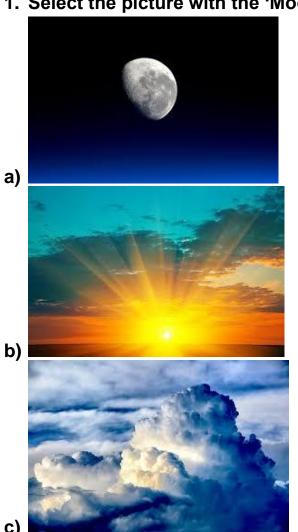
## **Moon Salutation Activity**

Watch the video and read the explanation and answer these statements/questions

## 1. Select the picture with the 'Moon'



- 2. The Moon Salutation Yoga Sequence reflects/ is similar to
  - a) the Star Salutation Sequence
  - b) the Cloud Salutation Yoga Sequence
  - c) the Sun Salutation Yoga Sequence
- 3. In the Moon Salutation, there is a pose called the
  - a) Full Moon Pose
  - b) Half Moon Pose
  - c) Quarter Moon Pose
- 4. Select the picture with 'Half' a moon

