

# yoga (*Yoga*)

## Definition

n. a physical and mental practice that includes postures and breathing exercises.

## Example Sentence

She loves to practice her **yoga**.

## More Example Sentences

**Yoga** helps improve balance and flexibility.

## Synonyms

exercise; meditation; stretching

## Antonyms

kick boxing

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)