



# RANDOM ACTS OF YOGA PASSPORT

GET ACCESS TO ALL OF OUR YOGA POSES

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**PLEASE CHECK OFF ALL YOUR COMPLETED POSES!**

We recommend following poses in the numbered sequence for best results.

<b>MOUNTAIN</b>  <b>1</b> DONE	<b>CHAIR</b>  <b>2</b> DONE	<b>FORWARD FOLD</b>  <b>3</b> DONE	<b>PLANK</b>  <b>4</b> DONE	<b>DOWNWARD DOG</b>  <b>5</b> DONE	<b>COBRA</b>  <b>6</b> DONE	<b>EXTENDED PUPPY</b>  <b>7</b> DONE
<b>CAT-COW</b>  <b>8</b> DONE	<b>KNEELING CRESCENT LUNGE</b>  <b>9</b> DONE	<b>WARRIOR I</b>  <b>10</b> DONE	<b>WARRIOR II</b>  <b>11</b> DONE	<b>BALANCING STICK OR WARRIOR III</b>  <b>12</b> DONE	<b>TRIANGLE</b>  <b>13</b> DONE	<b>HALF MOON</b>  <b>14</b> DONE
<b>WIDE-LEGGED FORWARD FOLD</b>  <b>15</b> DONE	<b>EAGLE</b>  <b>16</b> DONE	<b>TREE POSE</b>  <b>17</b> DONE	<b>CAMEL PREP</b>  <b>18</b> DONE	<b>BRIDGE</b>  <b>19</b> DONE	<b>SHAVASANA</b>  <b>20</b> DONE	

**FILL OUT THE FORM BELOW TO WIN PRIZES!**

YOUR NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

**RAFFLE PRIZES WILL BE PULLED QUARTERLY THROUGH THE SPRING.**

**MAIL TO:** NMC Attn: RiseVT, 133 Fairfield Street St. Albans, VT 05478

Or complete this form online at: **FGI.RISEVT.ORG/RAY**

