

Sanskrit Pronunciation Guide



STRENGTH
BALANCE
EQUANIMITY



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Vowels

<i>a</i>	as in <i>yoga</i>
<i>ā</i>	as in <i>father</i>
<i>e</i>	like the “ey” in <i>pray</i>
<i>ī</i>	as in <i>fit</i>
<i>ī</i>	like the “ee” in <i>seen</i>
<i>r</i>	rolled “r” followed by a very short “i” (Example: Kṛṣṇa)
<i>o</i>	as in <i>oblation</i>
<i>u</i>	as in <i>full</i>
<i>ū</i>	as in <i>root</i>
<i>ai</i>	like the “i” in <i>rice</i>
<i>au</i>	as in <i>cow</i>
<i>ñ</i> or <i>ṃ</i>	a nasal <i>n</i> or <i>m</i> (Example: Aum)
<i>ḥ</i>	a final unvoiced aspirated “h” sound. If it comes after a short vowel, this vowel is repeated after the “h” sound, i.e., <i>aḥ</i> is pronounced like <i>aha</i> .

Note: a long vowel (e.g., *ā*) is held twice as long as its corresponding short vowel (e.g., *a*).

Consonants

<i>k, g, j, t, d, n, p, b, m</i>	
<i>kh</i>	like the “t_h” in <i>teak_house</i> (Example: <i>sukha</i>)
<i>gh</i>	like the “g_h” in <i>big_house</i>
<i>ṅ</i>	as in <i>ring</i>
<i>c</i>	like the “ch” in <i>chant</i>
<i>ch</i>	like the “ch_h” in <i>ranch_house</i>
<i>jh</i>	like the “geh” in <i>hedgehog</i>
<i>ñ</i>	as in <i>canyon</i> (Example: <i>Patañjali</i>)
<i>ṭ</i>	the letter “t” pronounced with tongue rolled up
<i>ṭh</i>	the letter “t” pronounced with the tongue rolled up, followed by an aspirated “h”
<i>ḍ</i>	the letter “d” pronounced with tongue rolled up
<i>ḍh</i>	the letter “d” pronounced with tongue rolled up
<i>th</i>	like the “t_h” in <i>light_house</i>
<i>dh</i>	like the “d_h” in <i>red_house</i> (Example: <i>samādhi</i>)
<i>ph</i>	like the “ph” in <i>upheaval</i> (not f sound)
<i>bh</i>	like the “bh” in <i>rhubarb</i>

Semi-vowels

y, l, v and *r* (rolled “r”)

Sibilants

<i>ś</i>	“sh” sound pronounced at the back of the palate
<i>ṣ</i>	as in <i>sharp</i>
<i>s</i>	regular “s” as in <i>spirit</i>

Aspirate

h aspirated “h” as in *heaven*

Compounds

<i>kṣ</i>	like the “ksh” in <i>backshift</i> (Example: <i>mokṣa</i>)
<i>jñ</i>	like the “g_y” in <i>egg_yolk</i> (Example: <i>jñāna</i>)