

★ Useful verbs and expressions for Yoga instruction★

Place

Place your hands on the mat.

Bring

Bring your hands above your head.

Lift

Lift your arms above your head.

Lift your bottom upward. (When doing upper facing dog pose, shoulder stand pose)

Lift your legs up.

Keep

Keep your legs straight.

Keep your chin in.

Make + object + adjective

Make your spine straight.

<Useful expressions>

~ like this

Put your hands like this.

Stand like this.

~ with hands

Support your back with hands.

<Prepositions>

- Near

- Behind