

Sanskrit Name	English translation	Picture
Parsvottanasana		
Ardha Uttanasana		
Dandasana		
Upavistha Konasana		
Baddha Konasana		
Janu Sirsasana		

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 _____
Enrichment 3

Date _____