

# ASANA SEQUENCING



List at least three postures that flow from each asana below

**SHOELACE**

**SADDLE**

**CATERPILLAR**

**DRAGONFLY**

**LYING SPINAL  
TWIST**

**DOWN DOG**

**DRAGON**

**HALF SADDLE**

**BUTTERFLY**

**LYING  
BUTTERFLY**

**CHILD'S POSE**

**WIDE-KNEE  
CHILD'S**

**EYE-OF-  
THE-NEEDLE**

**FISH**

**HALF  
SHOELACE**

**LATERAL  
SHOELACE**

**QUARTER  
DOG**

**SEATED  
TWIST**

**SLEEPING  
SWAN**

**SNAIL**

**SQUARE**

**HAPPY BABY**

**KNEES TO  
THE CHEST**

**SEAL**

**LATERAL  
DRAGONFLY**

**HALF  
BUTTERFLY**

**SPHINX**

**SHAVASANA**

# LET'S CONNECT

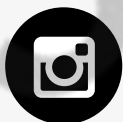
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