Yoga Peer Assessment

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| Beginners Pose  **Childs Pose**  3 Cues   1. Arms are straight and stretched out 2. Hips are to heals 3. Back is flat and forehead resting | Intermediate Pose  **Tree Pose**  3 Cues   1. Straight posture and stable base 2. Bottom foot is rested on upper thigh or calf (not on knee!) 3. Arms are together and reaching to the sky | Advanced Pose  **Triangle Pose**  3 Cues   1. Heel to arch alignment 2. Knee pushes against elbow 3. Both arms in one straight line (this is perpendicular to the floor) |