

## Ecumenical Yogi PODCAST with Olga Keegan - NOTES

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**Terms:** Many terms commonly used in yoga are in the ancient Mother language of Sanskrit.

**Pranayama** - Breath. There are many different ways to breathe in a yoga or meditation practice depending on the need. For instance, soothing and calming breath styles can be used in a gentle movement or meditation practice. Intense, active breath can support a rigorous movement practice or be used to increase energy and heat in the body.

**Vinyasa** - A dynamic style of yoga that links breath with movement. Some of the more iconic yoga poses are used in this practice including downward-facing dog and chataranga dandasana.

**Asana** - Pose.

**Ashram** - A campus-like center dedicated to the study and practice of yoga.

**Savasana** - Translates to “corpse pose”. The final resting pose at the end of any yoga practice that symbolizes the death of all things that pose as obstacles to the free flow of energy in your life.

**Chakra** - Seven energy centers in the body located along the spine: base of the spine, low belly, solar plexus, heart, throat, third eye (between the eyebrows), and crown of the head. They are understood to influence physical, emotional, and spiritual well-being.

**Mudra** - Hand position.