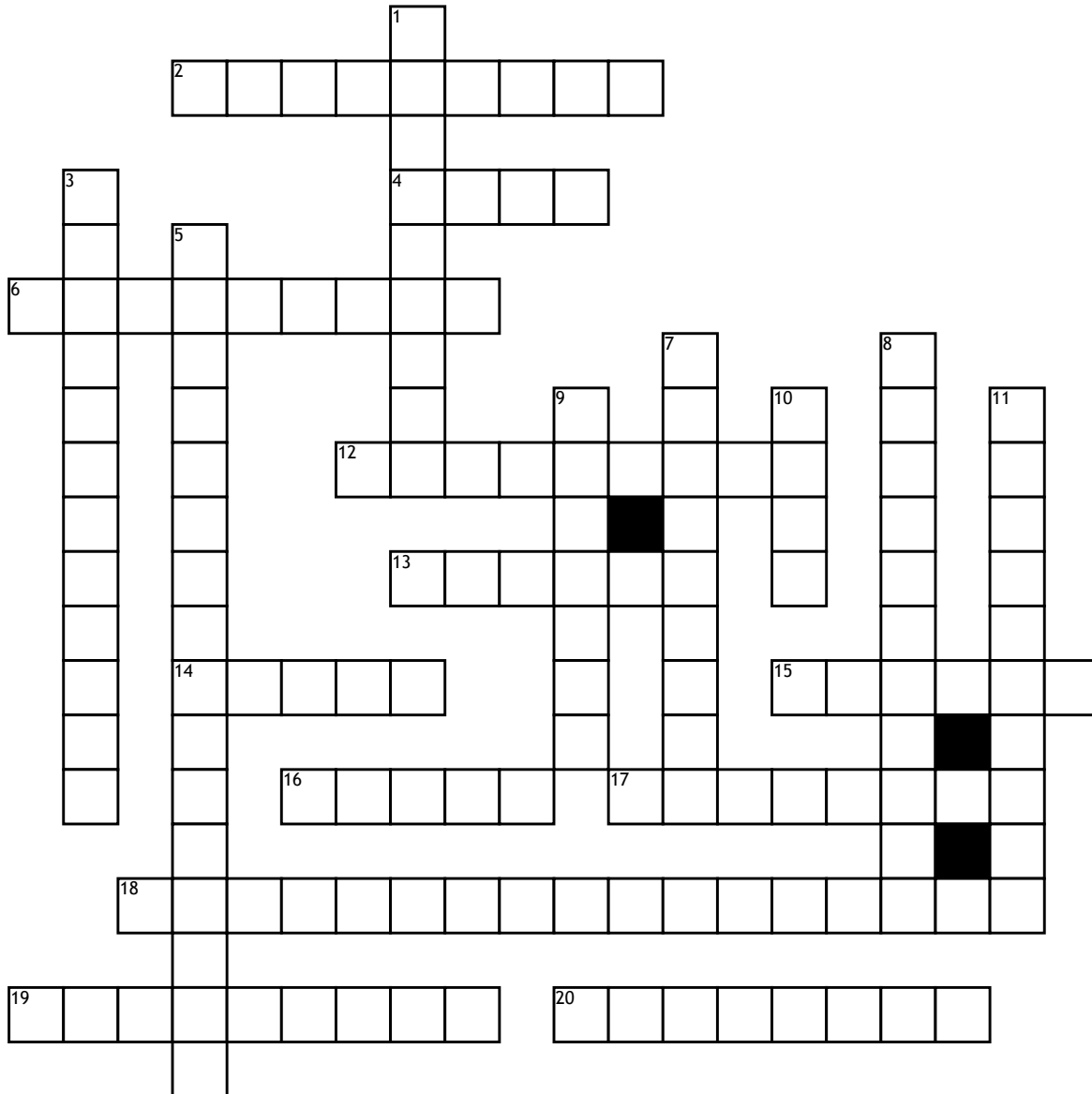


Name: _____

Date: _____

Yoga Poses - Sanskrit



Across

2. Camel pose
4. Third eye Chakra
6. Root Chakra
12. Lotus Pose
13. Meditation
14. Self Discipline
15. To gaze continuously without blinking

16. Sun
17. Mountain pose
18. Salute with 8 points (2 words)
19. Regulating of life force through breath
20. Childs pose

Down

1. Crown Chakra
3. Cobra

5. Seated forward bend
7. Corpse pose
8. Cat pose
9. Divine Union
10. Self Restraint
11. Withdrawal of the senses