

PE 134 (S01) Yoga

Name:

Asana Log

Date:

Name of Asana:

Sanskrit Name:

Feet/Legs:

Trunk:

Hands/Arms:

OTHER points, props etc.

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Sanskrit Name:

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OTHER points, props etc.

You are required to include a simple diagram of the pose or to use one of the photos taken during class. Use the photo/diagram help to describe your comments. *Use the internet with discretion*

Not all poses illustrated are well done.

RESPONSE FORM

NAME: _____

DATE: _____

Use this form two times: once after you take a class at the Iyengar yoga centre, USE IT AGAIN after a guest teacher and/or the field trip. Write neatly in space provided:

1. What did you observe about how the poses were taught?

2. What new understanding did you gain?

3. How did the class differ/ compliment your UVIC experience?

4. What questions do you have for the instructor?

These two question apply only to visits to the centre:

5. What was the population of the class at the centre,

6. What did you notice about taking a class in a dedicated yoga centre?