

Yoga2

Name: _____

Choose the correct one out of the following options for the questions given below.

1. What is the traditional seated position called in yoga?

a. On a stack of cushions
b. Seated position
c. On top of a bolster
d. On our mats

2. What is the pose called when you reach your left arm up and overhead as your right palm flattens down on the ground?

a. Mountain pose
b. Downward facing dog
c. Seated position
d. Tabletop position

True or False Questions

1. This text is about yoga

T/F: _____

2. The video is about a yoga routine

T/F: _____

Answer the following in brief

1. What is the traditional seated position called in yoga?

Answer: _____
