Yoga Peer Assessment

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| Beginners Pose**Childs Pose**3 Cues1. Arms are straight and stretched out
2. Hips are to heals
3. Back is flat and forehead resting

 | Intermediate Pose**Tree Pose**3 Cues1. 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 Cues1. Heel to arch alignment
2. Knee pushes against elbow
3. Both arms in one straight line (this is perpendicular to the floor)

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