

Yoga Fundamentals: A Guide to Balance and Flexibility

Learning objective: To understand the core principles of yoga, identify key poses, and recognise the physical and mental benefits of regular practice.

Use these flashcards to test your knowledge of yoga terminology and technique. Read the front, try to define the term or describe the movement, then check the answer on the back.

What is the Sanskrit term for a yoga pose or posture?	What is the name of the breathing technique used in yoga to calm the mind?
Asana	Pranayama
Describe the 'Mountain Pose' (Tadasana).	Why is 'Core' strength important in yoga?
A standing pose where you stand tall with feet together, shoulders relaxed, and arms at your sides to improve posture.	It provides stability and balance for holding poses safely.
What is the main physical benefit of yoga for your muscles?	Explain the 'Tree Pose' (Vrksasana).
Increased flexibility and improved range of motion.	A balancing pose where you stand on one leg and place the other foot against your inner calf or thigh.
What does 'Mindfulness' mean in the context of a yoga session?	How does 'Downward Dog' affect the body?
Being fully present and aware of your body and breath during the practice.	It stretches the hamstrings, calves, and shoulders while strengthening the arms and back.
True or False: Yoga is a competitive sport where you should try to outdo others.	What is the purpose of a 'Cool Down' at the end of a yoga session?
False; yoga is a personal practice focused on individual progress.	To help the heart rate return to normal and to allow the muscles to relax and recover.
Which character, Nova the owl, might suggest yoga for what reason?	If a yoga class costs £5.50 and you attend 4 sessions, what is the total cost?
To help her stay calm and focused while stargazing for long periods.	£22.00