

Introduction to Yoga

Learning objective: To understand the basics of yoga and its benefits for the body and mind.

Key Vocabulary

Grouped by category.
Yoga Poses, Breathing Techniques, Benefits and Mindfulness

What is an 'asana'...	What is the benefi...	How do you feel ...
What is 'pranaya...	Why is it importa...	What is 'meditati...
What is one of the...		