Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ August 11, 2014- August 15, 2014

Due: Monday, August 18, 2014

This week we’re exploring breathing techniques and beginning the foundational work for our 9 week yoga course. For homework, I would like you to research yoga positions and find one you feel comfortable sharing with a partner on Monday. Below write the position you’ve chosen to share and provide a quick sketch.

Position:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sketch: