




# LANGUAGE OF YOGA

This workbook is a guide in yoga asana postures, these are tools to aide you to deepen your personal practice and becoming an exceptional yoga teacher. Remember that every body is different, and each body will settle into a posture differently based from the structure and the anatomy of the individual vessel.

Honor your anatomy, your emotions, your energy, your self discussions, and your students. Explore the postures at its fullest potential for the health of the posture. Performance will simply feed the entertainment of the posture





*“The Study of Asana is not about mastering the posture, it is about using posture to understand and transform yourself.”*

Asana- is only one of the practicing limbs of yoga. Yoga Asana is a practiced, moving meditation, that has a traditional and ancient background. The Asana practice is continuously evolving. As educational growth of the human anatomy in both eastern and western studies evolve, as the mindset in safety of the posture develops as well.

Full Expressions- consider that many postures can take years to become accessible, and typically do not happen overnight.

Full Expressions are dependent of the anatomy of an individual body. The ability to maintain postures can be determined by the emotional response of the internal systems. Some postures may be unavailable for some individuals and that is OK. The breath is the life force, that helps direct the body into the micro edge of your practice. The breath extends the body's conscious limits, through knowledge and safety.

“By experimenting with many yogic techniques and philosophies you will learn those which are universally applicable and which are more specialized. You'll develop your own style and hopefully see that no matter how different, all yoga practices lead to the same place. As you learn the logical steps which encompass all yoga practices, you will feel your own spiritual compass enlighten”





# THE ANATOMY OF AN ASANA

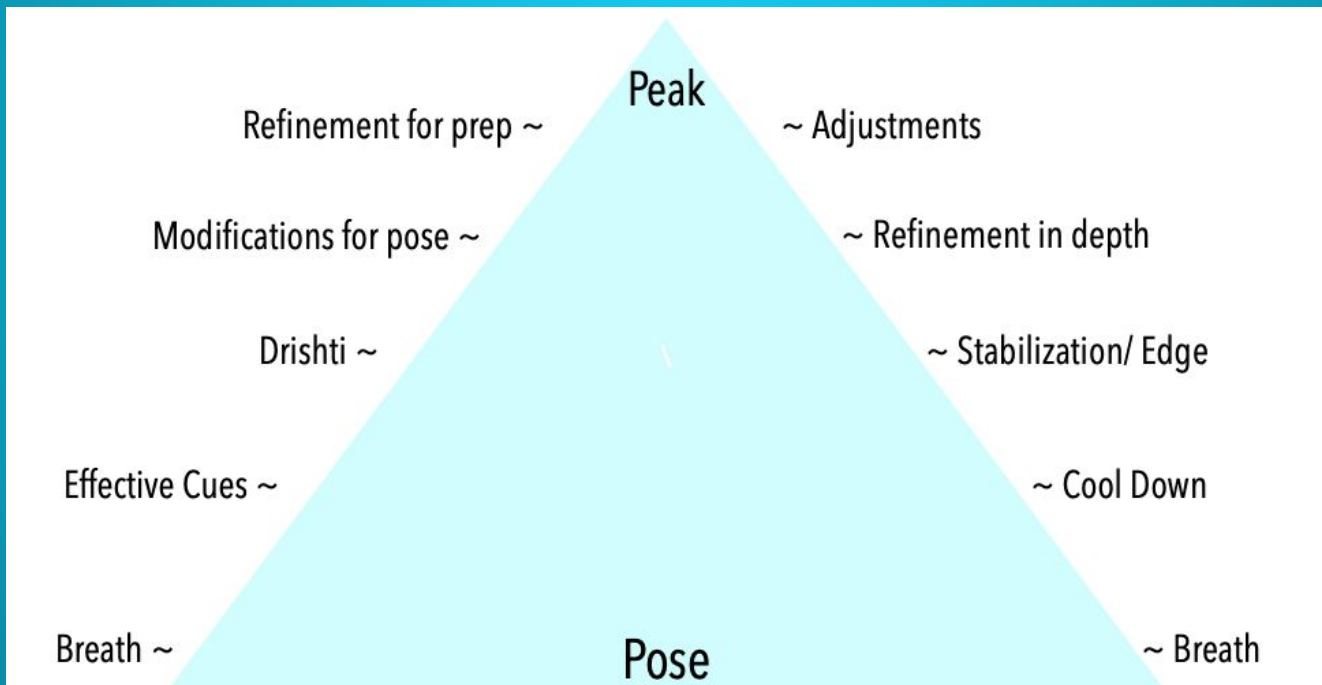
## POSE BREAKDOWN

The exploration of an asana can be as vast, as you are willing to explore within your practice of yoga.

Level	Purpose	Whats engaged	Drishti	Modification	Adjustments	System	Extras
Level 1	Flexibility	Pada Banda	Up	Foot/Ankles	Audible	Skeletal/Muscular	Quote
	Mobility	Mula Bandha	Forward	Knees	Energetic	Respiratory/ Circulatory	Emotions
Level 2	Stablization	Uddiyana Bandha	Side	Hips	Alignment	Reproductive/urinary	Mythical Srtories
	Static strength	Jalandhara Bandha	Down	Spine/ Neck	Physical	digestive/ eliminary	Chakra/ Element
Level 3	Static Endurance	Maha Bondha	Tip of Nose	Shoulder	Depth	Lymphatic/Immune	Music
	Dynamic Strength	Hasta Bandha	Fingers	Arms	Props	Nervous/Endocrine	Mudra/ Mantra
Level 4	Dynamic Endurance	Body Part	Toes	Wrist	Massage	Energetic	Dosha

