

## ★Anatomy Words commonly used in Yoga lesson★

If you don't know some words, search on internet or look it up in the dictionary.

- hip joint
- groin
- shoulder joint
- clavicle, collarbone
- shoulder blade, scapular
- diaphragm
- lower abdomen
- abdominal muscle, stomach muscle
- back muscle
- glutes
- body trunk, torso
- the base of the thumb
  
- upper body
- lower body
- upper arm
- lower arm

- abdominal breathing
- thoracic breathing
  
- biceps
- triceps
- hamstring
  
- nervous system
- autonomic nervous system
- sympathetic nervous system
- para sympathetic nervous system
  
- elimination
- period
- period cycle
- uterus, womb
- perineum
  
- metabolism
- boost metabolism

