

Common Yoga Terms

1. **Yoga**: From the Sanskrit "yug" (yoke), means "union". Yoga is an ancient discipline that mixes postures and breathing as exercise for attaining bodily or mental control and well-being.
2. **Asanas** ("seat"): Physical postures of yoga.
3. **OM (or Aum)**: Considered to be the first sound of creation. Om is frequently chanted before, after and/or during yoga classes.
4. **Pranayama**: Breath awareness to facilitate inner stillness and awareness.
5. **Hatha Yoga**: From "ha" (sun) and "tha" (moon), hatha yoga seeks to unify opposites - body and mind - and describes any of the physical practices of yoga.
6. **Mantra** ("tool or instrument of thought"): Sounds, syllables, words or groups of words that are repeated with the goal of creating a positive transformation.
7. **Namaste**: Commonly said at the end of yoga class by the instructor and the students. One beautiful interpretation: The inner light and love in me honors and respects the inner light and love in each and every one of you.
8. **Props**: Tools such as mats, blocks and straps used to extend range of motion and facilitate ease in a pose.
9. **Savasana**: Final relaxation; literally translated as "corpse pose."
10. **Ujjayi (Victorious Breath)**: A type of pranayama in which the lungs are fully expanded and the chest is puffed out; most often used in association with yoga poses, especially in the vinyasa style.
11. **Vinyasa**: can be translated as "arranging something in a special way." In **vinyasa** yoga classes, students coordinate movement with breath to flow from one pose to the next.