

Class XII

Exercise Sheet 9

Click pictures of yourself from the front, while doing 8 different poses. Print them out and paste them in the space provided in the consecutive pages.

Next, sketch the following Chakra grid on a transparent OHP paper (can also take a printout) and try placing this grid on each of the 8 poses such that the navel corresponds to the centre of the grid.

Give a title to each image that best describes that pose.