# POSE BREAKDOWN

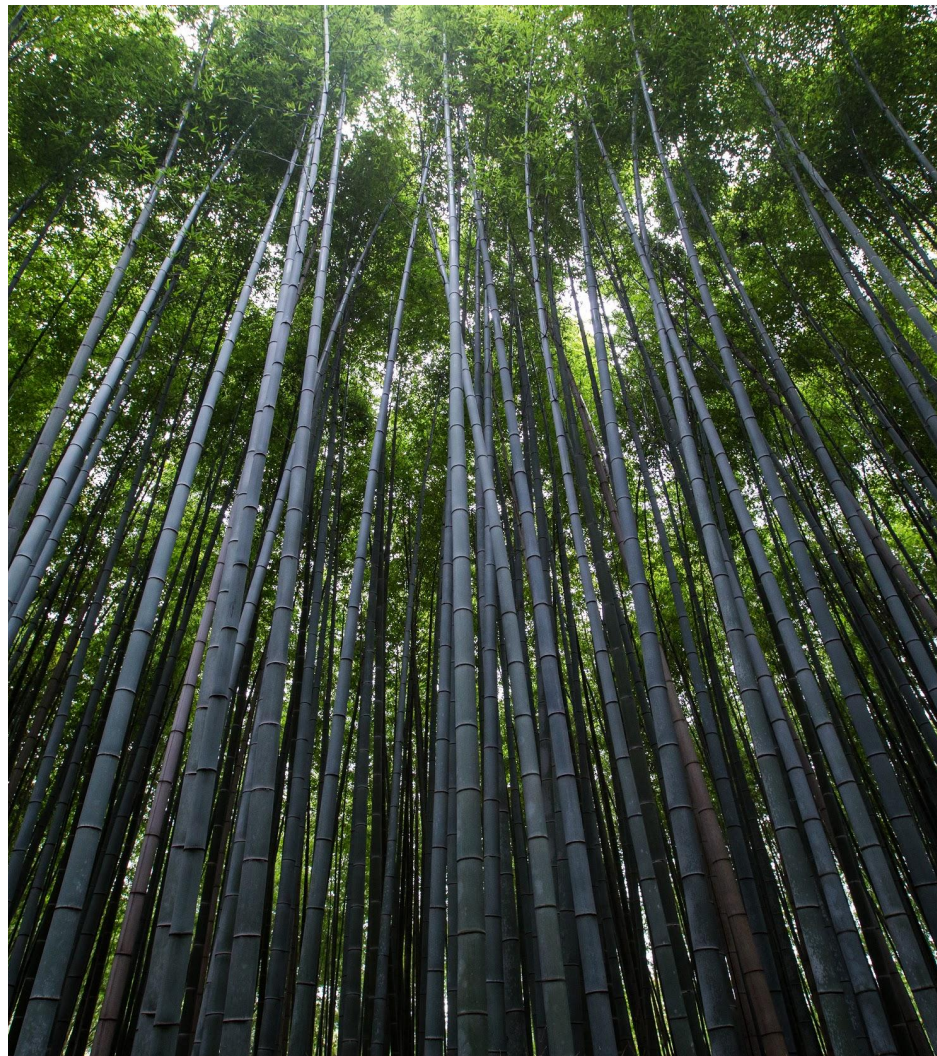
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EFFECTIVE LANGUAGE

CREATING HIGH VIBRATIONAL  
LANGUAGE.



# EFFECTIVE LANGUAGE

What is effective language in yoga?

Effective language creates a worded formula to offer simplicity to the cues you give, to move your students body parts, into structured and safe shapes during an asana practice.

BREATH + VERB + BODY PART + DIRECTION + TRANSITION OR POSE

Example of effective language cues:

Step 1: INHALE, EXTEND, your LEFT LEG, UP (shape number one prep posture)

Step 2: EXHALE, PULL, your LEFT KNEE, to your CHEST (shape number two transitional posture)

Step 3: (on the same) EXHALE, PLACE, your LEFT FOOT, BETWEEN your HANDS (stabilization in posture)

Step 4: INHALE, RISE, your ARMS, OVERHEAD, CRESCENT LUNGE (peak of posture)



# EFFECTIVE LANGUAGE

Advancing the effective language in yoga?

As a teacher builds more structure into postures, alignment and refinement cues, creative directing and educational lessons can be added with ease.

BREATH- EXCHANGE + EXPAND THE VERBS +  
REFINE THE BODY PART AND ACTIVATE THE MOVEMENT + CREATIVE DIRECTION +  
TRANSITION OR POSE

# EFFECTIVE LANGUAGE

Example of active effective language cues: Downward Dog Adho Muka Svanasana to High Lunge

Step 1: As you breathe in, activate your pelvic floor (mula bandha) and RISE your LEFT LEG while you EXTEND through the base of your heel TOWARDS the ceiling. Engage your abdomen, pull your navel toward your spine and contract the base of your rib cage- Udiyana Bahnda (shape number one prep posture)

Step 2: as you EXHALE, contract your abdomen deeply, bend your LEFT KNEE, shift your weight forward, as you expand through your spine, PULL your knee toward your CHEST, squeeze your left heel to your glute.....(shape number two transitional posture)

Step 3: (on the same or new) EXHALE, Press down through your hands, engage your core, lift your Knee into your chest, extend through your knee forward, as you flex your foot, SILENTLY PLACE your LEFT FOOT BETWEEN your HANDS, PINKY TOE aligned with THUMB. PRESS down through your all 4 corners of your foot evenly, lift your toes- Pada Bandha. Engage your adductors (inner thigh). Expand your Heart Space forward as you lengthen your spine. (stabilization of posture)

Step 4: BREATHE YOUR BEAUTIFUL BREATH, gather EARTH ENERGY into your hands as you RISE your ARMS OVERHEAD, press your right hip forward, press your left femur back to create stabilization, deepen the connection to your mula bandha and uddiyana bandha - CRESCENT LUNGE (peak of posture)



EFFECTIVE LANGUAGE

THE ABC OF CUES



# ABC OF TEACHING YOGA

'With so many teaching styles—not to mention so many variations on the same cues and ever-changing thinking on what's safe and not—it can be tough to know which cues to listen to and which ones to ignore. Enter this guide: an incomplete roundup of the good, the bad, and the just plain funny.'- [RYAN PEACOCK](#)

## A: Adduct and Abduct

You probably hear these words all the time, yet it can be tough to differentiate them from one another, here's a trick for remembering which is which: When you hear adduction, think of adding in. Adduction refers to movements in toward the midline of the body—for example, wrapping your arms in [Garudasana \(Eagle Pose\)](#). Meanwhile, abduction refers to movements away from the midline, such as lifting your arms parallel to the ground in [Virabhadrasana II \(Warrior Pose II\)](#).

