

瑜伽英語讀書會

第一堂：身體部位、動作、方向

Goddess Yoga Academy



INTRODUCTION 課程介紹

Let's learn basic English in
yoga world and enjoy the
journey with all of us!

30min: words and phrases

30min: practice

30min: other key imfo.



With study beforehand,
concentration in the
process, and some
homework, you will be
nailing yogic English very
soon!

BODY 身體



Head 頭部

Upper body 上半身

Upper limbs (extremity) 上肢

Torso (trunk) 軀幹

Lower body 下半身

Lower limbs (extremity) 下肢

Limbs (extremities) 四肢

Belly (stomach) 腹部 (upper/lower)

Back 背部 (upper/middle/lower)

BODY 身體



Chest 胸部

Waist 腰部

Upper Arm 上臂

Forearm 前臂

Armpit (underarm) 腋下

Leg 腿

Thigh 大腿

Knee 膝蓋

Shank (lower leg) 小腿

Bottom (butt / buttocks) 臀部

HAND 手部



Hand 手

Palm 手掌

Middle finger 中指

Finger pulp 指腹

Ring finger 無名指

Gap between fingers 指縫

Base of palm 掌根

Pinky 小指

Knuckles 指節

HAND 手部



Thumb 拇指

Finger tip 指尖

Fist 拳頭

Finger 手指

Finger nail 指甲

Wrist 手腕

Index finger 食指

Finger joint 指關節

Web 手虎口

FOOT 腳部



Big toe 大腳指

Toes 腳趾

Ball of foot 腳球

Arch of foot 足弓

Toenail 腳指甲

Sole of foot 腳底

Instep 腳背

Outer edge of foot 腳刀

Heel 腳跟

MOVEMENT 動作

Bend 彎曲 vs. Straighten 伸直
Stretch 伸展 vs. Lengthen 拉長
Open 打開 vs. Close 關起
Lift 提起 vs. Sink 下沉
Press 下壓 vs. Float 浮起
Turn 轉向 vs. Twist 扭轉
Step 踏向 vs. Lunge 弓步踏



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DIRECTION 方向

Forward	n./v./adv./adj.	前面的
Backward	adv./adj.	後面的
Upward	adv./adj.	上面的
Downward	adv./adj.	下面的
Inward	n./adv./adj.	裡面的
Outward	n./adv./adj.	外面的
Sideways	adv./adj.	側邊的



BREATHING 呼吸

Breathe v. 呼吸

Inhale v. 吸氣 (breathe in)

Exhale v. 吐氣 (breathe out)

Breath n. 呼吸

Inhalation n. 吸氣

Exhalation n. 吐氣



ANJANEYASANA 新月式



From Adho Mukha Svanasana, inhale, step your right foot forward between your hands, lower your left knee to the ground, back leg firm.

Hug your outer hips to the midline, exhale, lower your hips to deepen the posture. Inhale, reach your arm high, shoulder width apart or palms together.

Draw your navel towards your spine, broaden through the collarbones, lengthen through your spine to the tip of your crown, gaze forward to your fingertips.

ANJANEYASANA 新月式



從下犬式開始，吸氣右腳往前跨到雙手中間，左膝跪地，後腿保持有力。

髖轉正，吐氣，將髖下沉加深動作，吸氣，高舉手臂與肩同寬，或是合掌。

將肚臍拉向脊椎的方向（肚子用力），拉寬鎖骨，脊椎延伸往頭頂，眼睛看向前方或手指尖的方向。

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課前預習：單字及用法
課中專注：有問題隨時發問
課後複習：上課講解與練習內容
日常應用：多聽多看外國老師頻道
嘗試練習：找機會用英語分享或授課
很快的你就能掌握瑜伽相關的英語了！



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