

The Art of Sequencing Master Class

This handout accompanies Video 1

Sequencing: The art of putting together yoga poses to evoke an emotion, aid a condition or simply uplift.

The best sequencing respects anatomy, takes into account transitions, warms the body up for peak poses, and reflects the teacher's personal style.

- 1) Respect Anatomy
 - Be mindful of neutral vs externally rotated poses
- 2) Pay Attention to Transitions
 - Especially from standing, to the floor, and back
 - Think about the level of students you are teaching
- 3) Prepare the Body
 - Foreshadow poses
 - Think about the best way to "warm up" for a peak pose
- 4) What Feels Good
 - Strengthen then stretch
 - Contract then open
 - Make stuff up that's unique

Footnotes

Make sure to join [VIP Private Facebook Group](#)

Link to the book I mention in video #2 about conditions is [here](#)

SAMPLE CLASS (TRADITIONAL)

Intro (5 – 10 min)

- Help students fully come into the space and bring their attention inward
 - Close eyes, focus on breath
 - Seated is traditional, but I prefer to do this on all-fours, or standing
- Present any theme or intention

Warm-Up Vinyasa (5 – 10 min)

- Help students link breath-and-movement (ex: cat/cow)
- Lubricate spine, warm up muscles, balance front and back body
- Talk about the breathe (a lot)

Sun Salutations & Standing Poses (20 – 30 min)

- Build heat (ex: sun salutations)
- Keep in mind the level of your class
- With standing poses, go from basic to advanced
- Introduce twists toward the end of this portion, once body is warm
- Consider foot placement, anatomy and transitions

Backbends (10 min)

- Simple to most difficult (bridge before wheel)
- Prone or on supine
- Keep the spine neutral between backbends

Inversions (5 – 10 min) – can also come before backbends (optional)

- See how your students move from plank to downdog – are they ready for inversions?
- Follow with appropriate counter pose to give time for blood pressure in the head to adjust

Hip Openers & Seated Twists (10 min)

- Seated twists follow inversions or backbends to reground energy
- This is the beginning of your cool down or regrounding period

Seated Forward Bends (5 – 10 min)

- These calm the mind, cool the body, draw us into ourselves
- Prepares us for savasana

Savasana (5 – 10 min)

- Transition into a state of “being,” not “doing”

Meditation (5 – 10 min)

- Attempt to achieve a state of consciousness in which the mind has no active thoughts and students awareness can reconnect back to universal consciousness

Considerations:

- 1) Class Level
- 2) Component Parts / Foreshadowing
- 3) Prep Pose (Dolphin for Headstand preps Forearm Stand, Cobra preps Updog)
- 4) Counter Pose (Child's Pose after Backbending)
- 5) Peak Pose (Wheel, Twisted Triangle, Arm Balance)
- 6) Grounding Poses (Seated Twists, Forward Folds)

SAMPLE CLASS (MY STYLE)

Connect with Breath (4 min)

- All fours, child's pose or standing

Move with Breath (4 min)

- Cat/cow, lifting arms, pressing them away

Warm-Up Flow - "A" Flow" (10 - 15 min)

- Low lunges, sun salutes
- Still moving slowly to connect with breath

Heating Flow - "B" Flow (10 -15 min)

- Standing Poses
- Mirrors warm-up flow
- Maybe bookend the beginner or end with a fun movement at top of back of mat

Feel It Flow - "C" Flow (10 -15 min)

- Mirrors heating flow but slows things down
- Introduces new poses and longer holds

"D" Flow - if 90 min+ class (10 min)

- Involves standing poses, backbends or pigeon

Hips, Seated Stretches, Forward Folds (10 min)

- Always include a hip stretch and some forward fold

Transition to Supine (5 min)

- Opportunity to work abs or connect with breath again

Supine Stretches or Inversions (5 – 10 min)

- Reclined twists, pigeon on your back
- Shoulder stand or headstand
- Happy baby

Savasana (5 min)

- Feel good adjustments

Closing/Meditation (5 min)

- Help students reground their energy