

Yoga

yoga vocab

Verb in use the most :

- stretch
 - straighten
 - lengthen
 - pull
 - put (on, to)
 - loop (forward , up , back)
 - ground (through)
 - reach to
 - come back / come into (a position or pose)
 - exhale - inhale
 - press. (against the mat)
 - walk (palms , fingers)
 - sway (side to side)
 - draw (navel to the spine)
 - climb up (the spine)
 - lift
 - bring (to)
 - release (down)
 - twist / a twist
 - wiggle
 - lean (on)
 - move (into a pose)
 - rock
 - tuck (the pelvis)
 - tilt up (tailbone)
 - turn
 - bend
 - soften
 - curl under (toes)
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- to spot someone at the gym (to support someone while they are lifting heavy weights)
 - missed attempts (to lift)
 - a sequence for a complete beginner
 - Inhale, looping your shoulders, forward ,up and back

- Checking in with your breath
- Exhale, grounding down and back
- It's a little organic movement
- Now, one ear to one shoulder
- Then we go back into the chest and shake our head yes and no
- OK coming back to center
- Bring the head over the heart and the heart over the pelvis
- You can go a little bit inwards at your chest finding a good alignment
- You can close your eyes or soften the gaze
- Lift the sternum, lift the chest, and then again ground down through the elbows here and exhale
- So again lift your sternum up to your thumbs
- Draw your lower belly or your navel to meet your spine
- Interlace your fingers, and as you exhale press your palms forward up and back
- Nice and easy as we climb up the body, climb up the spine
- And on your next exhale release the fingertips down
- left palm to right knee and we're moving into a gentle twist
- Don't sacrifice the lift of your spine to a deeper twist
- Then gently releasing back to center
- Inhale ,the palms reach forward
- And then exhaling release the fingertips to the mat
- Nice side body stretch
- Keep grounding through the legs
- We call it spinal flex or cat cow
- Keep pressing up and out of the palm
- to train with heavy weights to failure (to the very limits of your cababilities)