



ENJOY YOURSELF PRACTICING YOGA



Teacher: Eneas Ramírez Cabrera

SUN SALUTATION

				
1.MOUNTAIN	2.SUN SALUTATION	3.FORWARD BEND	4.BEND 90 DEGREES	5.LOUNGE POSE
6.WARRIOR 1	7.WARRIOR 2	8.WARRIOR BACK	9.WARRIOR 2	10.WARRIOR 1
11.SCALE	12. 5 BOUNCES SCALE	13. 5 KNEES CHEST	14. SCALE 2	15.WARRIOR 1
				
16.LOUNGE POSE	17.DOWNWARD DOG	18. PLANK	19. 10 CLIMBERS	20. PLANK
21. CHATURANGA	22. COBRA	23.DOWNWARD DOG	24. FORWARD BEND	25. CHAIR
		RELAX AND THINK POSITIVE		
26SUN SALUTATION	27. MOUNTAIN			

SALUDO AL SOL

				
1. MONTAÑA	2. SALUDO AL SOL	3. PINZA	4. ESTIRA ESPALDA	5. PRE-GUERRERO
6. GUERRERO 1	7. GUERRERO 2	8. GUERRERO ATRÁS	9. GUERRERO 2	10. GUERRERO 1
11. BALANZA	12. 5 REBOTES	13. 5 RODILLA PECHO	14. BALANZA 2	15. GUERRERO 1
				
16. POST-GUERRERO	17. PERRO	18. PLANCHA	19. ESCALADOR	20. PLANCHA
21. CHATURANGA	22. COBRA	23. PERRO	24. SALTO A PINZA	25. SILLA
		RELÁJATE Y PIENSA EN _____		
26. SALUDO AL SOL	27. MONTAÑA			

		POSITIVO
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YOGA IN PAIRS - Give until 2 points to each factor.

STUDENT NAME	SILENCE 1-ENJOYING 1	BALANCE 2	FLEXIBILITY 2	KNOWLEDGE OF THE ASANAS 2	CORRECT POSITION 2
1					
2					

- **SILENCE-ENJOYING:** Keeps the concentration (1 point) and enjoys the moment (1 point)
- **BALANCE:** The student moves continuously the body (0 points)
Sometimes loses the balance (1 point) Always keeps the balance (2 points)
- **FLEXIBILITY:** The student has no flexibility at all (0 points)
Medium flexibility (1 point) A lot of flexibility (2 points)
- **KNOWLEDGE OF THE ASANAS:** The student doesn't know 2-3 Asanas (1 point) The student knows all the Asanas (2 points)
- **CORRECT POSITION:** The student never puts the body in a correct way (0 points) Sometimes doesn't put the body in a correct way (1 point) The position is always correct (2 points)