

Nature's Elements Sequence

2. *Water Element Activity*

Watch the video and read the explanation to be able to answer the following questions/statements

1. **The Water Element Sequence is a**
 - a) **sitting sequence**
 - b) **flowing and fluid sequence**
 - c) **a standing sequence**

2. **To Prepare for the Water Element Sequence, we start by**
 - a) **laying down on our stomachs and hands underneath the shoulders**
 - b) **laying down on our back**
 - c) **standing up with our hands up**

3. **In the Water Pose 1, the body in *Plank Position* is**
 - a) **on the floor**
 - b) **off the floor with only the toes and hands touching the floor/ground**
 - c) **bent backwards**

4. **In the Water Pose 2, in *Downward Facing Dog* the bottom is up and the weight is shifted to the**
 - a) **front**
 - b) **middle**
 - c) **back**

- 5. In the Water Pose 3, the back is bent and this position is similar to the animal shape of the**
- a) snake/cobra**
 - b) cat**
 - c) bird**