YOGA DAY VOCABULARY



Complete each sentence with ONE word from the word bank.

stretch • healthy • breathing • balance • exercise • pose • energy • peaceful • body • mat • teacher • muscles • relax • morning • class • flexible • mind • outdoors • practice • movement

1. On International Day of Yoga, many people do yoga in the _____.
2. Yoga helps people become more _____.
3. We use a yoga _____ on the floor.
4. Deep _____ can help you feel calm.
5. The yoga _____ shows us what to do.
6. A yoga _____ is a special position for the body.
7. Yoga is a good form of _____.
8. Many people enjoy a yoga _____ at the community center.
9. Some yoga activities improve your _____ and help you stand steadily.
10. Yoga can help your _____ feel stronger.
11. We often do yoga in the _____ before school or work.
12. Yoga can give you more _____ during the day.
13. It is important to _____ before and after yoga.
14. Yoga helps connect the body and the _____.
15. Many people do yoga to _____ after a busy day.
16. A slow yoga _____ can feel calm and comfortable.
17. Regular yoga _____ can improve your health.
18. Yoga helps keep your _____ strong and healthy.
19. After yoga, many people feel _____ and happy.
20. Yoga can help make your _____ stronger.

LIVEWORKSHEETS