## B: Bring your biceps in line with your ears

You may hear this cue in [Adho Mukha Svanasana \(Downward-Facing Dog Pose\)](#), and while there's nothing inherently wrong with the cue, it can lead to misalignment if not properly explained, says Brooklynite [Kathryn Budig](#), yoga teacher and author of the book Aim True. "Take your biceps to your ears can cause you to lower your head too low and collapse in your upper back," "Instead, 'Keep your ears in line with your arms.'"

## C: Close your eyes

If the only time you shut your eyes in your yoga practice is during seated meditation or [Savasana \(Corpse Pose\)](#), you're missing out. "Closing your eyes can help you to disconnect from visual stimulation and find more stillness," Closing your eyes in a balance pose, like [Vrksasana \(Tree Pose\)](#), challenges you to use your inner eye to find your center.

# ABC OF TEACHING YOGA

## D: Drop

This is such an easy word to allow into the teaching vocabulary but is an important one to begin to remove from your teaching language. Drop means to fall vertically. When practicing asana, the body is engaged, the only time the body is not engaged is in Savasana. Unless you are in a Yin or Restorative class. If you are to cue 'drop' this action may allow for body parts to completely disengage, creating room for injury, Example: cow pose where the back is arched if the belly were to drop from cat that could cause spinal injury

## E: Hug your elbows to your sides in Chaturanga Dandasana (Four-Limbed Staff Pose)

This is one of the most vital cues during Chaturanga, says yoga teacher and Yoga Journal contributing editor Jason Crandell. "It's essential to pull your elbows into your side ribs while keeping your forearms perpendicular to the floor" This creates greater stability in the joint where your upper arm bone and shoulder blade connect. Of course, it also requires upper-body strength, encourage students to lower their knees if necessary to offload some weight while maintaining the integrity of the pose.

## F: Flower your anus

Admit it: When you first heard this cue (or its cousin, "blossom your buttocks") you either laughed or cringed. But what exactly does it mean? And why would anyone want to do it? While this cue's origin is unclear, many teachers suggest it may be an awkward attempt at saying "widen the sit bones" or "relax the :." "I'm like a 4-year-old when I hear this," says Budig. It makes me laugh every time."

## G: Ground down

Sounds simple enough, yet grounding down involves more than pressing your feet into the floor. "It's important to activate your pelvis, hips, and gluteus muscles to create the proper push-down action that firmly grounds the feet," To do this, try to distribute your weight evenly between the inner and outer edges of your feet when standing in Tadasana (Mountain Pose). "Allow your body to settle into the earth, allows your skeleton to hold some of your weight, so your muscles don't have to work as hard."

# ABC OF TEACHING YOGA

## H: Square your hips

Despite decades of teachers telling their students to square their hips to the front of the room when twisting, hips don't actually need to be squared. In fact, the motion creates torque, he says, which weakens the space between the hips and the torso—upping the odds of injury. Instead of trying to stay square, allow your pelvis to rotate in the same direction as your spine, which will allow for a much deeper spinal rotation and reduce the likelihood of lower-back pain.

## I: Inner rotation

In yoga, sometimes you have to draw in, in order to move up. Urdhva

Dhanurasana (Upward Bow Pose) is a good example: Practitioners often push their groins up because it makes them feel like they are getting higher, but this can cause the glutes to grip, forcing the sacrum up and putting pressure on the lumbar spine. “For any backbend, you may engage your glutes to get off the floor, then it's helpful to turn your internal rotators on and let your glutes go. This allows you to soften your groins and lengthen your iliopsoas and lower back.

## J: Jumpback

What does it take to master the pickup-jumpback to Chaturanga Dandasana? Practicing Lolasana (Pendant Pose), which trains key muscles for the movement: Stand on your shins, each hand on a block outside of each shin. Press your palms firmly into the blocks and straighten your elbows. Round your back, pull your navel toward your spine, and bring your thighs up to your chest. The Jump Back is a practice for those who have the float forward to lessen the impact to the shoulders and wrists and spine.



# ABC OF TEACHING YOGA

K: Kick up into handstand

It may be tempting, but don't do this—especially if you're in a crowded class: Kicking up into inversions can harm both your practice and those around you if you topple over. “When you kick into an inversion like [Handstand](#), you're using momentum rather than control, whereas you should be focusing on moving with precision,” says Crow. What's more, kicking reinforces the notion that the final posture is more important than the steps it takes to get there. To build patience and precision when practicing Handstand, Crow recommends starting with your hands a few feet from the wall and walking your legs up the wall so your torso and legs make an L shape. When you're ready, move away from the wall, and place your hands on the floor. Raise and extend one leg, then use your standing leg to lightly bounce (not kick) up. This will allow for more control and muscle engagement, enabling you to work up the strength to do Handstand in the middle of the room.

L: Listen to your Body- This is a filler phrase that is used too often. Yes awareness is needed, it may provoke injury. Creates room for you to be just a guide and not a teacher or instructor.

Post modern people do not like being told what to do , in fault the human population has molded to a language based off of suggestion. Be confident in what you say and allow the body to greet its edge with safety, knowledge in both alignment and physical anatomy and breath.

