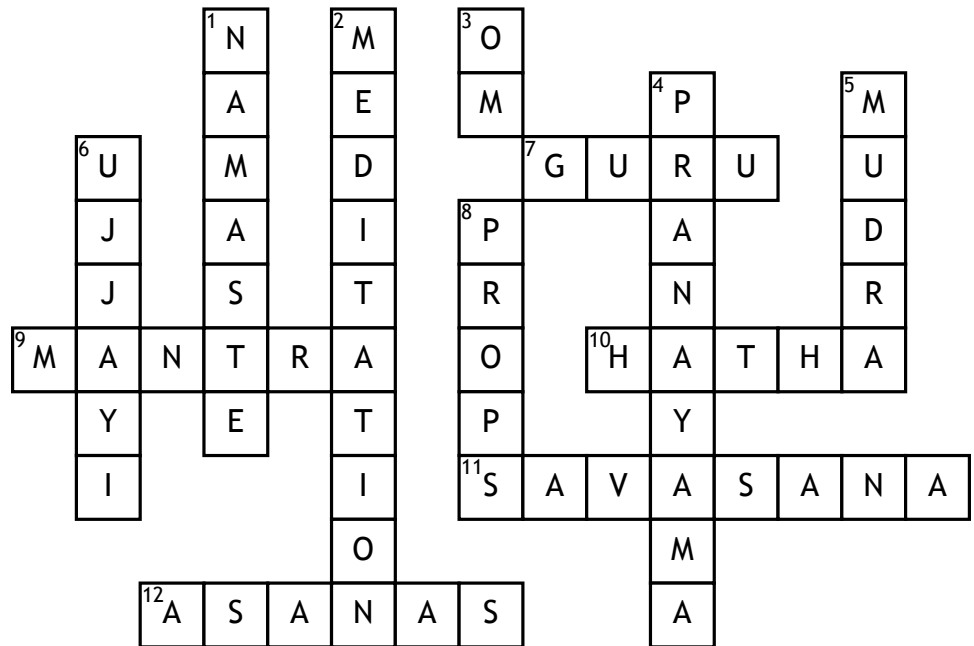


Name: \_\_\_\_\_

Date: \_\_\_\_\_

Period: \_\_\_\_\_

# Yoga Things by Deacon W.



## Across

7. Teacher or master of Yoga

9. A chant that creates a positive transformation

10. Sun and Moon

11. "The Corpse pose"

12. Yoga postures and poses

## Down

1. A respectful greeting

2. Focusing and Calming the mind

3. First sound of creation

4. Breath awareness

5. What is the position that has in influence on the energy of the body?

6. Hissing Breath

8. Tools to help you preform the Yogas