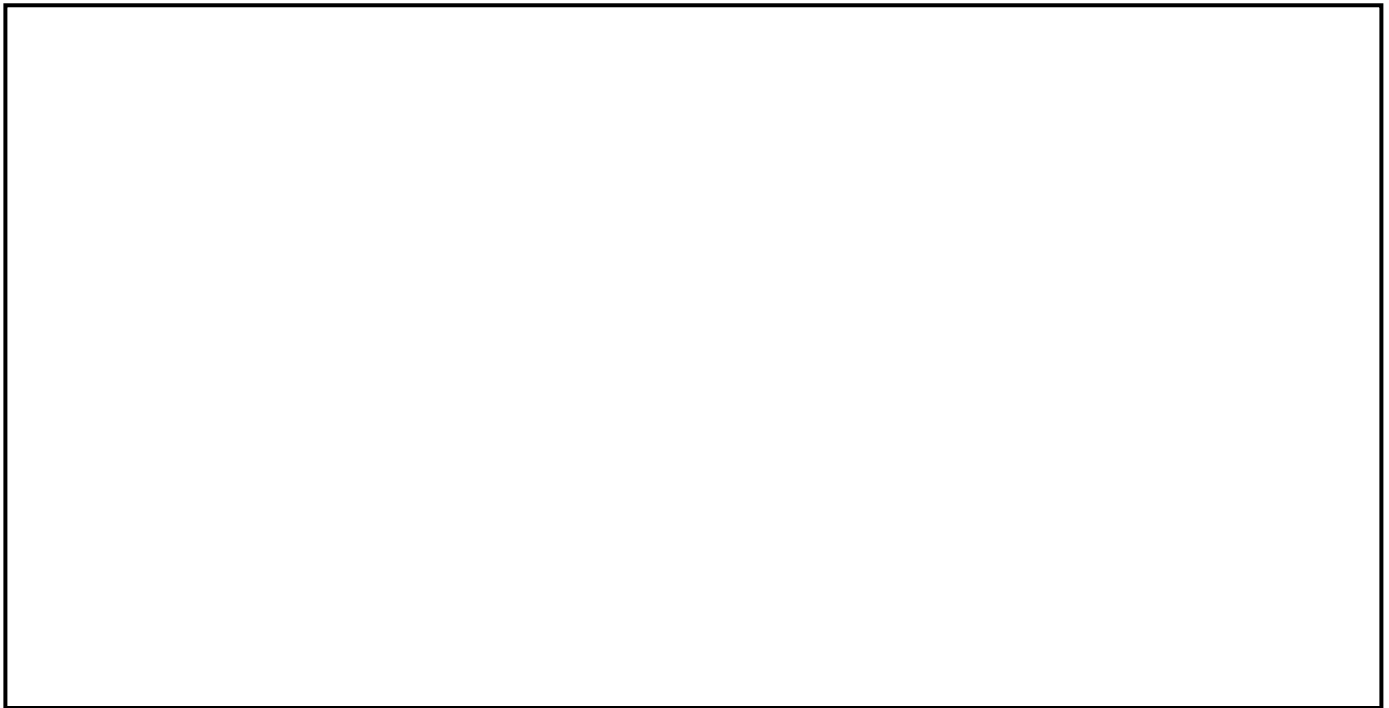# Create a Yoga Pose

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.

/5