

Course Overview

Read this First

The 2 videos in this course are each 1-hour. Here's how they breakdown so you can skip around as needed. Skim this document so you know what to expect...

The Art Of Sequencing – Part 1.mp4 (Video)

- Sequencing best practices, traditional class structure and my personal class structure
- Overview of sequencing basics (hopefully with some gold nuggets you didn't know)
- Refer to "Art of Sequencing Handout.pdf" while watching
- Part 1 is about getting us all on the same page in terms of sequencing before diving into my advanced concepts in Part 2 ☺

Start Sequencing Best Practices

- o Much of this may have been covered in your teacher training, but I wanted to include this information just in case! There is a wide variety in teacher trainings and standards, so I wanted to make sure you had all the basic best-practices included in this course

33:16 Class Structure (Traditional)

- o If you've been teaching for sometime, feel free to skip this section

52:08 Class Structure (My Style)

- o An overview of my style, which we deep dive into in Part 2

The Art Of Sequencing – Part 2.mp4 (Video)

- Here I screen share with you as we breakdown two of my classes and go into more real life examples, advanced concepts, and detail
- I suggest printing out the "Stress Busting Flow" and "Heart Opening Flow" to have in front of you while watching – this will help you learn and make it easier to follow along

Start Stress Busting Flow Breakdown

16:36 Heart Opening Breakdown (Advanced)

39:40 How to Get Inspired

44:01 Designing Condition Based Sequences

➤ Link to the book I mention [here](#)

44:01 FAQs

- o How much should you plan?
- o How long should you teach a sequence for?

52:42 Parting Words

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