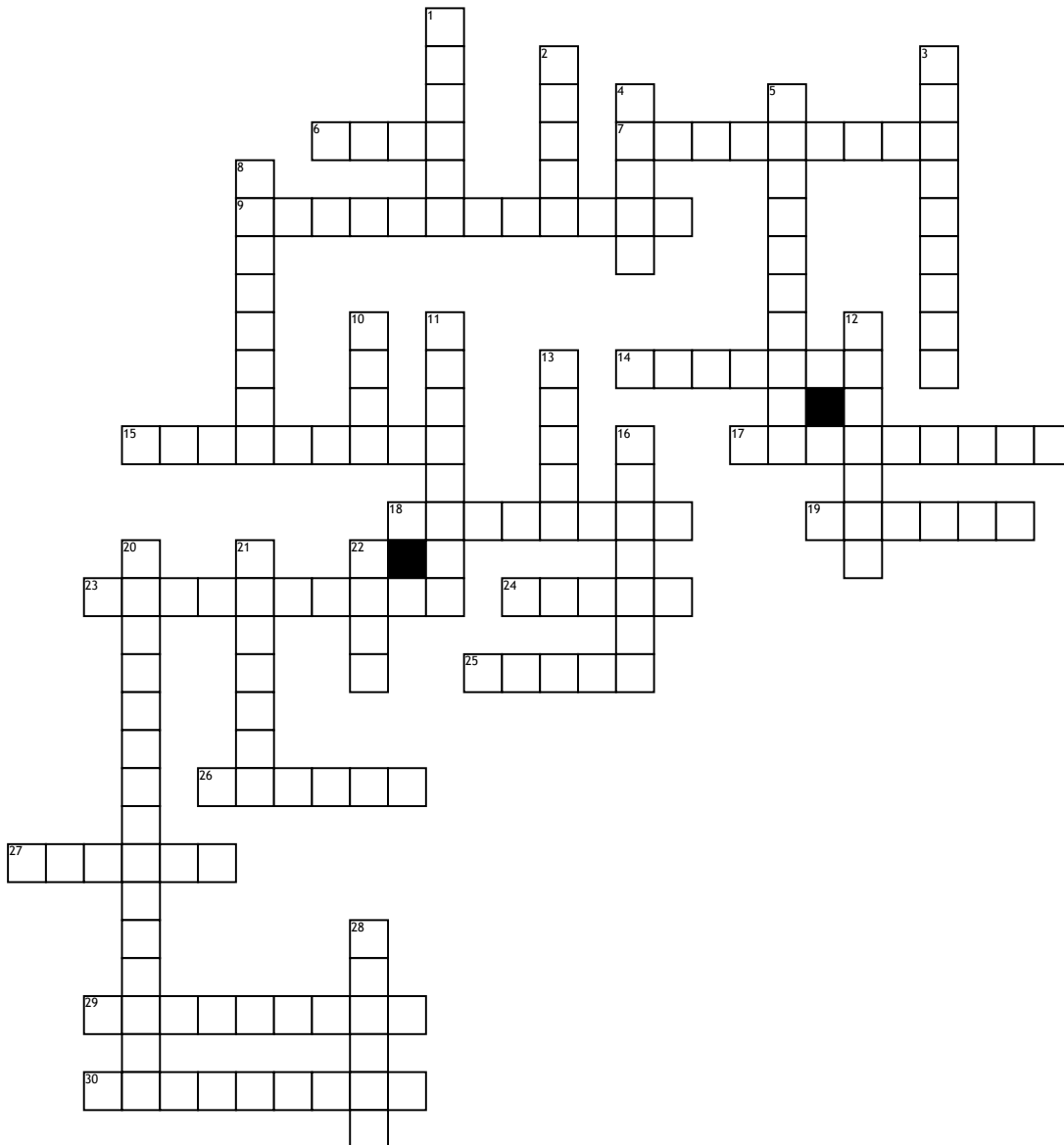


Name: _____

Date: _____

General Yoga Topics



Across

6. Union
 7. The King of all yoga asanas (Sanskrit)
 9. Pose named for a powerful monkey chief
 14. Forward fold to chaturanga to updog to downdog
 15. Yoga Sutras is ascribed to
 17. Surya
 18. Typically performed as the final pose of a yoga practice
 19. "99% practice and 1% _____"
 23. Sense withdrawal
 24. The _____ limbs of yoga
 25. A complex network of energy pathways
 26. A guide to the quality of one's practice

27. A specialized breathing technique which means "victorious"
 29. Breath control
 30. A pose often assumed for meditation (Sanskrit)

Down

1. Self observation
 2. Yoga practitioners often use these to assist their practice
 3. The King of all yoga asanas (English)
 4. Yoga pose
 5. Throat lock or _____ bandha
 8. Yoga therapy or yoga

10. In this bandha the body from the anus to the navel is contracted and lifted up and towards the spine

11. This bandha is engaged by holding stillness at the location three fingers below the navel
 12. A state of joy and peace
 13. A pose often assumed for meditation (English)
 16. A series of internal energy gates or locks
 20. Teacher of K. Pattabhi Jois
 21. B.K.S
 22. Dristi or
 28. Practice and all is _____