





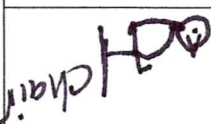



3. Pose III

2. Pose II

1. Pose I

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.

| Sanskrit Name | English translation | Picture |
|-----------------------|---------------------|--|
| Tadasana Gomukhasana | |   |
| Uttitha Trikonasana | |   |
| Supta Padangusthasana | |  |
| Chatush Padasana | |  |
| Salamba Sarvangasana | |  |
| Viparita Karani | |  |

Grab sides of mat, lift hips, feet on chair

back hands clasped

front