



Words to know when viewing: [Yogui Yoguini en NTV: La Gracitud](#)

Join Luz as she shares her experience of feeling grateful and as she guides you through a downward dog yoga pose.

- lindo = nice
- colación = snack
- me enojo = get angry
- juntar = to gather
- los abracé = I hugged them
- contenta = happy
- sentir bien = feel good
- respiración = breath
- cola = tail
- agrademos = thank