

# YOGA FINAL STUDY GUIDE

\*\*\* Write in your Yoga Journal \*\*\*

## Explain the benefits of the following poses:

1. Child's pose
2. Standing forward fold pose
3. Halfway lift pose
4. Side plank pose
5. Bridge pose
6. Corpse pose (Savasana)

## Common Yoga Terms

1. What is yoga?
2. What does the word 'Asana' stand for?
3. What is Pranayama?
4. What is a mantra?
5. What is savasana?
6. What is Ujjayi Breath?
7. What is Sanskrit?

## Anatomy

Explain where each of these muscles are within your body:

1. Biceps
2. Triceps
3. Gluteals
4. Hamstrings
5. Quadriceps

## Explain the misalignments and alignments of the following poses:

1. Downward Facing dog
2. Ragdoll pose
3. Standing at attention pose
4. Mountain pose
5. High plank pose
6. Low plank pose
7. Upward facing dog pose
8. Chair pose
9. Warrior 2 pose
10. Extended side angle
11. Reverse warrior pose
12. Crescent lunge pose
13. Revolved crescent lunge pose
14. Runner's lunge pose
15. Prayer twist pose
16. Hands to feet pose (Gorilla pose)
17. Crow pose
18. Eagle pose
19. Dancer's pose
20. Tree pose
21. Warrior 1 pose
22. Triangle pose
23. Wide leg forward fold pose
24. Half pigeon pose
25. Cobra pose
26. Camel pose
27. Bow pose
28. Reclined bound angle pose
29. Seated forward fold pose
30. Happy Baby pose
31. Supine Twist pose
32. Easy pose