

Common Yoga Terms

Across

1. Yoga is an ancient discipline in which physical postures, breath practice, meditation and philosophical study are used as tools for achieving liberation

4. Final relaxation

7.): A type of pranayama in which the lungs are fully expanded and the chest is puffed out; most often used in association with yoga poses

8. focusing and calming the mind often through breath work

11. Breath awareness to facilitate inner stillness

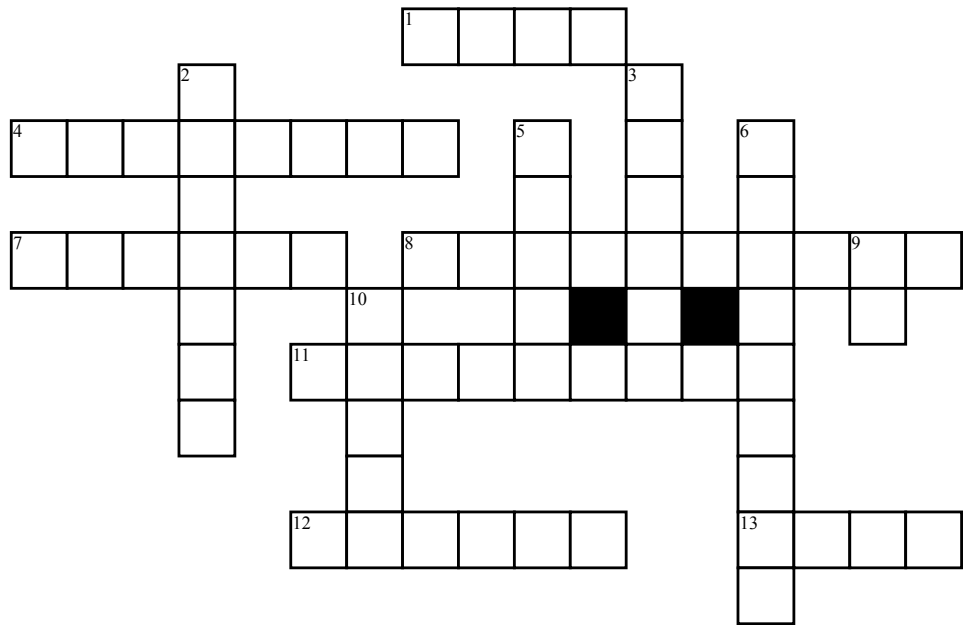
12. Physical postures of yoga

13. Teacher or master

Down

2. Commonly said at the end of yoga class by the instructor and the students

3. Words or groups that are repeated



5. Positions of the body that have an influence on the energies of the body, or mood.

6. Unifies opposites and describes physical practices of yoga

9. Considered to be the first sound of creation

10. Tools such as mats, blocks and straps used to extend range of motion and facilitate ease in a pose

