

Yoga Knowledge Rating Form

Your Name _____

Word	A lot		A little		Not Much	
	Before	After	Before	After	Before	After
<input type="checkbox"/> your level of understanding						
Dragon Stretch						
Cat Stretch						
Twisting Dragon						
Pretzel						
Lying Twist						
Cobra Backbend						

You can find other ideas for keeping flexible by using other cards from *Yoga Pretzels* (Barefoot Books, 2005). Here are a couple of websites that give you more information, too!

www.kidsrunning.com will give you some additional important information about how to stretch before you run. www.practice.com will give you a chart of 20 stretches you can do. You simply fill out the form, which includes the version you want to have emailed to you!