

Today we are going to work with the following three yoga poses: [Child's pose](#), [Paschimottanasana](#), and [Bound Angle pose](#).



Activity 1

Read the Paschimottanasana pose and **put in order of sequence** the steps to make.

- A Never force your knees down
- B Pull your heels toward your pelvis
- C Extend the legs back to their original position.
- D Sit with your legs straight out in front of you.
- E Stay in this pose anywhere from 1 to 5 minutes.
- F Firm the sacrum and shoulder blades against the back and lengthen the front torso through the top of the sternum.

- 1-
- 2-
- 3-
- 4-
- 5-
- 6-

Activity 2.

Match the Asanas with their benefits.

Bound Angle Pose:

Paschimottanasana:

Child's Pose:

1-Stretches the back of your entire body, from your heels to your head; helps to open your hips; strengthens your *agni* (digestive fire); creates a state of inner calm

2- Soothes menstrual discomfort and sciatica.

3- Calms the brain and helps relieve stress and fatigue.

Activity 3

Watch the video about the Child's Pose.

Take some notes about the most important movements in order to achieve the Child's Pose.

Explain with your own words the meaning of the following expressions:

- find a sense of shelter
- feel the aftertaste
- rest your forehead on the floor

Activity 4

Answer the following questions.

Which pose is the most difficult for you? Why?

Is there any particular movement that you do wrong? How do you think you can improve it?

What is the pose you enjoy doing the most?