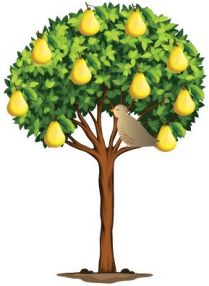


YOGAFAITH™

12 Asanas of Christmas, submitted by Lynda-Lea Goodall

★★★★★★★ VERSE 1 ★★★★★★★

*On the first day of Christmas my true love sent to me
a partridge in a pear tree.*



1. One Partridge in a pear tree. (Represents Jesus on the cross)
Tree Pose with flapping wings arms

2. Two turtle doves (When Jesus was 40 days old his parents presented him at the temple and offered 2 doves as a sacrifice required by Jewish law)

Standing Pigeon pose or sometimes called Standing Figure 4

3. Three french hens (gold Frankincense and Myrrh) Eagle pose with hands on shoulders as wings

4. Four calling birds (the 4 Gospels, Mathew, Mark, Luke,

and John)

Warrior 3 arms out to sides flapping or Crow Pose

5. Five golden wings (the Pentateuch: Genesis, Exodus, Leviticus, Numbers, Deuteronomy)

Down dog or Wheel or Camel pose

6. Six Geese a laying (eggs symbolize new life so the 6 days of creation Genesis 1)

Child's pose

7. Seven swans a swimming (the 7 gifts of the holy spirit Romans 12:6-8, Prophecy, servant, teaching, encouraging, giving, leadership, Mercy)

Locust pose on belly with arms swimming in front and kicking feet

8. Eight Maids a milking (the 8 Beatitudes Matthew 5:3-12)

Cow pose (cat/cow)

9. Nine ladies dancing; fruits of the spirit in Galatians 5:22 "But the fruit of the spirit is Love, joy, peace, patience, kindness, faithfulness, gentleness and self-control.

Dancer pose and variations

★★★★★★★ VERSE 9 ★★★★★★★

*On the ninth day of Christmas my true love sent to me
nine ladies dancing ...*



10. Ten lords a leaping (Ten commandments exodus 20:3-17)

Malasina or squat jumping up like a frog.

11. Eleven Pipers piping (the eleven faithful apostles Judas betrayed Jesus leaving)

High lunge pretending to play flute

12. Twelve Drummers drumming (12 points of beliefs as stated in the Apostle's creed)

Garland pose squat pretending to drum a drum