

Name: _____

Is Yoga for You?

Directions: Read the article “Y Is for *Yoga*” (page 23). Then try the yoga poses shown in the article, fill out the chart, and answer the questions below. Finally, use the Internet or other sources to find two more yoga poses. Give them a try, and complete the chart.

Pose	Was it easy, challenging, or difficult?	Body parts where you felt the stretch	Most challenging thing about the exercise	How you felt afterwards
Chair Pose				
Tree Pose				
My Pose: _____				
My Pose: _____				