

★ Basic verbs and adverbs for instructions of Yoga ★

If you don't know some words, please look it up in the dictionary.

< Basic verbs >

- breathe in = inhale
- breathe out = exhale
- bend
- stretch, extend
- raise, put ~ up
- lower, drop, put ~ down

< Adverbs >

- up
- on, above

- down
- under, below

- front, forward
- back, backward

- inside, inward
- outside, outward

< Other verbs and phrases >

- rotate
- turn
- observe
- interlock fingers
- lie down
- lie on your stomach
- lie on your back

- as much as you're comfortable
- as much as you can, as much as possible