

# Geirfa yoga

- **anadlu'n ddwfn** - to breathe deeply
- **anghyfforddus** - uncomfortable
- **ar y tu allan** - on the outside
- **ar y tu fewn** - on the inside
- **arafu** - to slow down

- **ardal y frest** - the breast area
- **ardal y glun** - the upper thigh area
- **bysedd y traed** - toes
- **cael trafferth** - to have difficulty
- **côl** - glin, lap



- **corfforol** - physical
- **egni negyddol** - negative energy
- **emosiynol** - emotional
- **ffocysu ar yr anadl** - to focus on the breath
- **gên** - chin

- **gweithio gyda'r anadl** - to work with the breath
- **is** - lower / below
- **momentwm** - momentum
- **o'ch blaen chi** - in front of you
- **plethu'r dwylo** - to fold / interlock the hands

- **pwysau'r pen** - the weight of the head
- **pwysu i'r ochr** - to lean to the side
- **rheoli'r anadl** - to control the breath
- **siglo** - to shake, to sway
- **sodlau** - heels



- **suddo'n ôl** - to sink back
- **sylwi** - to notice
- **tafod** - tongue
- **tensiwn** - tension

- **troelli** - to turn, to spin
- **tuag at y mat** - towards the mat
- **tuag at y nenfwd** - towards the ceiling
- **un symudiad** - one movement

- **ymlacio** - to relax
- **yn gwmws yr un peth** - exactly the same
- **yn gyffredinol** - generally
- **ystwytho** - to become supple / flexible