M: Micro-bend the knee

Though this cue can be somewhat controversial (how micro is the bend, after all?) thinking of it this way: “You are trying to ever-so-slightly soften and bend your knee, and at the same time, putting some effort into straightening your leg,” This cue is especially relevant for those who have a tendency to hyperextend (over-straighten) their knees, which can cause unnecessary wear and tear over time. “Creating these two opposing actions in your knee brings balanced strength to all the intricate muscles of your lower leg,”

# ABC OF TEACHING YOGA

## N: Neutral spine

Maintaining a “neutral spine”—or “the natural curves of the spine,” as many teachers describe it—is a cue that’s universally embraced. “It is important because it optimally distributes force among the intervertebral discs, which act as shock absorbers,” . When your spine is out of its natural alignment, excessive force can become concentrated in one area, which can lead to injuries such as bulging or ruptured discs. However, keep in mind that in some poses (like forward and backward bends) you want the spine to come out of neutral in order to flex and extend. “In a balanced yoga practice, you are moving your spine in every direction,”

## O: Open your heart

As countless power ballads have told us, the heart is a complex thing. Explaining that the cue “open your heart” carries multiple meanings in a yoga class. On a physical level, it can refer to opening your chest or lifting your sternum upward. However, it can also imply that students’ hearts are emotionally closed off—an implication that can be hurtful. The consensus? This cue doesn’t resonate with everyone. Use it (or follow it) only if it feels right to you.

## P: Pretend you're between two panes of glass

Most teachers have stopped using this phrase when cueing Utthita Trikonasana (Extended Triangle Pose) in recent years. But if you still hear it, ignore it, says Ippoliti. “It prompts students to externally rotate both legs, which means the femur (thigh bone) heads will not be fully seated in the hip joints,” she says. “This can limit range of motion and flatten the lumbar curve.” Instead, when you come into the pose, move your thighs and butt back so your femurs sit into your hip joints, then draw your front buttock under to externally rotate your front leg and spin your chest up into the pose. According to Ippoliti, “this is the safest way to get the opening most practitioners seek in this pose.”

# ABC OF TEACHING YOGA

Q: Activate your Quadratus Lumborum

The quadratus lumborum (QL)—which connects the spine to the pelvis—doesn't get the attention it deserves. When your back muscles are weak, the QL picks up the slack, which can cause it to contract excessively and become fatigued. To activate and strengthen this muscle, recommend practicing a variation of Janu Sirsasana (Head-of-the-Knee Pose): With your left leg extended straight and your right leg folded in, twist your shoulders to the right and lower your left shoulder to your left knee, then take your right arm up and over toward your left foot. Hold for 5–10 deep breaths, then switch sides. Hello, QL.

R: Release

In the quest for perfect yoga poses, we often sharpen our focus on performing the pose, rather than releasing or dropping into it. However, Tias Little, founder of Prajna Yoga in Santa Fe, New Mexico, says reminding students to release helps them deeply relax the body. “Because people tend to carry stress in the jaw, mouth, and other areas of the face, I like to use cues around releasing cranial structures, like ‘Drop into Savasana of the tongue,’” says Little.

S: Subtle body

The phrase “subtle body” is often used to describe the idea of weaving together yoga wisdom and physiological function. It helps people open to a state of inquiry and discovery, shifting focus from an outward performance of a pose to an inward exploration, says Little. “It's all about observing sensation in the body: the movement of the fascia and pulsation of blood moving through the veins,” he says. “That kind of attunement in each pose is what makes yoga a moving meditation.”



# ABC OF TEACHING YOGA

## T: Tuck your tailbone

Here's a cue many teachers are steering clear of these days, because a majority of students overtuck, says Budig. "Tucking your tailbone can create more length in your spine—but when you take this action too far, you flatten the natural curve in your low back," she says. Instead, she tells her students to "release the tailbone as you simultaneously draw your lower belly up"—dual actions that prevent practitioners from overdoing it on the tuck.

## U: Use your props

If most teachers had their way, every student would be issued a standard blanket, block, and strap upon walking into a yoga studio. "Sometimes a block is exactly what you need," adding cues that call for props are not just for beginners—they can also help experienced students discover a pose in a different way. "props can help yogis learn what it feels like to have power and strength in a pose as opposed to collapsing in it."

## V: Visualization

Cues that prompt you to visualize help you to connect to the pulsatory rhythms of a pose, known as the nadis, instead of simply trying to get the mechanics of it right. "Visualization directs people to the sensory experience," says Little. "Imagery helps me perceive my body as an energetic field, where the elements of wind, rivers, fire, and moonlight are expressed, rather than simply as a collection of muscles, bones, and flesh."

## W: Go to the wall

Walls are often an overlooked asset for deepening your practice—and they can be especially great for beginners, says Carpenter. For example, Carpenter likes to teach what she calls Puppy Dog Pose to new practitioners as an alternative to Downward-Facing Dog Pose because it requires less upper-body strength than holding the pose on the floor. To try it, start with your hands on the wall at hip-bone height, then walk your hands up and step your feet back into a Down Dog variation with your hands pushing into the wall.

# ABC OF TEACHING YOGA

## X: X-Ray Vision

X-rays help us see things more clearly—a key concept in Patanjali's Yoga Sutra, and one that yoga teachers who veer into the philosophical teachings of this ancient practice might explain. “Patanjali points out that in viewing the world, we tend not to see reality clearly, but instead we’re deluded by the error of false perception,” says David Life, co-founder of Jivamukti Yoga. “This confusion about the true relationship between the act of seeing, the object seen, and the identity of the Seer, is the root cause of suffering.” The cure? Using a kind of x-ray vision comprised of viveka (discrimination between “real view” and “unreal, apparent view”) and vairagya (detachment from a mistaken identification).

## Y: Focus on you

Yogis are often urged not to compare themselves to others in the room—a tall order both on the mat and off. Yet, one way to embody this important cue is to remember that true yoga is not about doing a series of poses but rather learning more about yourself. “You use each asana as a tool to understand what’s going on in your body,” “Asana is a means to come to a deeper understanding of self.”

