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 Śirṣāsana	
Supta Pārśva Pādāṇguṣṭhāsana	
Ardha Matsyendrāsana	
Paścimatānāsana Parivṛtta	
Ekapāda Rājakapotanāsana	
Sarvāṅgāsana	

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

Pose Name in Sanskrit	Risks	Flexibility	Stabilizers
Hanumanāsana			
Kūrmāsana			
Parivṛtta Jānu Śirṣāsana			
Supta Pārśva Pādāṇguṣṭhāsana			

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

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 Śirṣāsana

Supta Pārśva   Pādāṅguṣṭhāsana

Ardha Matsyendrāsana

Paścimatānāsana Parivṛtta

Ekapāda Rājakapotanāsana

Sarvāṅgāsana