

Nature's Elements Sequence

1. Earth Element Activity

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

1. Nature's Elements are Earth,

- a) Water, fire and air
- b) Water, rock and stone
- c) Sky, stars and moon

2. This Earth Yoga Sequence is

- a) Standing up
- b) Sitting down to be more connected to the earth
- c) Half standing up and half sitting down

3. In the Earth Sitting Pose 1, the arms are raised up and the side bend, is

- a) A small side bend
- b) A big side bend
- c) A forward bend

4. In the Earth Sitting Pose 2, the arms are stretched in front of you and then placed

- a) On the floor
- b) Behind you towards the back
- c) Stretched out to the side

5. In the Earth Sitting Pose 3, the hands,

- a) Are placed close/near the feet and slowly walk forward with the bottom on the floor**
- b) And fingers interlock with palms facing up**
- c) Are placed on the feet and do not move**