

a	ed	ing	position
a	energy	ing	power
about	enlighten	inhale	practice
above	er	inner	prana
always	es	intent	pranayama
am	est	is	present
an	every	is	r
an	exhale	it	relax
and	expand	joy	release
and	feel	karma	s
and	fill	know	s
are	find	let	salutation
as	fire	life	see
asana	flexible	light	serene
at	fly	like	shakti
aware	focus	like	she
backward	for	lotus	shoulder
balance	force	love	side
be	forgive	ly	simple
bend	forward	mantra	so
beneath	from	mat	soft
between	full	me	some
body	give	meditation	space
bow	go	mind	spinal
breath	hand	moment	spirit
but	has	moon	stand
by	hatha	more	still
can	have	move	stretch
cat	he	mudra	strong
center	head	muscle	struggle
chakra	heart	my	sun
child	heat	my	sweep
cleanse	her	my	than
cobra	here	namaste	that
come	him	ness	the
connect	his	no	the
content	hold	of	then
core	honor	of	there
could	hot	om	they
d	how	on	this
deep	humility	open	though
did	I	or	thought
do	I	out	through
dog	if	peace	time
down	ignite	pose	to
e	in	pose	too

twist  
uddiyana  
ujjayi  
unite  
up  
use  
vibration  
warrior  
was  
we  
were  
when  
which  
who  
will  
with  
within  
would  
y  
y  
yoga  
yogi  
you  
you