



Principles of Sequencing Assignment

1. In the space provided specify the category for each of the following apex poses (i.e. forward bend, back bend, twist, lateral, extension, inversion).

Pose Name in Sanskrit	Category of Pose
Hanumanāsana	
Kūrmāsana	
Parivṛtta Jānu Śīrṣāsana	
Supta Pārśva Pādāṅguṣṭhāsana	
Ardha Matsyendrāsana	
Paścimatānāsana Parivṛtta	
Ekapāda Rājapotaṇāsana	
Sarvāṅgāsana	



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2. In the space provided identify all the focal points for each pose.

Pose Name in Sanskrit	Risks	Flexibility	Stabilizers
Hanumanāsana			
Kūrmāsana			
Parivṛtta Jānu Śīrṣāsana			
Supta Pārśva Pādāṅguṣṭhāsana			

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Pose Name in Sanskrit	Risks	Flexibility	Stabilizers
Ardha Matsyendrāsana			
Paścimatānāsana Parivṛtta			
Ekapāda Rājapotaanāsana			
Sarvāṅgāsana			

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3. Create a list of 10 to 15 preparatory poses for each of the following apex poses. (other than specifying standing poses first, please do not try sequence the list or include any counter-poses):

Hanumanāsana

Kūrmāsana

Parivṛtta Jānu Śīrṣāsana

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Supta Pārśva Pādāṅguṣṭhāsana

Ardha Matsyendrāsana

Paścimatānāsana Parivṛtta

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Ekapāda Rājapōtanāsana

Sarvāṅgāsana