

# 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

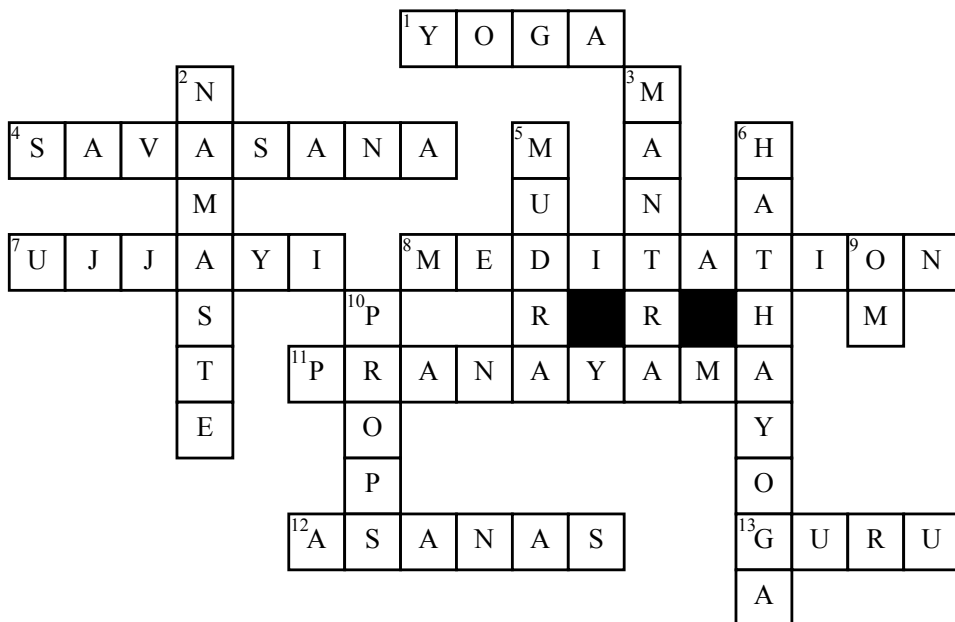
**12.** Physical postures of yoga

**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

