







Sanskrit Name	English translation	Picture
Tadasana		
Tadasana Urdvha Hastasana		
Utthita Trikonasana		
Virabhadrasana II		
Dandasana		
Savasana		

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 _____