

# Pose Component Sheet

Created by Dianne Bondy

Building a sequence around a pinnacle pose

Pinnacle or apex pose

Pinnacle or apex pose

Pinnacle or apex pose

ॐ Prep poses

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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ॐ Prep poses

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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ॐ Prep poses

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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🖋 Modifications for poses

1. \_\_\_\_\_  
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3. \_\_\_\_\_  
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🖋 Modifications for poses

1. \_\_\_\_\_  
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🖋 Modifications for poses

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3. \_\_\_\_\_  
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