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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

General Yoga Topics

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|  |  |  |  |  |  |  |  |  |  |  |  |  I |  |  | 2P |  |  |  |  |  |  |  |  |  | 3H |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  Y |  |  |  R |  | 4A |  |  |  | 5J |  |  |  |  E |  |  |  |  |
|  |  |  |  |  |  |  |  |  | 6Y |  O |  G |  A |  |  |  O |  | 7S |  I |  R |  S |  A |  S |  A |  N |  A |  |  |  |  |
|  |  |  |  |  |  |  | 8C |  |  |  |  |  M |  |  |  P |  |  A |  |  |  |  L |  |  |  |  D |  |  |  |  |
|  |  |  |  |  |  |  | 9H |  A |  N |  U |  M |  A |  N |  A |  S |  A |  N |  A |  |  |  A |  |  |  |  S |  |  |  |  |
|  |  |  |  |  |  |  |  I |  |  |  |  |  |  |  |  |  |  A |  |  |  |  N |  |  |  |  T |  |  |  |  |
|  |  |  |  |  |  |  |  K |  |  |  |  |  |  |  |  |  |  |  |  |  |  D |  |  |  |  A |  |  |  |  |
|  |  |  |  |  |  |  |  I |  |  | 10M |  | 11U |  |  |  |  |  |  |  |  |  H |  | 12S |  |  N |  |  |  |  |
|  |  |  |  |  |  |  |  T |  |  |  U |  |  D |  |  | 13L |  | 14V |  I |  N |  Y |  A |  S |  A |  |  D |  |  |  |  |
|  |  |  |  |  |  |  |  S |  |  |  L |  |  D |  |  |  O |  |  |  |  |  |  R |  |  M |  |  |  |  |  |  |
|  |  |  |  | 15P |  A |  T |  A |  N |  J |  A |  L |  I |  |  |  T |  | 16B |  |  | 17N |  A |  M |  A |  S |  K |  A |  R |  A |  |
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|  |  |  |  |  |  |  |  |  |  |  | 18S |  A |  V |  A |  S |  A |  N |  A |  |  |  | 19T |  H |  E |  O |  R |  Y |  |  |
|  |  |  |  | 20K |  |  | 21I |  |  | 22G |  |  N |  |  |  |  |  D |  |  |  |  |  |  I |  |  |  |  |  |  |
|  |  |  | 23P |  R |  A |  T |  Y |  A |  H |  A |  R |  A |  | 24E |  I |  G |  H |  T |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  A |  | 26B |  R |  E |  A |  T |  H |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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 \_\_\_\_\_\_\_\_\_\_ |