

★ How to make Yoga instructions in English ★

1. Verb + Body parts

2. Body parts + Adverb (up, down, front, back, forward, backward)

3. Verb+ Body parts+ Adverb or location

< Examples >

1. Verb + Body parts

- Raise your hands.
- Bend your knees.
- Stretch your legs.
- Rotate your shoulders.

2. Body parts + Adverb (up, down, front, back, forward, backward)

- Hands up.
- Head down.
- Right foot front.
- Left hand back.

3. Verb+ Body parts+ Adverb or location

- Put your hands up.
- Put your head down.
- Put your right foot front.
- Put your left hand back.