



The Yoga Sequencing Game

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Card number, Asanas in English and Sanskrit

1 Head to Toe & Rabbit

Utthita Padangushthasana & Shashangasana

2 Lotus & Rotated Wide-Legged Forward Fold

Padmasana & Parivritta Prasarite Padottanasana

3 Hero 3 & Cow's Head

Virabhadrasana & Gomukhasana

4 Rotated Triangle & Arm Balance

Parivritta Trikonasana & Bhujia Pidasana

5 Sage Bharadvaja & Side Arm Balance

Bharadvajasana & Vasisthasana

6 Sphinx & Yogic Sleeping Pose

Purushamrigasana & Yoga Nidrasana

7 Marichi Twist & Separate Leg, Head to Knee

Parivritta Marichyasana & Parsvottanasana

8 Wide-Legged Forward Fold & Reclining Hero

Prasarita Padottanasana & Supta Virasana

9 Handstand & Split

Adho Mukha Vrikshasana & Hanumanasana

10 Balancing Half Moon & Seal of Yoga

Tula Ardha Chandrasana & Yoga Mudra

11 Reverse Process & Crow

Viparita Karani Mudra & Kakasana

12 Seated Forward Bend & Wheel

Paschimottanasana & Chakrasana

13 Child's Pose & Frog

Balasana & Mandukasana

14 Fish & Bow

Matsyasana & Dhanurasana

15 Plow & Seated Boat

Halasana & Paripurna Navasana

16 Chair & Squat

Utkanasana & Malasana

17 Seated Angle & Rotated Head to Knee

Upavistha Konnasana & Parvritta Janushirshasana

18 Three Faced Forward Bend & Head to Knee

Triang Mukha Ekapada Paschimottanasana

19 Hero II & Rotated Lateral Angle

Virabhadrasana II & Parivritta Parsvakonasana

20 Runner & Pigeon

Ashva Sanchalanasana & Kapotasana

21 Supine Head to Toe & Supine Crescent Moon

Supta Padangushthasana & Supta Ardha Chandrasana

22 Cat-Cow & Sunbird

Marjariasana & Bitilasana

23 Plank & Crocodile

Chaturanga Dandasana & Makarasana

24 Locust & Cobra

Shalabasana & Bhujangasana

25 Supine Plank & Staff

Purvottanasana & Dandasana

26 Bridge & Knees to Chest

Setubhandasana & Apanasana

27 Gate & Half Circle

Parighasana & Ardha Manalanasana

28 Standing Leg Stretch Int/Ext Rotation & Dancer

Parivritta Utthita Hastu Padangushthasana & Natranjasana

29 Bound Angle & Seated Spinal Twist

Baddha Konasana & Ardha Matsyendrasana

30 Hero I & Tree

Virabhadrasana I & Vrikasana

31 Camel & Hero / Thunderbolt

Ustrasana & Vajrasana / Virasana

32 Standing Forward Bend & Half Moon

Uttanasana & Ardha Chandrasana

33 Goddess & Eagle

Deviasana & Garundasana

34 Pose of Infinity & Knee-Down Twist

Anantasana & Jathara Parivartanasana

35 Downward Dog & Boat

Adho Mukha Svanasana & Navasana

36 Shoulder Stand & Knee to Chest

Sarvangasana & Apanasana

Your Choice Cards:

Dolphin Adho Mukha Svanasana (modified)

Lateral Angle Parsvakonasana

Mountain Tadasana

Triangle Trikonasana

Start: Easy Pose Sukhasana **Mountain** Tadasana

Finish: Corpse Pose Shivasana

(Note: Asana names may vary slightly from your study material.)