

**Yoga Midterm Fall 2011**  
**Rick Crawford**

1. True or False      A *mudra* is a way to hold your hands in yoga.

2. Name the yoga asana pictured below \_\_\_\_\_.



3. What is the recommended transition between a *down dog* and an *up dog*? \_\_\_\_\_.

4. The asana below is a perfect transition out of *warrior 3*. What's it called?



5. From the list below, choose the 5 elements of awareness in Yoga as described by Cindy Lee on her CD:

Physical	Breath
Earth	Wind Energy
Fire	Space
Dirt	Water

6. What is the name of this difficult pose we've tried several times?  
\_\_\_\_\_.



7. This pose is part of the sun salutation. What is it called?



\_\_\_\_\_.

8. In what exercise does the *sun salutation* begin? \_\_\_\_\_.

9. In what asana does the *sun salutation* end? \_\_\_\_\_.

10. What *mudra* is used during the beginning and end of *sun salutation*? \_\_\_\_\_.

11. We've used this Asana often. What's it called?



\_\_\_\_\_.

12. What are these three things? Hint: positions of the \_\_\_\_\_. (use the English word).

- a. Yana Mudra= \_\_\_\_\_.
- b. Vishnu mudra= \_\_\_\_\_.
- c. Anjali mudra= \_\_\_\_\_.

(can you define when they are used or what they are called?)

13. Repeating the series of *down dog* to *cobra* with all the transitions is a called a \_\_\_\_\_ push-up.

14. In English, the word *Asana* means what? \_\_\_\_\_.

15. What is the name of this final resting pose in Yoga?



\_\_\_\_\_.