

★ Various verbs, adverbs and adjectives for Yoga instruction★

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

< Verbs >

- approach
- align, make ~ in line
- loosen
- roll
- round
- squat
- straighten
- tilt, lean

< Adverbs >

- all the way
- back and forth
- diagonally
- diagonally upward

- firmly
- gently
- gradually
- in turn
- one after the other, alternately
- side, to the side
- slightly
- the opposite side, the other side

< Adjectives, noun >

- stiff
- flexible
- stable
- sensation