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

Sheelah Evans Yoga Homework

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|  |  |  |  |  |  |  |  |  |  |  |  | 1V |  | 2T |  |  |  |  |  |  | 3S |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  I |  |  R |  |  |  |  |  |  |  U |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  S |  |  A |  |  |  |  |  |  |  K |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  H |  |  T |  |  |  |  |  |  |  H |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 4B |  H |  U |  J |  A |  N |  G |  A |  S |  A |  N |  A |  | 5U |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  D |  |  K |  |  |  |  |  |  |  S |  |  S |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  D |  |  |  |  |  |  |  |  |  A |  |  T |  |  |  |  |  |  |
|  |  |  | 6A |  |  |  |  |  | 7S |  |  |  H |  |  |  |  |  |  | 8T |  |  N |  |  R |  |  |  |  |  |  |
|  |  |  |  R |  |  |  |  | 9P |  A |  S |  H |  I |  M |  O |  T |  T |  A |  N |  A |  S |  A |  N |  A |  |  |  |  |  |  |
|  |  |  |  D |  |  |  |  |  |  T |  |  |  |  |  |  |  |  |  |  P |  |  |  |  S |  |  |  |  |  |  |
|  |  |  |  H |  |  | 10S |  U |  R |  Y |  A |  |  |  |  |  |  |  |  |  A |  |  |  |  A |  |  |  |  |  |  |
|  |  |  |  A |  |  |  |  |  |  A |  |  |  |  | 11P |  | 12P |  |  |  S |  |  |  |  N |  |  | 13P |  |  |  |
|  |  |  |  C |  |  |  |  |  |  |  |  | 14D |  |  R |  |  H |  |  |  |  |  | 15S |  A |  U |  C |  A |  |  |  |
|  |  |  |  H |  |  |  |  |  |  |  |  |  H |  |  A |  |  A |  |  | 16S |  |  |  |  |  |  |  D |  |  |  |
|  |  |  |  A |  |  |  |  |  |  |  |  |  Y |  |  N |  |  L |  |  |  H |  | 17B |  | 18D |  |  |  M |  |  |  |
|  |  |  |  N |  |  |  |  |  |  | 19A |  S |  A |  N |  A |  |  A |  | 20S |  A |  M |  A |  D |  H |  I |  |  A |  |  |  |
|  |  |  |  D |  |  |  |  |  | 21T |  |  |  N |  |  Y |  |  K |  |  |  V |  |  L |  |  A |  |  |  S |  |  |  |
|  |  |  |  R |  |  |  | 22P |  R |  A |  T |  Y |  A |  H |  A |  R |  A |  | 23S |  A |  H |  A |  S |  R |  A |  R |  A |  |  |  |
|  |  |  |  A |  |  |  |  |  |  D |  |  |  |  |  M |  |  S |  |  |  S |  |  S |  |  A |  |  |  N |  |  |  |
|  |  |  |  S |  |  | 24M |  A |  J |  A |  R |  I |  A |  S |  A |  N |  A |  | 25Y |  A |  M |  A |  |  N |  |  |  A |  |  |  |
|  |  |  |  A |  |  |  |  |  |  S |  |  |  |  |  |  |  N |  |  |  N |  |  N |  |  A |  |  |  |  |  |  |
|  |  |  |  N |  | 26A |  S |  H |  T |  A |  N |  G |  A |  N | 27A |  M |  A |  S |  K |  A |  R |  A |  |  |  |  |  |  |  |  |
|  |  |  |  A |  |  |  |  |  |  N |  |  |  |  |  N |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 28M |  U |  L |  A |  D |  H | 29A |  R |  A |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  J |  |  H |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  N |  |  A |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 30A |  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 |