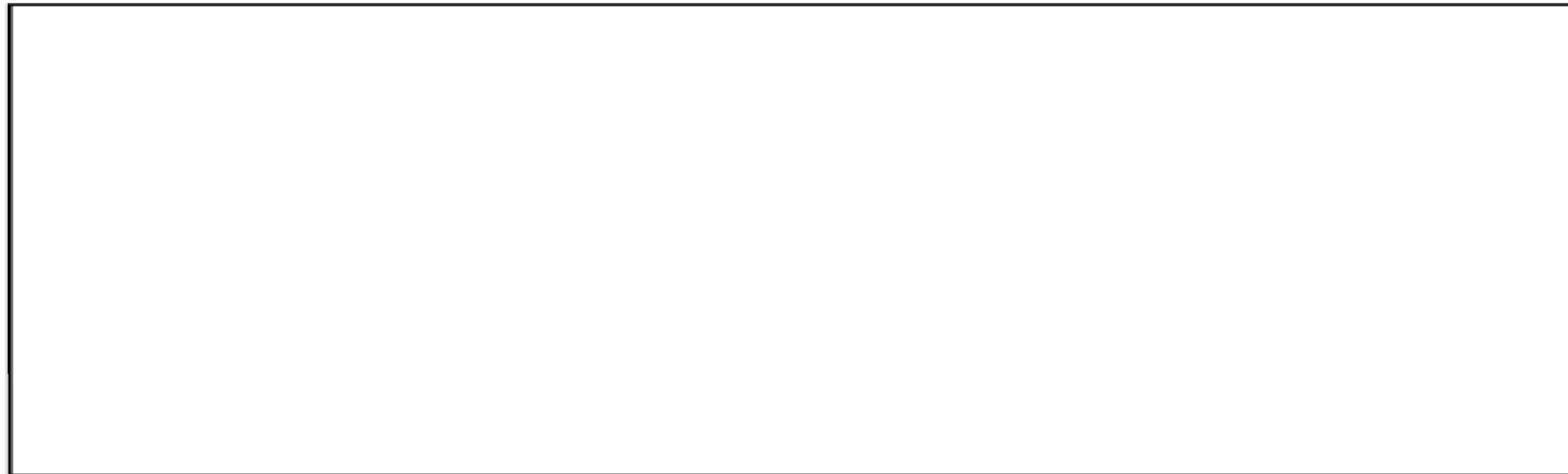


# Create a Yoga Pose

For this assignment you must create your own yoga pose (a pose that does not already exist). In order to receive full marks you must:

- ⇒ Name the pose
- ⇒ Illustrate the pose
- ⇒ Provide three instructions on how to safely get into the pose and hold it.

**Name of Pose:** \_\_\_\_\_



## Instructions:

1.

2.

3.