

# 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 capabilities )