

YOGA TERMS 101

Beginner's Cheat Sheet

Asana

Yoga posture

Bandha

Muscle contraction in strategic body areas

Breathe Into Your XXX

Bring your awareness to XXX

Chakra

Body energy centers

Drishti

Focus

Heart Center

Chest

Inversions

Postures where head is below heart

Mantra

Sound/word that improves focus

Mudra

Hand gesture

Namaste

Used to say hello; express gratitude

Om

Sacred mantra

Pranayama

Control of breath

Sanskrit

Language of yoga

Savasana

Corpse pose - final relaxation pose

Sitting Bones

Two knobby bones under your buttocks

Tailbone

Bony structure at the end of spine

Ujjayi

Breathing technique

Yoga

Stands for "union"

