yoga

- [′јәѵдә] п инд. 1. йога (одна из ортодоксальных идеалистических систем индийской философии)
- 2. йога, система физических упражнений, применяемая йогами



## uncountable

1. a Hindu philosophy that teaches you how to control your body and mind in the belief that you can become united with the spirit of the universe in this way

2. a system of exercises for your body and for controlling your breathing, used by people who want to become fitter or to relax Derived Word **†yogic** 

Word Origin: [yoga yogic] Sanskrit, literally union.

## Example Bank:

- · He attends regular yoga classes.
- · I go to a yoga session on Thursdays.
- · She does yoga for an hour a day.

## yoga

yo ga /'jəʊɡə \$ 'joʊɡə/ BrE AmE noun [uncountable] [Date: 1700-1800; Language: Sanskrit; Origin: 'union]

1. a system of exercises that help you control your mind and body in order to relax

2. a Hindu <sup>1</sup>philosophy in which you learn exercises to control your mind and body in order to try to become closer to God

## yoga

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Oxford Advanced Learners Dictionary 8th Ed.