

Hatha Yoga

- **Pranayama:** Pranayama is a breathing technique in Hatha Yoga that involves controlling the breath to promote relaxation, concentration, and energy flow.
- **Asana:** Asana refers to the physical postures practiced in Hatha Yoga, designed to promote strength, flexibility, and balance in the body.
- **Savasana:** Savasana, also known as Corpse Pose, is a relaxation pose at the end of a yoga session for deep rest.
- **Namaste:** A traditional greeting in Hatha Yoga, "Namaste" is a Sanskrit word meaning "I bow to you" or "the divine in me honors the divine in you."
- **Om:** "Om is a sacred mantra chanted at the beginning and end of a yoga practice, symbolizing the unity of body, mind, and spirit."
- **Bandha:** Bandha refers to a specific body lock or muscular engagement used in Hatha Yoga to channel and control energy flow.
- **Mudra:** Mudras are symbolic hand gestures used in Hatha Yoga to channel energy flow and enhance concentration and meditation practice.
- **Chakra:** Chakras are the energy centers located along the spine, influencing physical, emotional, and spiritual well-being in Hatha Yoga practice.

Vinyasa Yoga

- **Flow:** Flow in Vinyasa Yoga refers to the seamless and continuous movement between yoga poses, synchronized with the breath.
- **Asana:** Asana refers to the physical postures practiced in Vinyasa Yoga, focusing on alignment, breath, and mindfulness during movement sequences.
- **Breath:** Breath refers to the conscious and controlled inhalation and exhalation practiced during Vinyasa Yoga to synchronize movement and create flow.
- **Sun Salutation:** Sun Salutation is a series of yoga poses performed in a flowing sequence, typically used as a warm-up in Vinyasa Yoga.
- **Pranayama:** Pranayama is a Sanskrit term meaning "breath control." In Vinyasa Yoga, it refers to regulating and controlling the breath during practice.
- **Chaturanga:** Chaturanga is a foundational yoga pose that involves lowering the body from a high plank position to a low plank.
- **Drishti:** Drishti refers to the focused gaze or point of focus that is used during yoga practice to maintain concentration.

- Ujjayi: Ujjayi is a breathing technique used in Vinyasa Yoga where one breathes through the nose with a slight constriction in the throat.

Ashtanga Yoga

- Ashtanga: Ashtanga refers to a specific style of yoga that involves a set sequence of poses performed in a flowing, dynamic manner.
- Asana: Asana refers to the physical postures practiced in Ashtanga Yoga, designed to promote strength, flexibility, and focus during meditation.
- Primary Series: The Primary Series in Ashtanga Yoga is a set sequence of postures designed to purify the body and cultivate strength.
- Mysore: Mysore refers to a traditional style of self-paced Ashtanga Yoga practice where students move through a set sequence at their own pace.
- Ujjayi: Ujjayi is a breathing technique used in Ashtanga Yoga where the practitioner breathes deeply through the nose with a slight constriction in the throat.
- Drishti: Drishti refers to a specific focal point or gaze used during yoga practice to help improve concentration and alignment.
- Bandhas: Bandhas are internal energy locks used in Ashtanga Yoga to control the flow of energy and enhance stability and focus.
- Vinyasa: Vinyasa refers to the synchronization of breath with movement in a flowing sequence of yoga poses, linking postures together smoothly.

Bikram Yoga

- Balance: Balance in Bikram Yoga refers to the ability to maintain stability and control while holding challenging poses and postures.
- Strength: Strength in Bikram Yoga refers to the physical and mental ability to hold challenging poses, improve balance, and build endurance.
- Flexibility: Flexibility in Bikram Yoga refers to the ability to move and stretch the body with ease and grace during practice.
- Sweat: In Bikram Yoga, "sweat" refers to the profuse sweating that occurs during the 90-minute practice in a heated room.
- 2 Breathing Exercises: 2 breathing exercises in Bikram Yoga are Kapalbhata (skull shining breath) and Ujjayi (victorious breath), focusing on breath control and energy flow.
- 26 Postures: 26 postures refer to the specific sequence of poses practiced in Bikram Yoga, each designed to target different areas of the body.

- **Hot Room:** A hot room in Bikram Yoga refers to a studio heated to a temperature of around 105 degrees Fahrenheit for practice.
- **Heat:** Heat in Bikram Yoga refers to the high temperature maintained in the studio to aid in flexibility and detoxification.

Kundalini Yoga

- **Kundalini:** Kundalini refers to the dormant energy believed to be located at the base of the spine, awakened through Kundalini Yoga.
- **Chakras:** Chakras are energy centers located along the spine in Kundalini Yoga, influencing physical, emotional, and spiritual well-being.
- **Mantra:** A mantra in Kundalini Yoga is a sacred word, sound, or phrase repeated during meditation to focus the mind and promote spiritual growth.
- **Pranayama:** Pranayama in Kundalini Yoga refers to the practice of controlled breathing techniques to regulate energy flow and increase vitality.
- **Kriya:** Kriya refers to a specific sequence of actions or exercises in Kundalini Yoga designed to achieve a particular outcome or goal.
- **Meditation:** Meditation in Kundalini Yoga involves focusing on specific movements, breathwork, mantras, or visualizations to achieve mental clarity and relaxation.
- **Energy Centers:** Energy centers, or chakras, are points of subtle energy located along the spine in Kundalini Yoga, responsible for spiritual growth.
- **Awakening:** Awakening in Kundalini Yoga refers to the process of activating the dormant spiritual energy believed to reside at the base of the spine.

Restorative Yoga

- **Meditation:** Meditation in Restorative Yoga involves deep relaxation and mindfulness to calm the mind and release tension in the body.
- **Mindfulness:** Mindfulness in Restorative Yoga involves being fully present in the moment, focusing on breath and sensations to promote relaxation.
- **Stretching:** Stretching in Restorative Yoga involves gentle, prolonged holds in passive poses to release tension, improve flexibility, and promote relaxation.
- **Breathing:** Breathing in restorative yoga involves slow, deep inhalations and exhalations to help calm the mind and relax the body.
- **Poses:** Poses in Restorative Yoga are gentle, supported postures held for an extended period to promote relaxation and stress relief.

- **Healing:** Healing in Restorative Yoga refers to the process of physical, emotional, and spiritual restoration through gentle, supported poses and deep relaxation.
- **Gentle:** Gentle refers to slow, soothing movements and poses in Restorative Yoga that promote relaxation, flexibility, and stress relief.
- **Relaxation:** Relaxation in Restorative Yoga involves releasing tension in the body and mind through gentle poses and deep breathing exercises.

Yoga positions

- **Asana:** Asana refers to a specific physical posture or position practiced in Yoga to promote flexibility, strength, and relaxation of the body.
- **Vinyasa:** Vinyasa is a style of yoga in which poses flow together in a sequence, often coordinated with breath.
- **Pranayama:** Pranayama is the practice of breath control in yoga, involving various breathing techniques to improve physical, mental, and spiritual well-being.
- **Savasana:** Savasana, also known as Corpse Pose, is a relaxation pose performed at the end of a yoga practice.
- **Downward Dog:** Downward Dog is a yoga pose where the body forms an inverted V shape with hands and feet on the ground.
- **Warrior Pose:** Warrior Pose is a standing yoga pose that strengthens the legs, opens the hips, and improves balance and focus.
- **Tree Pose:** Tree Pose, or Vrksasana, is a standing balance pose in yoga where one foot is rooted to the ground while the other foot is placed on the inner thigh.