



1. Read and write the correct number of the pose into the box.



TREE POSE



FLOWER POSE



CHILD'S POSE

Sit on the floor.

2

Stand on one leg.

Kneel on the floor and sit back on your feet.

Put one foot on top of the other.

Bring your head down to rest on the floor.

Bend the other knee and put your foot on your other leg.

Stretch your arms out in front of you.

Put your hands together above your head.

Put your hands on your knees and close your eyes.

2. Read and fill in the blanks.



VIPARITA KARANI LEGS *up the* WALL

keep

breathe

straight

bring

lie

LEGS-UP-THE-WALL POSE

_____ on the floor with your butt right up against a wall. Put your legs _____ up the wall so that your body is in an L. You may want to place a blanket under your lower back for support; _____ your elbows out to the sides on the floor for support. Flex toes to feel a stretch in the backs of your legs. _____ deeply and hold the position for as long as you like. To release, _____ your knees to your chest and roll over to your side.

3. This pose is called triangle pose. Write instructions to explain how to do this pose.

