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

General Yoga Topics

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|  |  |  |  |  |  |  |  |  |  |  |  | Y |  |  | R |  | 4  A |  |  |  | 5  J |  |  |  | E |  |  |  |  |
|  |  |  |  |  |  |  |  |  | 6  Y | O | G | A |  |  | O |  | 7  S | I | R | S | A | S | A | N | A |  |  |  |  |
|  |  |  |  |  |  |  | 8  C |  |  |  |  | M |  |  | P |  | A |  |  |  | L |  |  |  | D |  |  |  |  |
|  |  |  |  |  |  |  | 9  H | A | N | U | M | A | N | A | S | A | N | A |  |  | A |  |  |  | S |  |  |  |  |
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|  |  |  |  |  |  |  | I |  |  | 10  M |  | 11  U |  |  |  |  |  |  |  |  | H |  | 12  S |  | N |  |  |  |  |
|  |  |  |  |  |  |  | T |  |  | U |  | D |  |  | 13  L |  | 14  V | I | N | Y | A | S | A |  | D |  |  |  |  |
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|  |  |  |  | 15  P | A | T | A | N | J | A | L | I |  |  | T |  | 16  B |  |  | 17  N | A | M | A | S | K | A | R | A |  |
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|  |  |  |  |  |  |  |  |  |  |  | 18  S | A | V | A | S | A | N | A |  |  |  | 19  T | H | E | O | R | Y |  |  |
|  |  |  |  | 20  K |  |  | 21  I |  |  | 22  G |  | N |  |  |  |  | D |  |  |  |  |  | I |  |  |  |  |  |  |
|  |  |  | 23  P | R | A | T | Y | A | H | A | R | A |  | 24  E | I | G | H | T |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  | S |  |  | N |  |  | E |  |  | 25  N | A | D | I | S |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  | H |  |  |  |  |  | 28  C |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  | 29  P | R | A | N | A | Y | A | M | A |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  | 30  P | A | D | M | A | S | A | N | A |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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 \_\_\_\_\_\_\_\_\_\_ |