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

Sheelah Evans Yoga Homework

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|  |  |  |  |  |  |  |  |  |  |  |  | 1  V |  | 2  T |  |  |  |  |  |  | 3  S |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  | 4  B | H | U | J | A | N | G | A | S | A | N | A |  | 5  U |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | D |  | K |  |  |  |  |  |  | S |  | S |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | D |  |  |  |  |  |  |  |  | A |  | T |  |  |  |  |  |  |
|  |  |  | 6  A |  |  |  |  |  | 7  S |  |  | H |  |  |  |  |  |  | 8  T |  | N |  | R |  |  |  |  |  |  |
|  |  |  | R |  |  |  |  | 9  P | A | S | H | I | M | O | T | T | A | N | A | S | A | N | A |  |  |  |  |  |  |
|  |  |  | D |  |  |  |  |  | T |  |  |  |  |  |  |  |  |  | P |  |  |  | S |  |  |  |  |  |  |
|  |  |  | H |  |  | 10  S | U | R | Y | A |  |  |  |  |  |  |  |  | A |  |  |  | A |  |  |  |  |  |  |
|  |  |  | A |  |  |  |  |  | A |  |  |  |  | 11  P |  | 12  P |  |  | S |  |  |  | N |  |  | 13  P |  |  |  |
|  |  |  | C |  |  |  |  |  |  |  |  | 14  D |  | R |  | H |  |  |  |  |  | 15  S | A | U | C | A |  |  |  |
|  |  |  | H |  |  |  |  |  |  |  |  | H |  | A |  | A |  |  | 16  S |  |  |  |  |  |  | D |  |  |  |
|  |  |  | A |  |  |  |  |  |  |  |  | Y |  | N |  | L |  |  | H |  | 17  B |  | 18  D |  |  | M |  |  |  |
|  |  |  | N |  |  |  |  |  |  | 19  A | S | A | N | A |  | A |  | 20  S | A | M | A | D | H | I |  | A |  |  |  |
|  |  |  | D |  |  |  |  |  | 21  T |  |  | N |  | Y |  | K |  |  | V |  | L |  | A |  |  | S |  |  |  |
|  |  |  | R |  |  |  | 22  P | R | A | T | Y | A | H | A | R | A |  | 23  S | A | H | A | S | R | A | R | A |  |  |  |
|  |  |  | A |  |  |  |  |  | D |  |  |  |  | M |  | S |  |  | S |  | S |  | A |  |  | N |  |  |  |
|  |  |  | S |  |  | 24  M | A | J | A | R | I | A | S | A | N | A |  | 25  Y | A | M | A |  | N |  |  | A |  |  |  |
|  |  |  | A |  |  |  |  |  | S |  |  |  |  |  |  | N |  |  | N |  | N |  | A |  |  |  |  |  |  |
|  |  |  | N |  | 26  A | S | H | T | A | N | G | A | N | 27  A | M | A | S | K | A | R | A |  |  |  |  |  |  |  |  |
|  |  |  | A |  |  |  |  |  | N |  |  |  |  | N |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 28  M | U | L | A | D | H | 29  A | R | A |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | J |  | H |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  | 30  A | H | I | M | S | A |  | T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Across**  **4.** Cobra  **9.** Seated forward bend  **10.** Sun  **15.** Purity  **19.** Yoga posture  **20.** Divine Union  **22.** Withdrawing the mind from the senses  **23.** Crown Chakra  **24.** Cat pose  **25.** Self Restait  **26.** Salute with 8 points  **28.** Root Chakra  **30.** Non harm | **Down**  **1.** Throat chakra  **2.** To gaze continuously, without blinking  **3.** Easy pose  **5.** Camel pose  **6.** Half moon (2 words)  **7.** Truthfulness  **8.** Self discipline  **11.** Regulating of life force through the breath  **12.** Plank pose  **13.** Lotus pose  **14.** Meditation  **16.** Corpse pose  **17.** Childs pose  **18.** Concentration  **21.** Mountain pose  **27.** Heart Chakra  **29.** Third eye Chakra |