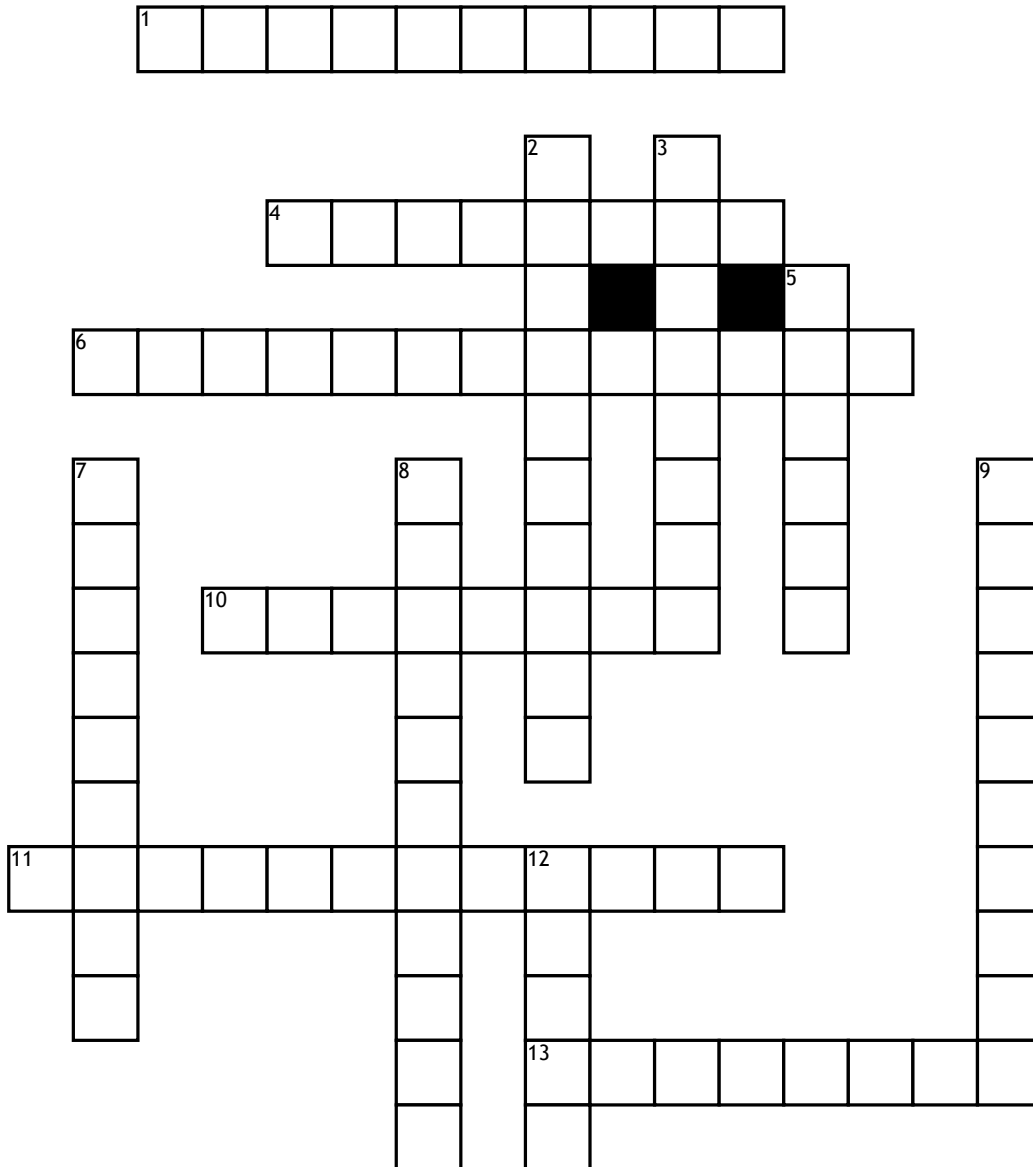


Name: _____

Yoga



Across

1. At the end of Yoga class we _____ ourselves
4. what's the name of the pose that has 1,2 & 3 positions and is soldier like
6. What is the name of the inversion move we do in class
10. Standing on one foot with hands out to side
11. What pose is it called when our ft. are together arms at sides and eyes closed

13. Positive creates positive energy and negative creates _____ energy

Down

2. What is the name of Hot Yoga
3. What pose is it when we sit on our sit bones and lift our feet up in air to balance in a V
5. At the end of class we ----- the positive energy and exhale the negative energy

7. What is the name of the pose we do when squatting down and placing elbow into knees and lean forward
8. When we stretch we increase our _____
9. What is the resting pose in Yoga
12. Holding yourself in push up position is called a _____