

Breathing vocabulary

Building a vocabulary to describe various aspects of the breath is an important skill for any yoga practitioner and particularly for teachers

Below is a list of words that can be used. Some words belong to more than one category.

Quality / texture

Sharp
Staggered
Sweet
Foul
Heavy
Light
Soft
Hard
Wheezy
Relaxed
Tensed
Strained
Controlled
Held

Rhythm / timing

Staccato
Even / uneven
Steady
Regular
Long
Short
Quick
Slow
Panting
Circular

Location / movement

Sharp
Spacious
Constricted
Deep
Shallow
Big
Small
Thoracic
Abdominal
Clavicular
Sectional
High
Low