

# 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.