

Nature's Elements Sequence

4. Air Element Activity

Watch the video and read the explanation before answering these questions/statements

1. **This Air Element Sequence is done**
 - a) sitting down
 - b) standing up
 - c) with a chair

2. **For the Air Element Pose 1, the arms are**
 - a) stretched to the side
 - b) stretched in front of you
 - c) stretched behind you

3. **The upper body in Air Element Pose 2, Part 1**
 - a) does not move
 - b) bends forward
 - c) bends backwards

4. **The legs in Air Element Pose 2, Part 2**
 - a) are stretched/straight, the whole time
 - b) one is bent and one is straight, at the same time
 - c) they both bend when the arms come down

5. In Air Element Pose 3, the head

- a) turns after the upper body and you look above your back shoulder**
- b) does not turn**
- c) turns first and then the upper body after**