

Common Yoga Terms

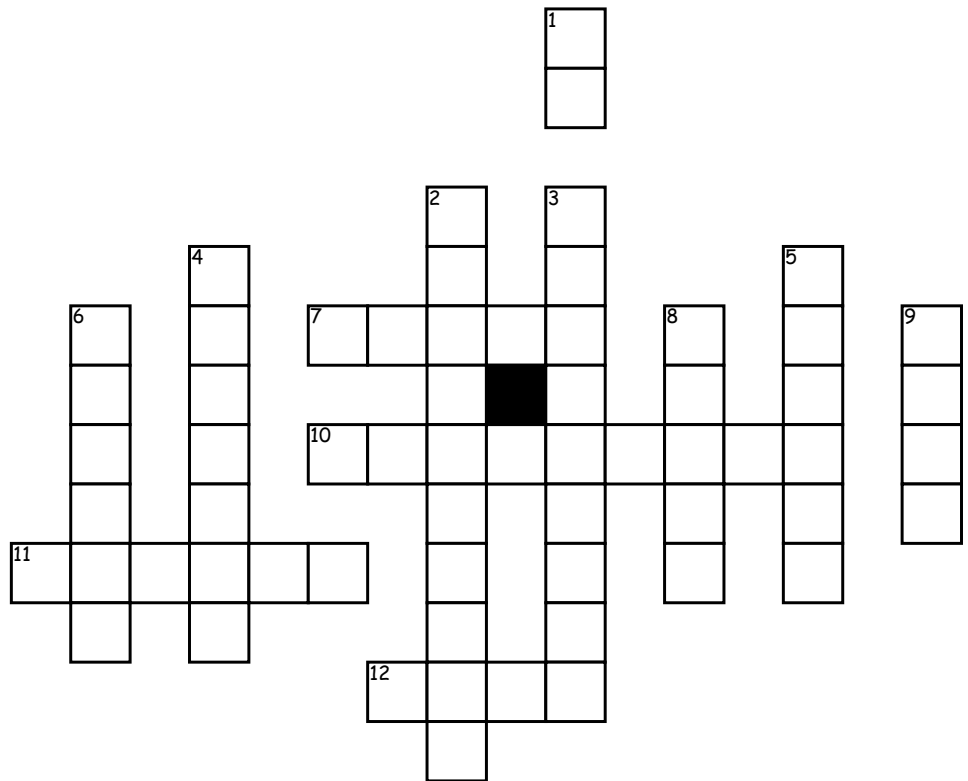
Across

7. positions of the body that have an influence on the energies of the body or mood

10. seeks to unify opposites - body and mind - and describes any of the physical practices of yoga

11. a sacred thought or a prayer

12. an ancient discipline used to achieve liberation



Down

1. this is a sound you make during yoga

2. focusing and calming the mind often through breath work to reach deeper levels of consciousness

3. breath awareness to facilitate inner stillness and awareness

4. commonly said at the end of yoga class

5. hissing breath

6. physical postures of yoga

8. tools used to extend range of motion and facilitate ease in a pose

9. teacher or master

