

Moon Salutation Activity

Watch the video and read the explanation and answer these statements/questions

1. Select the picture with the 'Moon'



Activity

2. The Moon Salutation Yoga Sequence reflects/ is similar to

- a) the Star Salutation Sequence**
- b) the Cloud Salutation Yoga Sequence**
- c) the Sun Salutation Yoga Sequence**

3. In the Moon Salutation, there is a pose called the

- a) Full Moon Pose**
- b) Half Moon Pose**
- c) Quarter Moon Pose**

4. Select the picture with 'Half' a moon



a)



b)



c)