

Stool Sequence Activity

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

- 1. For all the Stool Poses we sit**
 - a) behind the stool**
 - b) in front of the stool**
 - c) on the stool**

- 2. The Stool Pose 1, mainly stretches your**
 - a) your back**
 - b) legs**
 - c) arms**

- 3. For the Stool Pose 2, the knees are pushed back by the**
 - a) hands**
 - b) elbows**
 - c) feet**

- 4. The spine in Stool Pose 3**
 - a) twists as we look to the back**
 - b) bends back**
 - c) folds forward**