

## Sequencing Exercise

- A **Prep Pose** is a simpler pose that strengthens and/or stretches the same muscles that need to be stretched/strengthened in the peak pose.
- A **Neutralizer** brings the spine into a neutral position to re-center. They may be placed anywhere in the sequence, especially between prep poses.
- A **Peak Pose** is the most challenging or more complex pose of the sequence.
- A **Counter Pose** relieves tension that may have built up during the peak pose. It often moves the spine or other bones in an opposing or different way than the peak pose.

	Name of Pose	Type of Pose (prep, neutralizer, peak, counter)	Reason chosen (why did you choose this pose as a prep, neutralizer, peak, or counter pose?)
1			
2			
3			
4			
5			
6			