

# GLOSSARIO: YOGA

- Inhale / Breath in
- Exhale / Breath out
- Empty your mind
- Tilt your pelvis
- Move your body slowly and with control
- Like a wave
- Bring your hands in prayer / Namaste
- Listen to your breath
- Feel the sensation arising in your body
- Stretch your arms
- Make yourself small / Hug yourself
- Forward fold
- Backbend
- Up dog / Down dog
- Relax your body, relax your mind