## Z: Zip up through the midline

Engaging your midline is key to turning on your all-important core muscles, which do everything from promoting better balance to helping you feel more grounded and connected to yourself. This zip-up cue makes it easier by signaling you to tap into the energy that resides in your Root Chakra Mula Bandha— and activates energy to Kundalini energy to rise through the the hub that runs along your spine, around which the entire energetic system is organized. Use this cue when teaching backbends especially: “Pulling the abdominals gently inward and upward in a backbend increases your range of motion because it creates a deeper stretch in the rectus abdominis muscles.”



EXCHANGING YOUR VERBIAGE TO  
BECOME HIGH VIBRATIONAL

# WORDS TO STEER CLEAR OF WHILE TEACHING

**UM/ SO/ HERE-** these are all filler words and create an energy that comes across of being unsure. practice removing filled space with expansive words or breath expression.

**YOU KNOW-** is an assumption/ filler word/ people come to yoga to learn depth- take this completely away from your teaching speech.

**KILL-** kill your ego...kill your self (Bikram)...my so and so is killing me..... removing any verbiage that indicates the word kill in it, not only is it a low vibrational word, it is a manifesting word that allows dis-ease in those around you and your self.

**SHOULD/ NEED--** are judgement word- (you should feel this or you need to feel...) replace through explorative speech.... You may begin to feel.... Explore through sensation,

**ING** words- be as present with your directions as possible- be in the now- Place vs placing, breath vs breathing, inhale vs inhaling etc..

**OUR/WE/LET'S-** speak to the individual as you teach, when speaking of human characters it is acceptable to use a collective form.

**REACH** creates space for unaligned postures and compromises the integrity of the joint. Exchange for - extend. Lift. Float. Enhance, expand, lengthen, contract and press

**GUNNA-** truly, et go of this word while you're teaching-

**YOU/ YOU'LL WANNA-** exchange for create, explore, invite,

**GOING TO-** create, advance, open, step into, explore

**COMING INTO-** can become redundant and out of the present tense - exchange for come to, expand, advance, create depth, (simple direction)

**SPREAD-** this is a trauma word -You can spread love, joy, happiness- all other body parts replace with Extend, outward, expand, lengthen to.... widen, place apart from... etc

**TOUCH YOURSELF-** this is a trauma/trigger phrase- instead-place a hand..., add depth by... press your hand into

**FEEL YOURSELF-** this is a trauma/trigger phrase- other options - witness yourself, experience the sensations of....etc

# WORDS TO STEER CLEAR OF WHILE TEACHING

**I want you to....**- this is a forceful demand.... instead... invite, explore, explore the sensation, try, invoke, create

**RELEASE**- this is appropriate for breath and letting go in a safe posture (Savasana)

**MAYBE**- this can be used to find exploration after you have given proper placement, be directive then open the door for option- when you used too often- gives the effect of uncertainty.

**THAT**... ex: that leg, those hands, the foot..... personalize the practice by using your foot, your hand etc .....

**WE**- it's a personalized movement pretend that there is only one person in the room... you can say we as a collective description to the human force...

**Just**- "I just teach yoga." – "just"– is a dangerous one. Using it reduces something to trivial, insignificant. Exp-This incident was a powerful reminder to declare, boldly and with pride.

**DON'T** -'I don't " is experienced as a choice, so it feels empowering. It's an affirmation of your determination and willpower. I can't isn't a choice – it's a restriction, it's being imposed upon you. So thinking "I can't" undermines your sense of power and personal agency."

When using don't you can choose that for your personal power and will when making decisions and directions for yourself, to write or use in speech to others- DON'T gives the same effect as "should" it is a judgement. Create invitation to more instead of don't do this don't do that etc...

**BUT**- leave this completely out of your teaching verbiage. This is the number one stagnant word of the English language and devalues anything that you had stated prior to the placement-exchange for however, furthermore etc.

**Can't**- Same as with "never." Every time we say can't,, it's a declaration that whatever it is we aren't yet able to do is completely out of reach. Truth is, how do we know? Tell yourself you can, always. And keep practicing until you get it.



# WORDS TO STEER CLEAR OF WHILE TEACHING

## **Wrong (Or Right)**

Anyone who's worked on a relationship has heard it's not about who's right or wrong. This applies to yoga too. Get over worrying about doing a pose wrong. If you're breathing, focusing, and staying fully present to what's happening in your body, you're doing fine.

Same goes for doing it "right." Obsessing over doing Warrior Two right can imply there's only one way – the right way – to do it. Truth is, none of us look the same in Warrior Two. Every yogi is unique, bringing to class his/her own genetic code and fascinating biography.

I tore a groin muscle years ago that prevents me from creating a 90-degree angle with my front right leg. Doing so sends shooting daggers up my leg and spine, so I stop just shy of it. And it isn't wrong. Or right. It's MY kickass Warrior Two in all its glory!

## **Perfect**

coming to yoga class allows you to fail (first attempt in learning), to be imperfect, with no repercussions at all. Our practices grow stronger by falling out of poses, not holding everything together, and letting our emotions out. Perfection has no place on the yoga mat or in life and no one is perfect, we create practice everyday to serve the self to serve others

