

# BALANCE SEQUENCE CHECKLIST

Date: \_\_\_\_\_ Duration: \_\_\_\_\_ Focus: Stability & Core

DONE	POSE NAME / SANSKRIT	DURATION	SIDE (L/R)
	Mountain Pose <i>Tadasana</i>	5 Breaths	Center
	Tree Pose <i>Vrksasana</i>	10 Breaths	[[[]
	Eagle Pose <i>Garudasana</i>	5 Breaths	[[[]
	Warrior III <i>Virabhadrasana III</i>	5 Breaths	[[[]
	Half Moon Pose <i>Ardha Chandrasana</i>	8 Breaths	[[[]
	Dancer's Pose <i>Natarajasana</i>	5 Breaths	[[[]
	Crow Pose <i>Bakasana</i>	30 Sec	Center

PRACTICE NOTES