







Sanskrit Name	English translation	Picture
Tadasana		
Tadasana Baddanguilyasana		 ~fingers Interlaced
Utthita Hasta Padangusthasana I		 strap around foot on chair's chair
Prasarita Padottanasana		 Back of head Side view bl
Upavistha Konasana		
Setu Bandha Sarvangasana		 shoulders Block under Sacr

Provide the English translation for the above postures (asanas) Choose three of the above poses (we did them in class this week) to practice on your own. Write the pose you practiced and then list something you felt in your body as you were doing the pose.

1. Pose I \_\_\_\_\_
2. Pose II \_\_\_\_\_
3. Pose III \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_