

**T H E  
Y O G A  
V E R B  
B A N K**



# VERB BANK

---

## *A*

ACCESS  
ACTIVATE  
ADJUST  
ALLOW  
ARCH  
ANCHOR

## *B*

BALANCE  
BECOME  
BEND  
BIND  
BRING  
BROADEN

## *C*

CATCH  
CENTER  
CLASP  
CONNECT  
CONTINUE  
CROSS

---

## *D*

DANCE  
DECIDE  
DEEPEN  
DRAW  
DRIVE  
DROP  
DIVE

## *E*

EASE  
ELONGATE  
ENCOURAGE  
ENERGIZE  
ENGAGE  
EXTEND  
ELEVATE

## *F*

FAN  
FEEL  
FIND  
FLEX  
FLOAT  
FLOW  
FLIP

---

*G*

GIVE  
GLIDE  
GRASP  
GROUND  
GROW  
GUIDE  
GRAB

*H*

HEEL-TOE  
HINGE  
HOLD  
HONOR  
HOVER  
HELP

*I*

INCH  
INTEGRATE  
INTERLACE  
INVITE  
ISOLATE  
IGNITE

---

*J*

JOIN  
JUMP  
JOSTLE

*K*

KEEP  
KICK  
KISS  
KNEEL  
KNEAD

*L*

LAND  
LEVEL  
LENGTHEN  
LIFT  
LOWER  
LEAN  
LOOSEN

---

*M*

MAKE  
MASSAGE  
MAXIMIZE  
MEET  
MONITOR  
MOVE

*N*

NOTICE  
NOURISH  
NURTURE  
NOTE  
NESTLE  
NAVIGATE  
NEUTRALIZE

*O*

OFFER  
OPEN  
OSCILLATE  
OVERCOME  
OBSERVE  
OPPOSE  
ORIENT

---

*P*

PAUSE  
PIVOT  
PLACE  
PRESS  
PULL  
PUSH  
PIKE

*Q*

QUICKEN  
QUIET

*R*

RAISE  
REACH  
RELEASE  
REST  
ROLL  
ROTATE

---

*S*

SPIN  
SHIFT  
SLIDE  
SWEEP  
SOFTEN  
SPREAD  
SQUEEZE  
STABILIZE  
STRAIGHTEN

*T*

TAKE  
TIGHTEN  
TRACK  
TRANSITION  
TURN  
TWIST  
TILT

*UV*

UNCLASP  
UNWIND  
UNBEND  
USE  
UTILIZE  
VISIT  
VISUALIZE

---

*W*

WALK  
WATCH  
WELCOME  
WIDEN  
WIGGLE  
WIND  
WRAP

*XYZ*

YIELD  
ZIP





