

Guide to Safe Sequencing

Intro

- Welcome students to the class
- Always set an intention

Warm Up

- Build heat/tapas, and follow a conscious arc of energy
- Focus on stretching the spine in all 6 directions of movement

Standing Series

- Group similar asanas together, and make transitions fluid
- Focus on only one thing during a practice, keep it simple
- Move from less difficult poses to more difficult; more general to more specific
- Be mindful of going from an 'open' sacrum to a 'closed' sacrum in your sequence
- Avoid long strings of standing poses (3-4 postures maximum)

Peak Pose

- Create intelligence around choosing a peak posture and sequence accordingly up to it
- Understand how to effectively teach a pose with many modifications in an open level class

Forward Bends

- Never mix forward bends and backbends!
- Insert neutralizers
- Use counter poses at the end of a section of similar poses
- Properly sequence forward bends from most basic to more complex postures

Backbends

- Intelligently warm up for backbends by starting with more basic, spine strengthening backbends, and progressing to deeper backbends
- Keep mouth closed, steady breathing through the nose

Cool Down

- Mindfully unwind the students' bodies from the peak pose
- Focus on opening the hips with the leg-stretch series

Shavasana

- Minimum of 10 minutes
- Allow students to integrate their transformation on every level
- Provide a safe space for students to completely surrender

