

Nature's Elements Sequence

3. Fire Element Activity

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

1. This Fire Element Sequence focuses on the
 - a) respiratory system- relating to breathing
 - b) digestive system- relating to the metabolism (stomach)
 - c) nervous system- relating to the nerves, spinal cord, brain

2. For the preparation of The Fire Element Sequence, we start
 - a) laying down on our backs
 - b) laying down on our stomachs
 - c) standing up

3. For the The Fire Element Pose 1, the knee touches
 - a) the elbow
 - b) the nose
 - c) the shoulder

4. For The Fire Element Pose 2, the word 'rocking' refers to
 - a) moving side to side or/and backwards and forwards
 - b) standing up and sitting down
 - c) jumping up and down

5. The 'spinal twist', in The Fire Element Pose 3, refers to the stretch
 - a) in the legs

b) in the stomach

b) in the back where your spine is