



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

Have you ever felt shy or nervous? Join Luz as she shares her experiences and a 'bee breathing' technique you can use when you feel this way.

timidez = shyness

no conocía = I didn't know

saludar = to greet, to say hello

no me salía la voz = my voice wouldn't come out

nerviosa = nervous

no nos deja actuar con naturalidad = doesn't allow us to act naturally

envía señales = sends signals

respiramos = let's breathe

enfrentar = deal with

abeja = bee