



## Methodology: Sequencing

### **Why sequencing is important:**

Yoga is a meditation. A good sequence that the teacher knows well allows the student to maintain the meditative state, by removing the obstacles of confusion in the student through hesitation, poor timing, forgetting second sides and complementary poses.

Sequencing includes the mindful application of movements within a posture, between postures, and between one category of posture to another.

Sequences are one of the richest tools you have to create a certain experience for the student. Your sequences reflect your values as a teacher.

Also, if you know where you are going, it's easier to figure out how to get there.

### **Every sequence should consider (all are not required in every sequence)**

- A goal, direction, or theme
- A beginning, a middle, an end
- A warm up, a build up, an apex, a cool down, a restorative savasana
- Breathing
- Standing poses
- Floor poses
- Balance poses
- Strengthening poses
- Stretching poses
- Restorative poses
- Complementary poses
- Cardio
- Side Bends

- Back Bends
- Forward Bends
- Twists
- 1 legged balance poses
- Hip openers
- Spine strengthening
- Abdominal work
- Inner Thigh work
- Work on the Joints
- Arm Strengthening

### **Factors to consider in good sequencing:**

- Type of class: from very yin, restorative to very yang, power
- Time of day: morning – night
- Time of Year
- Type and level of students
- Types of stretching: active, passive, isometric, dynamic,

### **What's the focus/objective?**

- Opening
- Strengthening / Stretching
- Developing specific areas of the body
- Specific physiological effects, such as deep relaxation, detox, therapeutic needs
- Developing certain poses (building the class)

### **Methods**

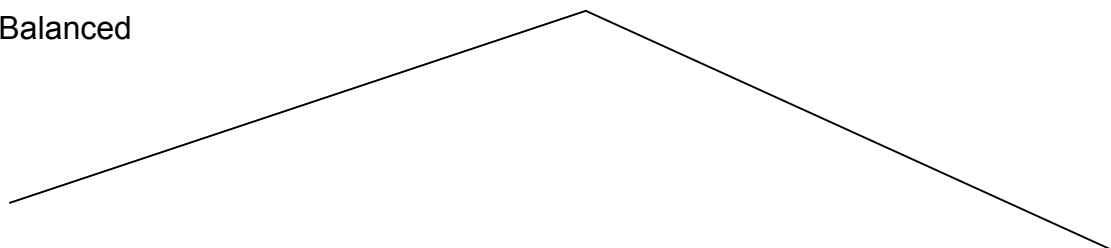
- Symetrical vs Asymetrical: right side / left side one after the other, or all right / all left
- Reciprocal vs non-reciprocal: poses which complement each other vs poses which focus on 1 area only

### **Sample Themes**

Backbends / Heart Openers / Spring rejuvenation / Anatomy / Metaphor / Spiritual – all of these might be the exact same sequence.

### **Sequence Arcs**

Balanced



Restorative



Power

### More tips:

- Start with more accessible poses and proceed to more challenging poses.
- Then, it is nice to circle back to more accessible poses and allow the deeper experience that the challenging poses provided to layer on.
- Allow time for recovery
- Look for balance between standing and floor, strengthening and passive poses, upper body and lower body.
- Look for symmetry even in asymmetrical sequences.
- How well do the poses flow together?

If your sequence purpose is:

Strength and Stamina

1. Keep body moving
2. Choose asanas that require strength
3. Combination of short and longer holds
4. Monitor fatigue

Increase flexibility

1. Overall or specific body part?
2. Look to strengthen opposite body part to give flexibility

Stress release and Relaxation

1. Intense for a short period to keep focused attention
2. Avoid outside stimulation. Ex. Music

### Transition Poses

The goal is to move the student through a mindful, focused meditation, from first breath, to final savasana, so how we flow from one part of the class to the next is important.

Here are some of the ways:

Standing to Warriors, Triangles and separate leg poses:

- Step Back.
- Forward fold, then step back and lift torso from floor.
- Step to the left of the mat, arms up, step across the mat, pivot the feet to the desired angle.
- Turn right on the top of the mat, step the right foot to the back of them at, pivot the feet to the desired angle.

How to get to Balancing Poses.

- From a forward fold, lift one leg up behind
- From a standing start, step one foot forward, lift the other foot
- From a triangle or warrior stance. Bear the weight into the foot and lift – this is for a fairly advanced class.

How to get to the belly downs

- Standing to Forward fold, step back to Plank, lower to the ground
- Downward Dog to Plank, lower to the ground
- Table Top to Plank, lower to the ground
- Seated to Tabletop to Plank, lower to the ground
- Child to Cobra

How to get away up from the belly downs

- Hands under the shoulders, push away from the floor, to plank, table top, or down dog.

How to get from standing to sitting

- Forward fold, drop to the knees, cross the feet behind you, roll back onto your sit bones.
- Lie down in Savasana, then pilates roll up or sit up

How to get from sitting to the knees and to standing

- Roll forward onto your hands, uncross your feet, come to table top
- From table top, pull one foot forward behind the hands, then the other, to forward fold, then roll up
- Or, from table top, step back into plank, down dog, and then walk the hands back toward the feet, roll up like a fern

How to get from lying down to anything else

- Sit up, roll up, or roll over on to the right side and push up (end of class only)