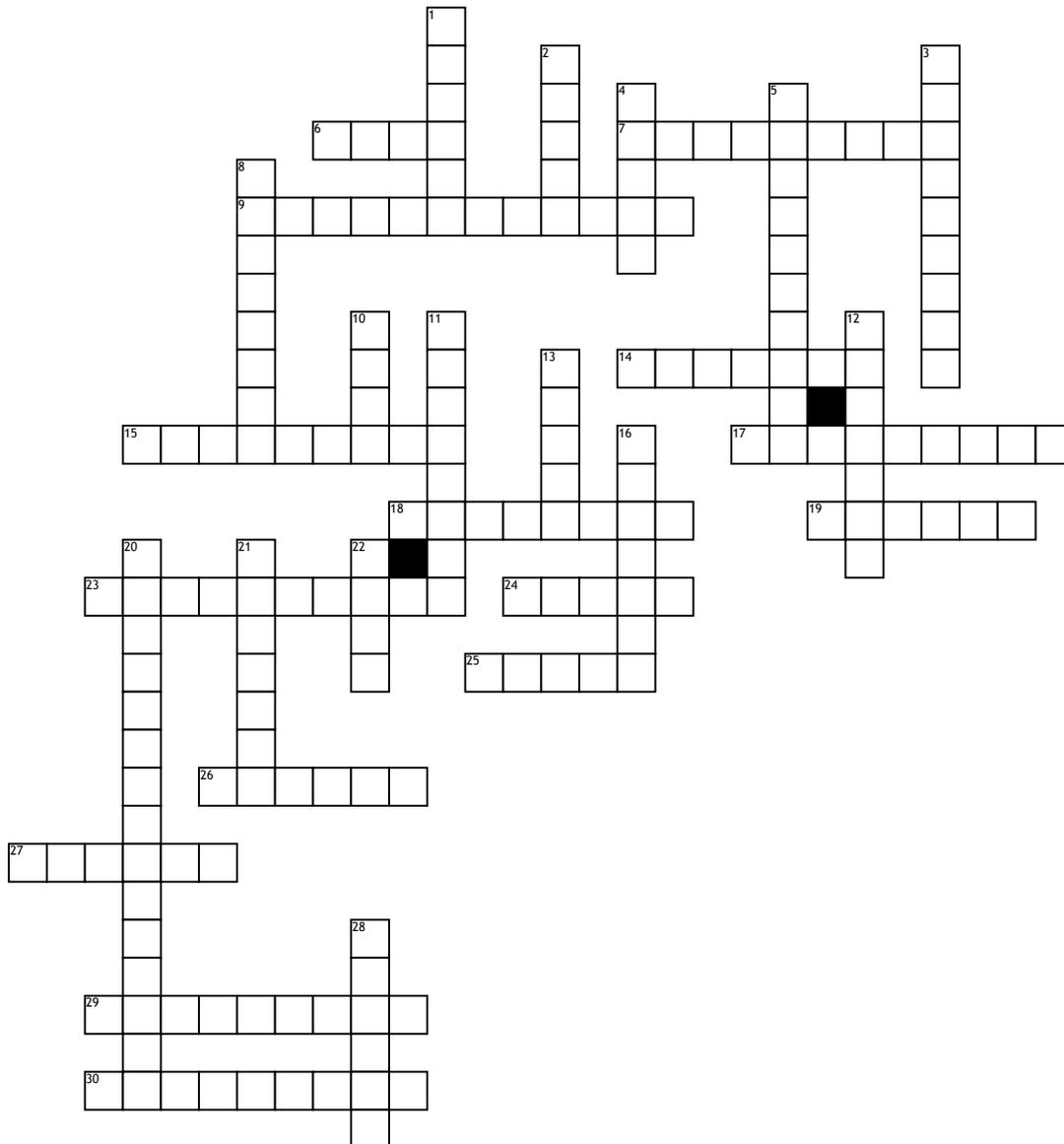


Name: \_\_\_\_\_

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

# General Yoga Topics



**Across**

- 6. Union
- 7. The King of all yoga asanas (Sanskrit)
- 9. Pose named for a powerful monkey chief
- 14. Forward fold to chaturanga to updog to downdog
- 15. Yoga Sutras is ascribed to
- 17. Surya
- 18. Typically performed as the final pose of a yoga practice
- 19. "99% practice and 1% \_\_\_\_\_"
- 23. Sense withdrawal
- 24. The \_\_\_\_\_ limbs of yoga
- 25. A complex network of energy pathways
- 26. A guide to the quality of one's practice

- 27. A specialized breathing technique which means "victorious"
  - 29. Breath control
  - 30. A pose often assumed for meditation (Sanskrit)
- Down**
- 1. Self observation
  - 2. Yoga practitioners often use these to assist their practice
  - 3. The King of all yoga asanas (English)
  - 4. Yoga pose
  - 5. Throat lock or \_\_\_\_\_ bandha
  - 8. Yoga therapy or yoga \_\_\_\_\_
  - 10. In this bandha the body from the anus to the navel is contracted and lifted up and towards the spine

- 11. This bandha is engaged by holding stillness at the location three fingers below the navel
- 12. A state of joy and peace
- 13. A pose often assumed for meditation (English)
- 16. A series of internal energy gates or locks
- 20. Teacher of K. Pattabhi Jois
- 21. B.K.S
- 22. Dristi or
- 28. Practice and all is \_\_\_\_\_