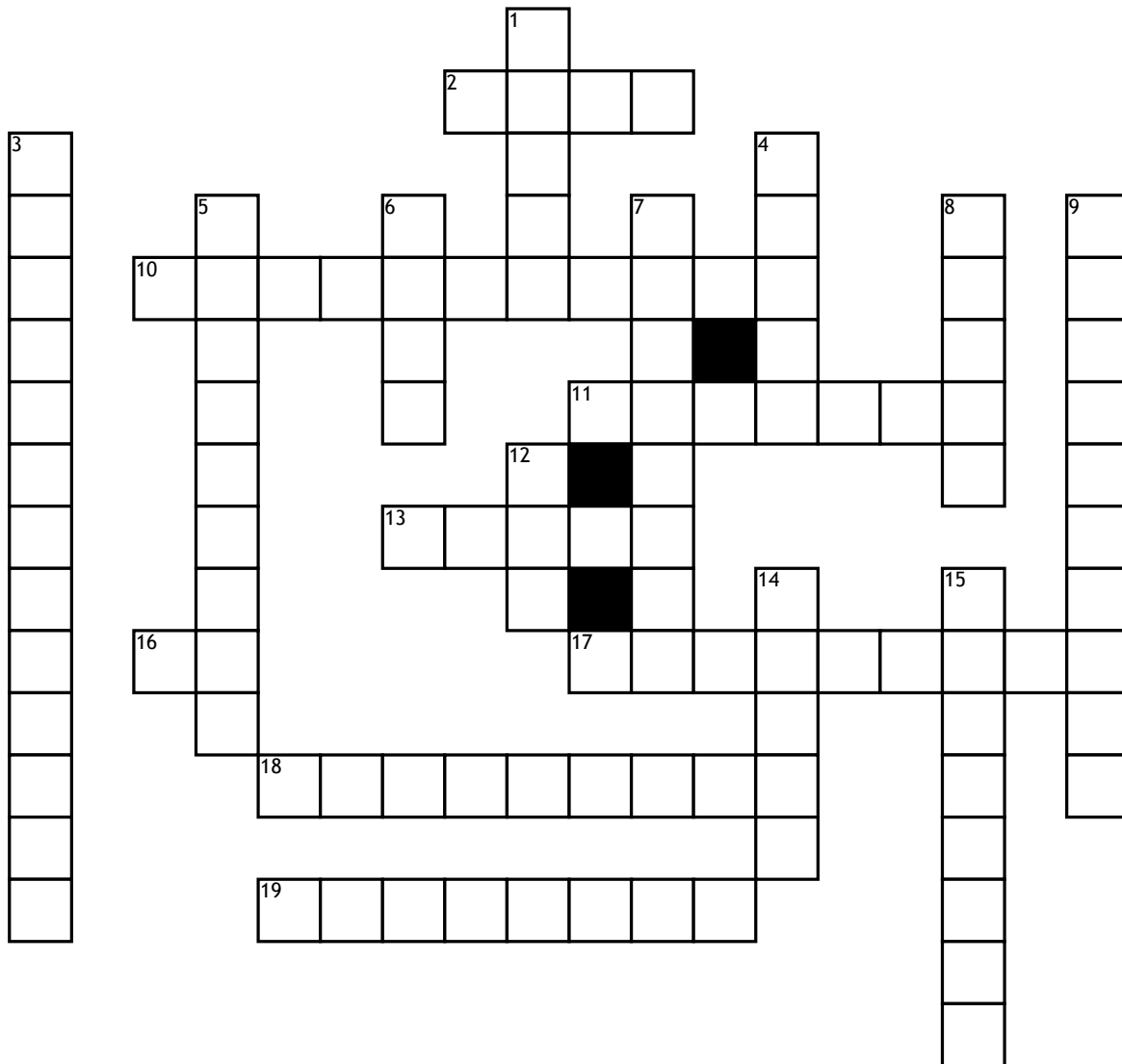


Name: _____

Date: _____

Hatha Yoga



Across

2. vrikasana
10. triangle pose
11. virabbhadrana
13. posture or pose
16. universal sound vibration
17. author of the Yoga Sutras

18. width of warrior stance
19. spiraling action of the spine

Down

1. life force
3. surya namaskar
4. furniture shaped pose
5. breathing exercises

6. union, harmony
7. corpse pose
8. snakelike backbend
9. aid in balancing
12. warm up done sitting standing or hands and knees
14. sun and moon respectively
15. mountain pose