

Y O G A



Anybody can Breathe so Anybody can do Yoga

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## Useful words

- Breathe in / inhale
- Breathe out / exhale
- Bend forward
- Look up
- Look down
- Bend your knees (slightly)
- Step forward/back with your right/left foot

# Interesting links

- International Yoga Day

<https://www.un.org/en/observances/yoga-day>

- Surya Namaskar video

<https://youtu.be/c22TKrJu65w>