

Yoga: The Mindful Movement Word Mat

Learning objective: To understand and apply key vocabulary related to yoga, breath control, and physical coordination within a mindful practice.

Key Vocabulary

Explore this vocabulary reference that to support your yoga practice. The terms are grouped into 'Physical Postures', 'Mindfulness & Breathing', and 'Body Awareness' to help you describe your movements and feelings during our sessions.

Explain why 'alig...	Compare and con...	Justify why 'pran...
Describe the diffe...	What might happ...	If you were desig...