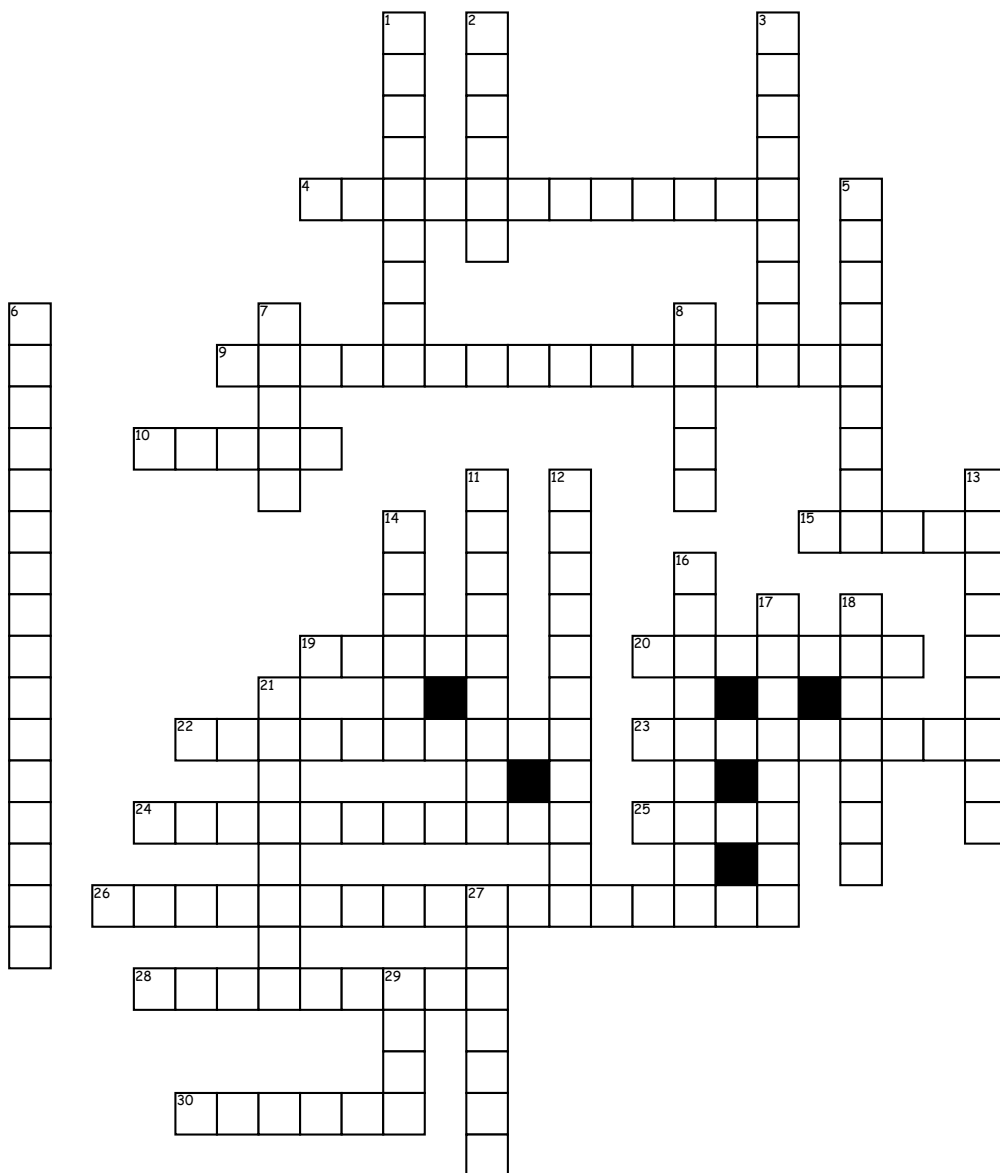


Name: _____ Date: _____

Sheelah Evans Yoga Homework



Across

- 4. Cobra
- 9. Seated forward bend
- 10. Sun
- 15. Purity
- 19. Yoga posture
- 20. Divine Union
- 22. Withdrawing the mind from the senses
- 23. Crown Chakra
- 24. Cat pose
- 25. Self Restait

- 26. Salute with 8 points

- 28. Root Chakra

- 30. Non harm

Down

- 1. Throat chakra
- 2. To gaze continuously, without blinking
- 3. Easy pose
- 5. Camel pose
- 6. Half moon (2 words)
- 7. Truthfulness
- 8. Self discipline

- 11. Regulating of life force through the breath

- 12. Plank pose

- 13. Lotus pose

- 14. Meditation
- 16. Corpse pose

- 17. Childs pose

- 18. Concentration

- 21. Mountain pose

- 27. Heart Chakra

- 29. Third eye Chakra