

# Mindful Asana Transitions Quiz

1. What is meant by transitioning when practicing *asana*?

2. What specific techniques can help a student to practice mindful transitions in *asana*?

3. Give an example of how to teach mindful transitioning while entering or exiting a pose.

4. For what reasons is it important to teach mindful transitioning between poses in Vinyasa Flow?

5. What is a key transition teaching in flow sequences?