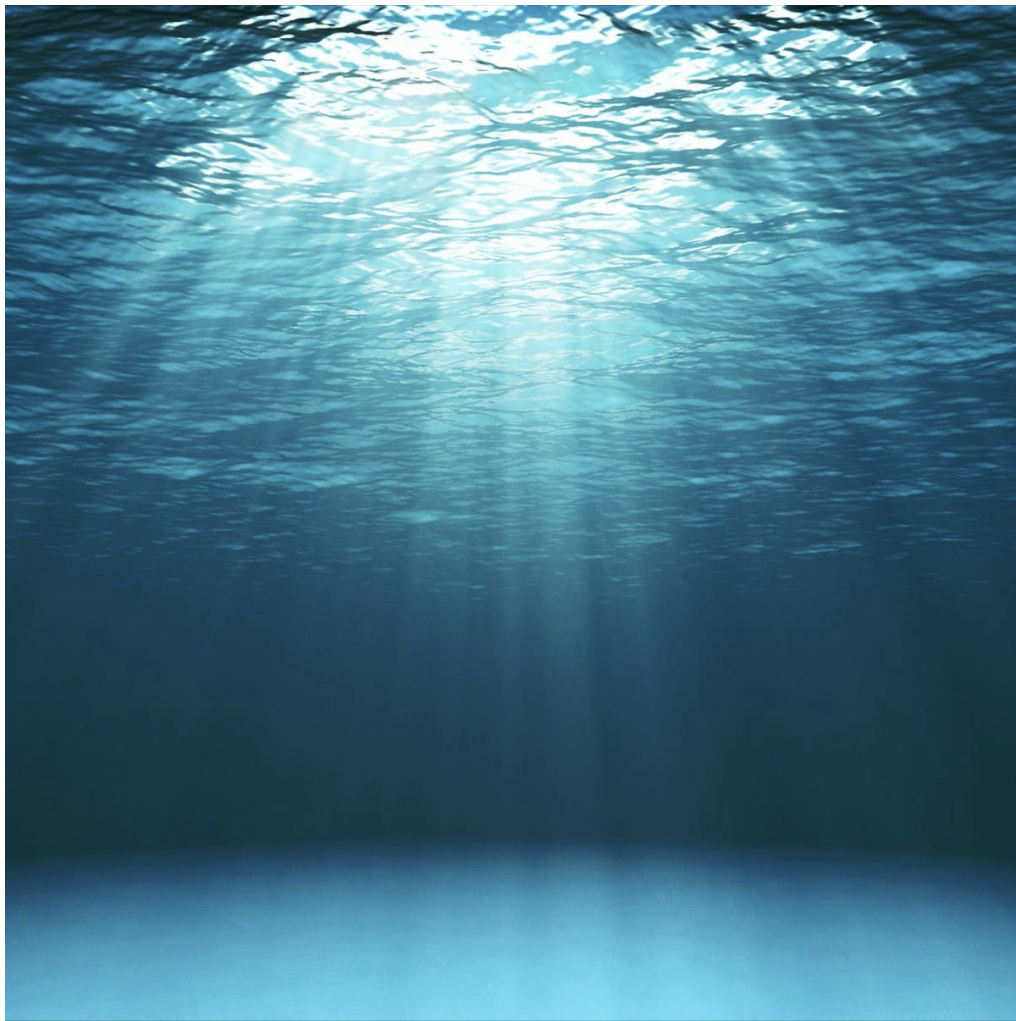
## **Fight**

Flight or Fight is part of life. Using fight in life allows "fight" to manifest.

## **F#!\$?%!\***

Cursing is a direct route into frustration, and even anger. Notice what happens to your heart rate, your breath, and your jaw when you inwardly curse. Even if you aren't cursing aloud, the yogi next to you will surely feel the negative energy. So flip it around and choose love. How about you? See what words come up for you, and seek out more loving, supportive alternatives to compliment your practice.

**HAVE-** gives residency- experience



HIGH VIBRATIONAL EXCHANGE

# HIGH VIBRATIONAL VERBAL EXCHANGE

## A

- Become aware of your breathing
- Activate your left thigh
- Create awareness in your body as you move
- Activate your inner thighs together while you engage into mula bandha
- Activate your mula bandha by pulling your pelvic floor up and in
- Allow your heart to open with an easeful exhale.
- Offer awareness of each movement you make
- Activate through your quad and lift your knee.
- Align your thoughts and intentions with the length of your spine.

## B

- Find balance between activation
- Explore the blissful state in between postures
- Sink into bliss, or allow yourself to enter a blissful state
- Balance on your right foot and strengthen into your standing leg while you flex the back foot to create engagement throughout your entire body
- Butterfly your eyes open to slowly bring your vision back to the present moment
- Bask in the radiance of the gratitude and love youve created for yourself during your practice today
- Breathe your intention
- Build balance by rooting through all four corners of the feet.
- Bring your awareness to how your body feels.
- Bold and brave
- Create buoyancy through extension
- Bring your awareness to your knees
- Build your posture from the base of your being.

# HIGH VIBRATIONAL VERBAL EXCHANGE

## C

- Gain awareness of your feet and consider bringing your weight slightly forward.
- Create Connection between your breath and your movement
- Collect all the energy in the room overhead
- Create a new vibration of strength in your entire body originating from your feet and allow it to travel up the body through your legs, core and arms, into your neck and head.
- Clasp your hands together behind your back, extending your fist down towards the Earth
- Cast seeds of healing into the future with your breath
- Circle your arms overhead, drawing earth energy up and through your fingertips to the sky
- Create space in the body with the breath.
- Cascade your knees towards your mat.
- Create a conscious challenge.
- Allow the composition of the posture to build beneath your feet
- Cascade your fingertips towards the mat.
- Create congruency in both arms as they connect to your center.

## D

- Design a sustainable platform of the pose that works for you
- Build a dynamic posture by engaging your mula bandha.
- Deflate your lungs, belly, and chest as you exhale.
- Discover the space in thoughts and change in energy you have created with your mindful breath during your practice
- Deserving life and love, open and breathe.
- Discover a new edge with every gentle offering of breath.
- Discover your edge.
- Dazzle your neighbour with your breath
- Divinely surrender your breath
- Discover your edge
- Discover the depth of your breath; dance your arms over head

# HIGH VIBRATIONAL VERBAL EXCHANGE

## E

- Experiment with this variation.
- Find your own expression of this posture.
- Elegantly travel to the back of your mat.
- Explore new sensations as you flow through your vinyasa
- Elongate your arms to the sky.
- Engage your core, by stringing your belly button up and in towards your spine
- Every movement, every moment is a temple.
- Energize through engagement of the body.
- Effortlessly bring your focus to your third eye.
- Embrace the edge of the posture.
- Elegantly float your arms around your aura
- Effortlessly bring your focus to your third eye
- Enable enchanting emotions in your body;  
Embrace energy in your core and allow it to  
elongate through your fingertips

