# Exam 2 Study Guide

## Hatha Yoga

Practice of asana and poses. One of five yogic paths of physical balance. Mainly deals with mind body spirit union, promoting overall health and well being.

### - Translation

Strong, willful, forceful

#### - Positions

- Forward fold
- Downward dog
- Butterfly
- Plank
- Chatarunga
- Bridge
- Eagle

- Effec

- Warrior pose
- Pigeon pose

ew from Notesale.co.uk

ew from Notesale.co.uk

ngth, balance, flexibility

and inner

- Increases: strength, balance, flexibility, concentration, and bone density
- Promotes: calm and inner peace

### **Poetry Therapy**

Writing poetry to enhance both increased awareness and emotional catharsis of a variety of issues

## **Music Therapy**

- Biochemical theory-music is heard in the eardrum and perceives as pleasant or not
- Entrainment- organisms matching vibrations