

Lesson 231

Vocabulary Summary: Simplified:

影片
Yǐngpiàn
Video

吸气
Xīqì
To breathe in

瑜
Yú
Excellence

伽
Jiā
Traditionally used as phonetic for ga

冥
Míng
Deep

瑜伽
Yújiā
Yoga

动作
Dòngzuò
Action / Movement

冥想
Míngxiǎng
Meditation

呼吸
Hūxī
To breathe

Vocabulary Summary: Traditional:

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Míngxiǎng
Meditation

呼吸
Hūxī
To breathe

Vocabulary Summary: Simplified:

专注
Zhuānzhù
To force single mindedly

吐气
Tǔqì
To breathe out

闭
Bì
To close

心情
Xīnqíng
Mood / Frame of mind

Vocabulary Summary: Traditional:

專注
Zhuānzhù
To force single mindedly

吐氣
Tǔqì
To breathe out

閉
Bì
To close

心情
Xīnqíng
Mood / Frame of mind

L 231 Notes (Simplified / Traditional)

[Pinyin]

Dàjiā hǎo , wǒ shì Kirin . Jīntiān wǒmen yào pāi yīge yújiā de yǐngpiàn . Wǒ yào jièshào
yǒu guānyú yújiā hūxī de dòngzuò .

Hūqì .

Tǔqì .

Wǒmen xiànzài hūxī jiā shàng nǐde tóu .

Hūqì , tǔqì , tóu wǎng xià .

Hūqì qǐlái , tǔqì wǎng hòu .

Hūqì qǐlái , tǔqì wǎng yòu .

Hūqì huílái , tǔqì wǎng zuǒ .

Hǎo , huí dào zhōngjiān .

Zàilái , wǒmen jiā shàng wǒmen de shǒu , hūqì , tǔqì .

Zài yī cì . hūqì , tǔqì .

Jiēxiàlái , dāng nǐ zài zuò míngxǐng de shíhòu , nǐ yīdìng yào xiān jiāng nǐde xīnqíng fàng

qīngsōng .

Qǐng jiāng nǐde yǎnjīng bì qǐlái , shǒu fàng zài nǐde xīgài shàng .

Zhuānzhù nǐde hūxī .

Hǎo , chángcháng zuò míngxiǎng de zhège dòngzuò , huì ràng nǐde xīnqíng biàn de kuàilè , yālì biàn de hěn xiǎo .

Namaste!

New words in this video:

Guānyú

Jiāshàng

Wǎng

Qǐlái

Jiāng

Bì qǐlái

[Simplified]

大家好, 我是 Kirin. 今天我们要拍一个瑜伽的影片. 我要介绍有关于瑜伽呼吸的动作.
呼气.

吐气.

我们现在呼吸加上你的头.

呼气, 吐气, 头往下.

呼气起来, 吐气往后.

呼气起来, 吐气往右.

呼气回来, 吐气往左.

好, 回到中间.

再来, 我们加上我们的手, 呼气, 吐气.

再一次. 呼气, 吐气.

接下来, 当你在做冥想的时候, 你一定要先将你的心情放轻松.

请将你的眼睛闭起来, 手放在你的膝盖上.

专注你的呼吸.

好, 常常做冥想的这个动作, 会让你的心情变得快乐, 压力变得很小.

Namaste!

New words in this video:

关于
加上
往
起来
将
闭起来

[Taditional]

大家好, 我是 Kirin. 今天我們要拍一個瑜伽的影片. 我要介紹有關於瑜伽呼吸的動作.
呼氣.

吐氣.

我們現在呼吸加上你的頭.

呼氣, 吐氣, 頭往下.

呼氣起來, 吐氣往後.

呼氣起來, 吐氣往右.

呼氣回來, 吐氣往左.

好, 回到中間.

再來, 我們加上我們的手, 呼氣, 吐氣.

再一次. 呼氣, 吐氣.

接下來, 當你在做冥想的時候, 你一定要先將你的心情放輕鬆.

請將你的眼睛閉起來, 手放在你的膝蓋.

專注你的呼吸.

好, 常常做冥想的這個動作, 會讓你的心情變得快樂, 壓力變得很小.

Namaste!

New words in this video:

關於
加上
往
起來

將
閉起來

[English]

Hello everyone , I am Kirin . Today we are going to record a Yoga video . I want to introduce to you some Yoga breathing exercises .

Breathe in .

Breathe out .

We are now going to add the movement of your head to your breathing .

Breathe in , breathe out , move your head down .

Breathe in while raising your head up , breathe out while moving your head back .

Breathe in while raising your head up , breathe out while moving your head to the right .

Breathe in while coming back , Breathe out while moving your head to the left .

Ok, move it back to the middle .

Next we are going to add the movement of our hands , breathe in , breathe out .

One more time . breathe in , breathe out .

Next, while you are doing meditation , you have to first relax your mind .

Please close your eyes , place your hands on your knees .

Focus on your breathing .

Ok, if you often do these these actions while meditating , it will make your mood happier , and decrease your stress .

Namaste!

New words in this video:

Regarding, pertaining to

Add to

Towards

To rise up

To use

Begin to close your eyes