

Yoga: Finding Balance and Focus with Nova

Learning objective: To understand the fundamental principles of yoga, including breathing techniques, poses (asanas), and the importance of mindfulness for physical and mental wellbeing.

Read each flashcard carefully to learn about yoga. The front of the card introduces a term or pose, and the back provides an explanation. Use these to practise your balance, flexibility, and controlled breathing.

Asana

A Sanskrit word meaning 'seat' or 'pose'. In yoga, these are the physical movements or positions we hold to build strength and flexibility.

Mindfulness

The practice of paying full attention to the present moment, helping to calm the mind and improve our concentration.

Inhale and Exhale

Inhaling is the act of breathing in deeply, while exhaling is the act of releasing breath slowly. Controlled breathing is essential for staying calm during poses.

Tree Pose (Vrikshasana)

A balancing pose where you stand on one leg and place your other foot on your inner calf or thigh. It improves focus and balance.

Downward-Facing Dog

An inverted V-shape pose where your hands and feet are on the floor, stretching the back of your legs and your spine.

Flexibility

The range of movement in your joints. Yoga helps increase this, allowing your body to move more freely and safely.

Stability

The ability to remain firm and steady while holding a pose, often requiring strong core muscles.

Alignment

Positioning your body in a way that is safe and effective, ensuring your joints and muscles are supported correctly during a pose.

Wellbeing

A general state of feeling healthy, happy, and calm. Yoga contributes to both physical health and mental peace.

Why is 'Focus' important during yoga?

Focus helps you maintain your balance and prevents you from wobbling. It also helps you connect your mind to your movements.

What does 'Posture' mean in yoga?

Posture refers to how you hold your body. Good posture in yoga helps prevent injury and improves your breathing capacity.

How does breathing affect a yoga pose?

Deep, steady breathing helps provide oxygen to your muscles, reduces tension, and helps you hold a pose for longer.