

Choosing & Arranging Poses Quiz

1. What question can a teacher ask herself about every pose in the sequence?

2. Describe the spinal movements found in a balanced yoga practice.

3. How can the agonist / antagonist muscle relationship support your intention?

4. What is the desired effect of a sequence on joints?

5. How are poses placed when preparing for a peak pose?

6. How can considering the segments of a class help in designing and teaching a sequence?

7. What are some reasons that a pose is chosen to be included and placed in a particular place in a sequence?

8. When sequencing for a peak pose, what questions do experts suggest you ask yourself?

9. Define neutral poses. What are reasons for their use?

10. Give examples of neutral poses.

11. What are counterposes?

12. How are counterposes sequenced?

13. Why is it universally recommended that *asana* practice conclude with *Savasana*?

14. How long should *Savasana* last?