Yoga 1,2,3

Learn more about yoga by using the following websites to find the answers the questions below. Be sure your answers are in complete sentences.

<http://naturespathways.com/index.php?option=com_k2&view=item&id=1992:the-effects-of-yoga-on-the-body-systems&Itemid=183>

<http://www.yogajournal.com/>

<http://www.americanyogaassociation.org/general.html>

<http://www.medicinenet.com/yoga/article.htm>

1. What does the word yoga mean?
2. When and where is yoga thought to have originated?
3. What are the three components of yoga?
4. What does “Namaste” mean?
5. Who can do yoga?
6. In your own words describe the following types of yoga:
	1. Kundalini-
	2. Hatha-
	3. Bikram-
	4. Vinyasa-
7. List the benefits of yoga to the following body systems
8. Circulatory system-
9. Endocrine System-
10. Muscular System
11. Nervous System
12. Respiratory System
13. Go to the Yoga Sequence Builder at: <http://www.yogajournal.com/poses/sequence_builder>

In the space below draw an intermediate and an advanced core pose.

|  |  |
| --- | --- |
| Intermediate Core Pose | Advanced Core Pose |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  |

1. Find the Sanskrit words for the following poses and draw a diagram for each:

|  |  |  |
| --- | --- | --- |
| **English Name** | **Sanskrit Term** | **Diagram** |
| Chair Pose |  |  |
| Child’s Pose |  |  |
| Corpse Pose |  |  |
| Mountain Pose |  |  |
| Downward Dog |  |  |

1. What is Sun Salutation?

Draw and describe the sequence of poses in Sun Salutation on the back of this sheet.