## F

- Float your arms to the sky
- Fierce like a goddess
- Float the fingertips down to the mat
- Build fire in your solar plexus
- Float or jump to the top of the mat.
- Â Focus your awareness on your belly as it  
expands on your inhalation and deflates on your  
out breath
- Free breath means free spirit
- Feel for the grain of rice beneath your elbow.
- Have fun
- Deliver your breath through your body with  
fierce grace.
- Float to the top of your mat
- Allow Earths frequency to keep you groundedÂ



# HIGH VIBRATIONAL VERBAL EXCHANGE

## G

- Guide your awareness to the base of your spine
- Gift yourself the present of presence.
- Gather at the top of the mat.
- Be gracious with yourself if you start to feel any uncomfortable sensations in this yin posture
- Guide your foot to the back of the mat to arrive in crescent pose
- Gather your thighs inward, engage your core and lengthen your spine
- Gentle breath
- Gently place your foot
- Graciously deepen your posture
- Grow tall the the mountain
- Allow yourself to experience genuine emotions

## H

- Hug your knees into your chest.
- Shine your heart forward.
- Heel toe your feet together.
- Your higher-self knows where to move.
- Hear the beating of your heart
- Honor what your body needs at this moment.
- Hinge at your hips, swan dive forward fold
- Honour your body and your practice by showing up fully in the present moment
- Humbly accept the answer that you find in time
- Humble your warrior and honour your body.
- Honor yourself by only going to your edge
- Humbly bow your head to the earth

# HIGH VIBRATIONAL VERBAL EXCHANGE

I

- I invite you to
- Intuitively move between warrior 2 and reversed warrior.
- Invest in your wellbeing
- Ignite your inner power
- Imagine your body growing roots to connect to Mother Earth.Â
- Intuitively rise your arms up overhead, circle the sun, palms to touch
- Inspire others to breath with the sound of your breath
- Come back to the intention of your practice
- Inspire others to breathe with the sound of your breath.
- Ignite your inner fire your agni.
- I invite you to imagine your fingertips were rays of sun

J

- Journey to the long edge of the mat.
- Feel joy rising in your solar plexus
- Join me at the top of your mat
- Joyful, abundant breaths into the body
- Join palms at heart center
- Joyfully float to the top of the mat.
- Walk step or jump to the top of your mat.
- Journey to the heart and soul through your practice.
- Joyfully float to the top of your mat
- Joyfully inhale your arms to the sky

# HIGH VIBRATIONAL VERBAL EXCHANGE

## K

- Kiss your knees.
- Be kind with your words when you speak to yourself.
- Kiss your knee in gratitude for all it has done for you.
- Be kind to yourself and honour ahimsa when you move into this variation.
- Kindle a fire in your biceps
- Kneel at the top of your mat to prepare for camel posture, ustrasana
- Within the kriya you could experience.....
- obliterates the ego
- Connect kind and loving thoughts
- Speak kindness to yourself
- Know that all things are well within your body

## L

- Loudly exhale.
- Lengthen your spine to find liberty in this posture.
- Give your body love with a hug
- Lengthen the body as you bend to the right side.
- Lovingly allow your forehead to kiss the Earth, surrendering into child's pose (balasana) for a moment of rest and breath
- Listen to your heartbeat.
- Be the light you want to see in the world.
- As you breathe, luminate your body with light
- Loudly exhale so your neighbor can hear you
- Luminate/ spread light as you lengthen through the crown chakra.

# HIGH VIBRATIONAL VERBAL EXCHANGE

## M

- Motivate the other yogis in the room with your breathing.
- Create fluid movement.
- Generate a magnetic bond between your feet
- Meet me at the top of your mat.
- Mindfully unwind out of this posture, return to center and tune into the changes you have created
- Mindful movements with every breath.
- Manifest your headstands by lifting your toes.
- View yourself in a multi dimensional progress
- Move in a meaningful manner
- Manifest a moving meditation

## N

- Nourish your heart and soul.
- Nurture your heart.
- Nestle your interlaced hands behind your head
- Nourish your body with three deep breaths
- Nourish your intention with the power of your breath, inspiring your neighbor to breath into their intention, expanding the collective consciousness of healing, loving intentions
- Nurture your inner child, by creating acceptance around the awareness you have created
- Nourishing inhales.
- Welcome newness
- Nest your eagle into humble peace
- Thank you for joining me today Nameste. The light in me honors the light in you.
- Nurture the room with your breath

# HIGH VIBRATIONAL VERBAL EXCHANGE

## O

- Activate your oceanic breath.
- This is an opportunity for you to move out of your comfort zone.
- Overflow with presence
- Open your body to the healing vibration of the sound bowls
- Open your heart center, and shine your love and joy forward, expand
- Offer yourself gratitude, love, awareness and consciousness
- Oxygenate your internal organs.
- Overcome obstacles, welcome opportunity
- Step into your optimal potential
- Within your posture, become aware of the opportunity to connect to your organic self.

## P

- Know that wherever you are in your practice is perfect.
- Find presence in this posture.
- Press your feet/hands into the mat.
- Pulse into chair pose
- Picture your higher self.
- Place your right palm on the inside of your right foot.
- Place your hands to the mat, step back one foot and then the other, high plank
- Position your elbows beneath your shoulders, widen through your fingertips, press your elbows and palms deeply into the Earth
- Poise your shoulders in line with your hips.
- Patiently breathe into the comfort of your challenge
- Paint an image in your mind for meditation.
- Produce power in your core



# HIGH VIBRATIONAL VERBAL EXCHANGE

## Q

- Quietly step your right foot to the front of the mat.
- Improve the quality of your breath
- Quietly come to the top of your mat.
- Quiet your inner voice, tuning into your breath to create space between your thoughts
- Quiet the mind through the breath.
- Quell any negative emotions
- Quicken the pace of your kriya
- Tune into the quality of your breath
- Create a quality exhale

## R

- Rest in balasana for 5 inhalations.
- Use this time in Savasana to rejuvenate.
- Root to rise.
- Feel free to repeat the affirmations to yourself if they resonate with you.
- Internally rotate your thighs and shine your tailbone to the sky.
- Redirect your energy to the present moment
- Revolve your body into a twist on your right side.
- Restore, release, and recharge the body in savasana.
- Respect. Respect your space. Respect your practice. Respect your edge.
- Replenish your body as you radiate your breath
- Root to rise
- Reward yourself with a rejuvenating savasana.

