

SOME YOGA ACRONYMS (SYA)...

An acronym is an abbreviation, used as a word, which is formed from the initial components in a phrase or a word. Usually these components are individual letters.

Thank you to all those who have brought these to my attention – amongst those are Godfrey Devereux, Joseph Goldstein, Judith Lasater, Dina Cohen, Mark Singleton, Maitripushpa Bois.

I know that there are many more – there could be a growing list of acronyms (GLA).

AOO

Always Other Options

GRACE

Gratitude – Recognition – Acceptance – Curiosity – Effort

MDH

Mindfulness of Door Handles

MYB

Magic of Yoga Blocks

WMB

Want Madonna Body

AFB

Awareness of Folding Blankets

ELSA

Embrace – letting be and letting go – stopping – action

RYP

Religion of Yoga Props

RKP

Reliability Kindness Humility (essential qualities for teaching yoga)

APN

Advanced Professional Napping (better known as constructive rest)

ACHA

Anything Can Happen Anytime

GBL

Grounding Broadening Lengthening

SJP

Scenting Jasmine Practice

PHP

Pink Hydrangea Practice

ALME

All Lives Matter Equally

AMF

Another Mental Fabrication

YOGA

You Opening Growing Awareness

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