

# Balance Yoga Sequence Activity

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

- 1. Which part of your body needs to be activated/strong to help you balance?**
  - a) your back**
  - b) your stomach/core**
  - c) your legs**
  
- 2. In the Dance Pose, you grab your \_\_\_\_\_ with your hand**
  - a) foot**
  - b) leg**
  - c) ankle (the part between the foot and the leg)**
  
- 3. To help you balance you can strengthen your core and**
  - a) look at something still (not moving) in front of you**
  - b) close your eyes**
  - c) look at the floor**
  
- 4. In the Leg Twist Pose the leg lifted (off the floor)**
  - a) wraps over the other leg which is on the floor**
  - b) wraps around your arm**
  - c) wraps around your body**
  
- 5. In the One Foot Balance Pose, the back leg**
  - a) is bent**
  - b) stretched**
  - c) on the floor**