



Vocabulary:	Example instruction:	Notes:
To inhale (v.)	“Inhale slowly”	_____
To exhale (v.)	“Exhale fully”	_____
Breath (n.)	“Feel your breath”	_____
To release (v.)	“Release your arms”	_____
Parallel (adj.)	“Place your feet parallel”	_____
To spread (v.)	“Spread your fingers”	_____
To relax (v.)	“Relax your shoulders”	_____
To soften (v.)	“Soften your skin”	_____
To stretch (v.)	“Stretch through your whole body”	_____
To reach (v.)	“Reach through your fingertips”	_____