\*\*This assignment is designed to deepen your experience with the course content and does not need to be submitted to ParaYoga.

# **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	
Parivŗtta Jānu Śirṣāsana	
Supta Pārśva Pādāņguşţhāsana	
Ardha Matsyendrāsana	
Paścimatānāsana Parivŗtta	
Ekapāda Rājakapotanāsana	
Sarvāngāsana	

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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 Śirṣāsana			
Supta Pārśva Pādāņgușțhāsana			

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Pose Name in Sanskrit	Risks	Flexibility	Stabilizers
Ardha Matsyendrāsana			
Paścimatānāsana Parivŗtta			
Ekapāda Rājakapotanāsana			
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 <mark>Ś</mark>irṣāsana

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Supta Pārśva Pādāņguṣṭhāsana

Ardha Matsyendrāsana

Paścimatānāsana Parivŗtta

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## Ekapāda Rājakapotanāsana

Sarvāngāsana

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