



Home Enlightenment Project Embodying the Yoga Poses

Please take a 'yoga selfie' of the following poses toward the beginning of your 300hr Ohra TT journey. Then take a 'yoga selfie' in the same poses toward the end of your journey.

Reflect on any significant changes that you noticed in your body or your energy. You can also comment on how you integrated and embodied what you have learned. You do not have to comment on every pose.

Reflections should be 1-2 pages long.

Please save the before as well as the after photos for submission -

Have fun with this yogis!

1. Tadasana - Mountain Pose
2. Uttanasana - Forward Fold
3. Plank Pose
4. Chaturanga
5. Adho Muka Svanasana - Downward Facing Dog
6. Virabhadrasana 1 - Warrior 1
7. Virabhadrasana 2 - Warrior 2
8. Parsva Konasana - Extended Side Angle
9. Trikonasana - Triangle Pose
10. Ardha Chandrasana - Half moon pose
11. Anjanayasa - (you can choose knee up or down) this is crescent lunge with a backbend
12. Virabhadrasana 3 - Warrior 3 (you can choose supported or unsupported)
13. Parvritta Trikonasa - Revolved Triangle Pose
14. Dolphin Pose
15. Plank on your forearms
16. Handstand
17. Wheel
18. Revolved padagusthasana - standing balance
19. Bakasana - crow
20. Another arm balance of your choice
21. Pigeon
22. Yogis choice - pick a pose that you are interested in improving that is not on the list above!