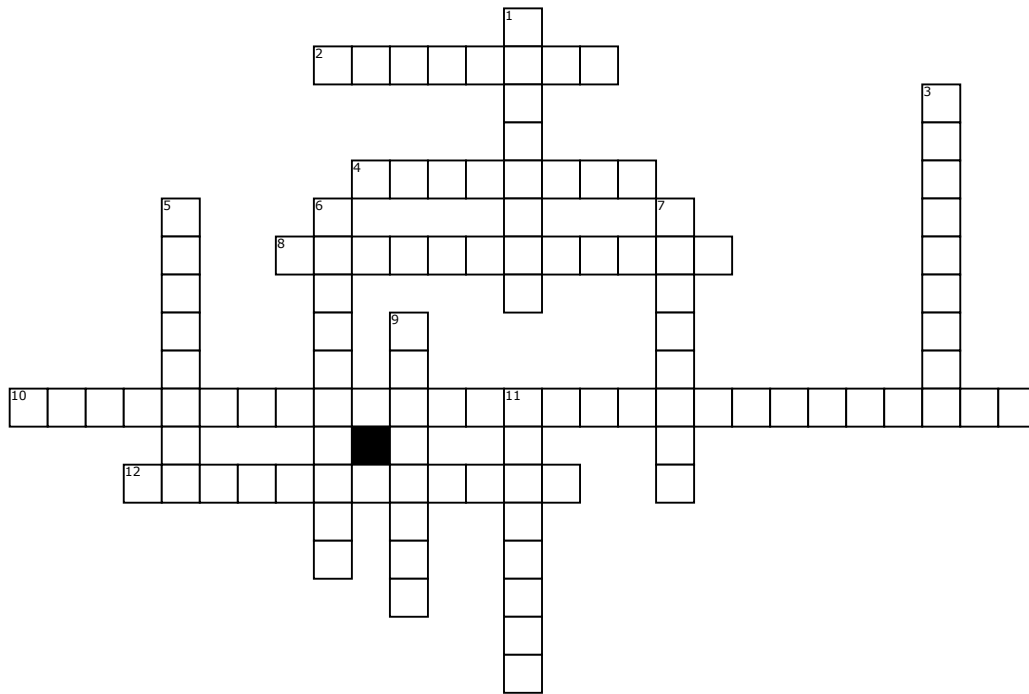


CALL ME AN EXPERT YOGINI :)



Across

- 2.** is a standing pose that often starts Sun Salutations
4. acts like a reverse plank
8. is a twisting pose that begins in a Warrior pose
10. is a seated pose that stretches the hips and the hamstrings SCREAM :)
12. are standing poses usually performed on both sides of the body with one leg forward at a time

Word Bank

FISH POSE
 BRIDGE POSE
 DANCE POSE
 BALASANA

Down

- 1.** is a resting pose performed vajrasana
3. is a balance pose performed on one foot with the opposite leg bent behind you and your hand grasping the ankle.
5. an inversion that often begins with Shoulder Stand

BOAT POSE
 CRESCENT MOON
 HALASANA
 WIDE ANGLED SEATED FORWARD BEND

- 6.** is also a backbend, this one preformed on the back with knees bent and feet flat on the floor. Dont hurt your lower back in this pose
7. a seated pose that works the abdominal muscles by balancing on your tailbone while your legs and upper body form the shape of a V
9. counter pose of halasana
11. is a balance pose preformed on one leg

TREE POSE
 WARRIOR POSES
 KONASANA
 TADASANA