

## ★ How to make Yoga instructions in English ★

1. Verb + Body parts

2. Body parts + Adverb ( up, down, front, back, forward, backward)

3. Verb+ Body parts+ Adverb or location

< Examples >

1. Verb + Body parts

- Raise your hands.

- Bend your knees.

- Stretch your legs.

- Rotate your shoulders.

## 2. Body parts + Adverb ( up, down, front, back, forward, backward)

- Hands up.
- Head down.
- Right foot front.
- Left hand back.

## 3. Verb+ Body parts+ Adverb or location

- Put your hands up.
- Bring your hands above your head.
- Place your hands on the mat.
- Keep your chin in.
- Lift your bottom upward.