

★ Classroom English ★

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

< Beginning >

- Let's get started.
- Let's start with~
- Ready. Get ready.
- I'll demonstrate.
- Ready for the next one.

< During doing the pose >

- Go to ~ pose.
- Back to ~ pose.
- This pose works for~
- Don't push yourself. (force, strain)
- ~ with your own pace.
- Settle down.
- Calm down.
- Relax.
- There you go.

< Finishing the pose >

- Release.
- Slowly come up.
- Slowly back up.

< Breathing >

- Keep breathing.
- Hold the pose for ~ breaths.
- Stay here for ~ breaths.
- Fog the mirror. (metaphor)

< Mindfulness >

- Let go.
- Release your tension.
- Bring awareness.
- Back to consciousness.
- Let your whole body relax.
- Let your body sink into the ground.
- Melt down your shoulder to the earth.
- Clear your mind. Empty your mind. Nothing in your mind. No thoughts.