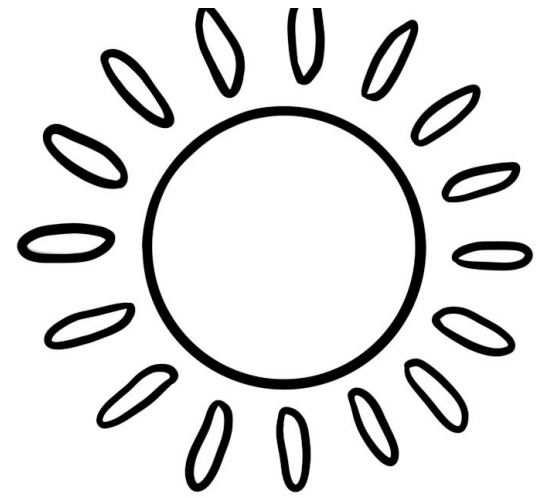


# Yoga with Eleonora



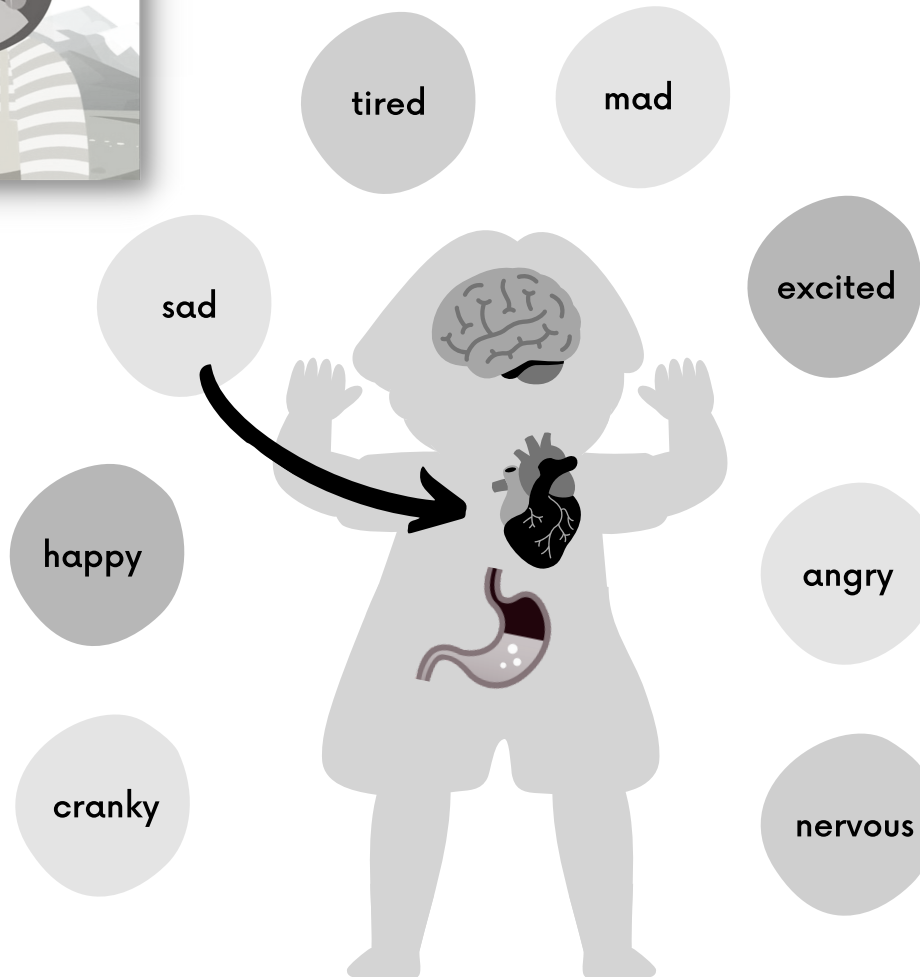
Name:

Date:

Teacher:

# HOW DO YOU FEEL?

Draw arrows to different parts of the body and explain how you experience those feelings.



Where do you feel happiness in your body?

What about feeling scared? Sad? Excited?  
Nervous? Mad?

Do you feel emotions in your heart?  
In your stomach? In your brain?  
In your arms or legs? Where else?