

Yoga – yu ga – 瑜伽

left right – zuo you – 左右 –

palm – sau jeung – 手掌

heel – geuk jaang – 腳踭

elbow – sau jaang - 手踭

knee – sat tau go – 膝頭哥

tailbone – mei lung gwat – 尾龍骨

shoulder – bok tau – 膊頭

ankle – geuk ngaan – 腳眼

wrist – sau wun – 手腕

fingers – sau ji – 手指

toes – geuk ji – 腳指

straighten up – san jik – 伸直

bend – waan kuk – 彎曲

lay down on belly – pa dai – 扒低

spread – fan hoi – 分開