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General Yoga Topics

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| **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 \_\_\_\_\_\_\_\_\_\_ |