# HIGH VIBRATIONAL VERBAL EXCHANGE

## S

- Move toward the *sensation* instead of away from it
- Design a *sustainable* platform of the pose that works for you.
- Create space
- Gift yourself stillness for 3 breaths.
- Twists stimulate your inner organs.
- Lying in corpse pose we will take our savasana.
- Shift your gaze to the front of the mat
- Surrender to the mat.
- Spiral your hands down to frame your foot
- See in the mind's eye the most perfect expression of yourself, then send this image through the breath
- Shine the heart forward.
- Share your aura and intention with the rest of the class
- Engage and strengthen.
- Succeed in a creation of this posture
- surrender your forehead to the mat; notice the sensations in

## T

- Trust your movement.
- Travel to the back of the mat.
- Lower your hips, bend into your legs to come into chair pose. Bring your hands into Anjali mudra and twist to your right.
- Tune into your body subtle movements
- Tenderly sink your body down to the mat
- Transcend your body and mind as you envelop into your true form, pure consciousness.
- Tune into the beating of your heart
- Tune into the beating of your heartspace.
- Thank you my body, I love you my body.
- Experience the tranquility of silence
- Experience tranquility through Savasana
- Twist to the right
- Trust your body as you transfer your energy forward into your hands

# HIGH VIBRATIONAL VERBAL EXCHANGE

## U

- Uplift your spirit.
- You are unique and so is your body and practice.
- Uncover your emotions that lie beneath the surface and want to be heard.
- Unite your mind and body
- Unite your mind, body and spirit with the feeling of wholeness.
- Uplift your neighbor's breath by audibly increasing your breath
- Unite your palms at heart center
- Unconditional acceptance of the self.
- Create understanding around your body
- Lift your arms upwards
- Unite your hands at heart center

## V

- You have the option to stay in this pose or try another variation.
- Visualize in your third eye where you want to be.
- Feel vitality surge through your body
- Visit your innermost desires and intentions.
- Visualize your prana create space to lengthen and strengthen your body
- Victorious breath
- Vivacity
- Vitalize your body with new, energizing prana
- Visualize your higher self.
- Express your vibrant smile.
- Be the visionary of your destiny
- Vivaciously BREATHE victorious breath
- vibrantly shine your chest to the sky

# HIGH VIBRATIONAL VERBAL EXCHANGE

## W

- Awake your inner wisdom.
- Widen the space between your hands and feet
- Witness your thoughts the way you would pass clouds.
- Widen the collar bones.
- Windshield wiper your knees from one side to another.
- I am worthy.
- Witness the wonderful world as you wanderlust through the journey of life
- Welcome to Yogathegarden, please find a comfortable seat.
- witness your breath as a whisper

## Y

- Yes, you are a wonderful human being.
- Today we'll work on a couple of yummy and juicy twists.
- Yoke your mind and body
- Yield any resistance to go deeper into the posture.
- You are abundant in breath and love!
- Yes, you can, yes you are! You are love and light!
- Yoke with your youthful spirit.
- Create a youthful yoke into your yes.
- Find a yummy spot in downdog
- As you
- Yes, you are enough

## Z

- Find your zen ~ Zip up the....
- Zen through yin
- Experience the zest of life
- zone into your inner wisdom
- Zen into a quiet meditative space

# HIGH VIBRATIONAL VERBAL EXCHANGE

## Inhale

- Draw breath into your body
- Drink in another sip of air.
- Draw in your breath
- In breath
- Rachaca
- Welcome an energizing breath.
- Inhale- draw in
- Inspire the expansion of your lungs
- Inbreath
- Draw prana in through your nose



## Exhale

- Deflate the lungs chest and belly.
- Sigh it out
- Expire the breath
- Offer out
- Compress the air out of the body.
- Whisper your breath out.
- Release all tension from the body.
- Exhale - offer out
- Sigh it out
- Release anything that no longer serves you



# HIGH VIBRATIONAL VERBAL EXCHANGE

## Energetic Alignment

- Engage your mula bandha, or pelvic floor, squeezing your thighs together to lift into crescent posture.
- Energetic alignment -Spiritual immunity
- Shine your hips forward as if they were headlights
- Energetically draw your thumbs and pinkies towards each other.
- Lower shoulders back and away from the ears.
- Stack your shoulders above your hips.
- Lift the hammock of muscles in your pelvic floor.
- Telescope your ribcage lengthening through your spine
- Root your sit bones into the earth as your crown extends towards the sky

## Grounding

- Root into the floor as you feel the pulsating of the heart beat of Mother Earth below you.
- Grounding - rooting
- Grow roots out of the bottom of your feet
- Anchor yourself
- Press the four corners of the feet down
- Draw the balls of the feet and your heels together as if you are avoiding stepping on a sharp rock.

# HIGH VIBRATIONAL VERBAL EXCHANGE

## Strengthen

- Enhance engagement between your left thigh and right leg to stand up tall into tree posture.
- Strengthen- power
- Stabilize
- Balance on your standing leg.
- Stabilize- engage/ activate
- Power up
- Hug

## Expansion

- Broaden your awareness to your breath as it travels through your body.
- Expansion- broaden
- Extend
- Send
- Blossom
- Open your wing span
- Expand
- Release

## Step

- Float to the top of your mat.