

# Yoga

Yoga (say "YO-guh") was developed thousands of years ago in India, and now it's popular all over the world. It's an activity designed to exercise your body, focus your mind, and calm your spirits. So it makes sense that, in the ancient language of Sanskrit, yoga means joining together.

The International Day of Yoga is June 21st – the longest day of the year!

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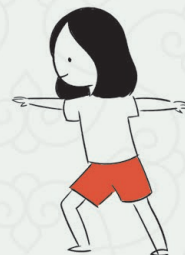
# Try Yoga!

Put on some comfy clothes that you can move in. Find a clear, flat space and spread a mat or bath towel on the ground. Now take off your shoes and try these poses.

- 1** **tadasana**  
 ("taa-DAA-suh-nuh")  
 = mountain pose



- 2** **virabhadrasana**  
 ("veer-aa-bhaa-DRAA-suh-nuh")  
 = warrior pose



- 3** **vrksasana**  
 ("virk-SHAA-suh-nuh")  
 = tree pose



- 4** **natarajasana**  
 ("not-aa-raaj-AA-suh-nuh")  
 = dancer pose



- 5** **bhujangasana**  
 ("boo-jang-GAA-suh-nuh")  
 = cobra pose



- 6** **balasana**  
 ("bal-AA-suh-nuh")  
 = child's pose



A few more  
**YOGA** words:



("AA-suh-nuh")  
 pose or position



("nuh-MUH-steh")  
 a respectful greeting



("YO-gee")  
 a student of yoga