

Peak Pose: _____

Flexibility	
What muscles are stretched in the peak pose?	What simpler poses also stretch those same muscles?
Strength	
What muscles are engaged/strengthened/stabilizing in the peak pose?	What simpler poses also engage/strengthen or stabilize those same muscles?
Other	
What other elements does this pose require? (balance, courage, openness, even hips, etc.)	In what simpler poses could one practice this?
Counter Pose	
Where might tension have built up in the peak pose?	What pose might help relieve that tension?