Life Skills



Chapter 1

Yoga

Recognise and name the Yoga asanas in the following pictures :



From lying position, legs are raised up to the top most position, hands support the hips, weight of the body rests over the shoulders.

It cures cough and cold, headache and improves memory, eyesight, and delays aging.

1 _____

It is a resting and relaxing pose in a lying position. Control over breathing without any motion.

It relaxes the body and controls breathing.

It reduces stress and tension.



2 _____

From a lying position, start raising the legs so that it touches the surface behind the head.

It cures back pain and improves eye-sight, digestive system, back and shoulder muscles.



3 _____

It is the balancing of body over the head supported by hands.

It prevents cold, cough and improves memory and eyesight.

It also relieves headache.



4 _____

Help Card

Shavasana, Shirshasana, Halasana, Viparita Karani Asana

LIVEWORKSHEETS