In your own word and complete sentences, write how to properly perform the:

1.) Upward Dog

2.) Warrior I

3.) Child’s Pose

4.) In two complete sentences: state how you initially felt about practicing yoga and now, how you feel about practicing yoga.

5.) Would you ever practice yoga on your own
   a.) If yes, when and why?

   b.) If no, why not?
YOGA: strike a pose

sukhasana (easy)
upavishtha konasana (seated angle pose)
ardha matsyendrasana (half-twist)

svanasana (table)
marjariasana (cat)
bhujasana (cow)

chakravakasana (sunbird)
garbhadasana (child)
phalakasana (plank)

astang pranam (caterpillar)
bhujangasana (modified cobra)
ado mukha svanasana (downward dog)

ardha adho mukha svanasana (half downward dog)
uttanasana (standing forward bend)
uttitha ashwa sanchalanasana (high lunge)

ardha virabhadrasana (low warrior)
virabhadrasana III (warrior III)
virabhadrasana II (warrior II)

parsvakonasana (modified side angle)
trikonasana (triangle)
vrikshasana (tree)

purvottanasana (inclined plane)
dhanurasana (bow)
ustrasana (camel)

ardha sarvangasana (half shoulder stand)
halasana (plough)
shavasana (modified corpse)

adapted from Show Me How By Lauren Smith

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