

Name of posture	
[picture of posture]	What is this posture? (eg rotation, flexion, extension, sidebend, balance or a combination of more than one)
Why do we practice this posture?	
When would you teach this posture? (eg what time of day, at what point in class plan)	
How would you prepare for this posture?	
What would you teach after this posture?	
Props and adaptations:	
Who shouldn't practice this posture?	