



# Focus on... Sanskrit and Yoga

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Yoga power...

The Sundance works all the muscle groups in our body. How many different postures are in the Sundance?

Did you know...

the longest poem ever written is The Mahabharata; it contains over 200,000 individual lines and about 1.8 million words.

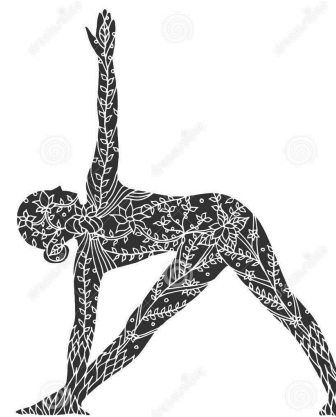
Go explore...

Who composed The Mahabharata?

Which text does it contain?



Picture this...



How many triangle shapes should our body make in Tikināsana?