take the sixth position of sūryanamaskāra.

Page No.	Section	1st Edition (March 2013)	2nd Edition (January 2014)
80/81	Intro to padmāsana postures	daksina	dakṣiṇa
		shastras	śhāstrās
81/83	Final resting pose	-	This is called sukhāsana.
82/85	Supplemental āsanās for therapy	-	[Paścimattānāsana has been added under the subheading 'Back Pain'.]
83/86	Supplemental āsanās for therapy	Nadhi Śhodan	Nāḍīśhodana
		-	[image caption] hand position: viṣṇumudrā
83/87	Supplemental āsanās for therapy	-	[Mayūrāsana has been added under a new subheading 'Digestive Disorders'.]
84/88	Maṅgala Mantrāḥ	Mangala Mantrāḥ	Maṅgala Mantrāḥ
		...mahim...	...mahīm...
86/90	Śānti Mantrāḥ	...mṛtyor mām...	...mṛtyormā...
		...śaṁ no mitra...	...śaṁ no mitraḥ...
		...namas te vāyo...	...namaste vāyo...
		...tva meva...*	...tvameva...
		...vadiyāmi...	...vadiṣyāmi...
		...vadiyṣāmi...	...vadiṣyāmi...
		...tan mā...	...tanmā...
		...karṇebhiḥ...	...karṇebhiḥ...
		...paśyemākṣabhir yajatrāḥ...	...paśyemākṣabhiryatrāḥ...
		...sthirai raṅgais tuṣṭuvāgr̥msas tanūbhiḥ...	...sthirairāṅgai stuṣṭuvāgum sasthanūbhiḥ...
		...svasti nas tārṅṣyo...	...svasti nastārṅṣyo...
88/92	Final page	-	[Sharath's bio has been added.]
		-	[Some additional credits have been included.]