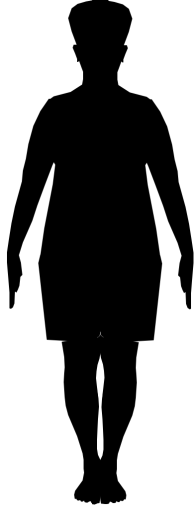


TADASANA



Translate "Tadasana"

Tada = _____

Asana = _____

Tadasana = _____

Category of Poses:

Write 3 Points for each:

How To Go Into the Pose:

- 1.
- 2.
- 3.

Actions While In The Pose:

- 1.
- 2.
- 3.

How To Come Out:

- 1.
- 2.
- 3.

Props & Modifications That Help Me With This Pose:

Extra Credit: This pose is also known as: S_____ S_____ meaning
Straight & Balanced, Still & Stable

This homework brought to you by Cascade Yoga in Bend, Oregon. You'll thank me one day! ;)

<https://cascade.yoga>