

Sequencing a Yoga Class

Planning a Yoga Class

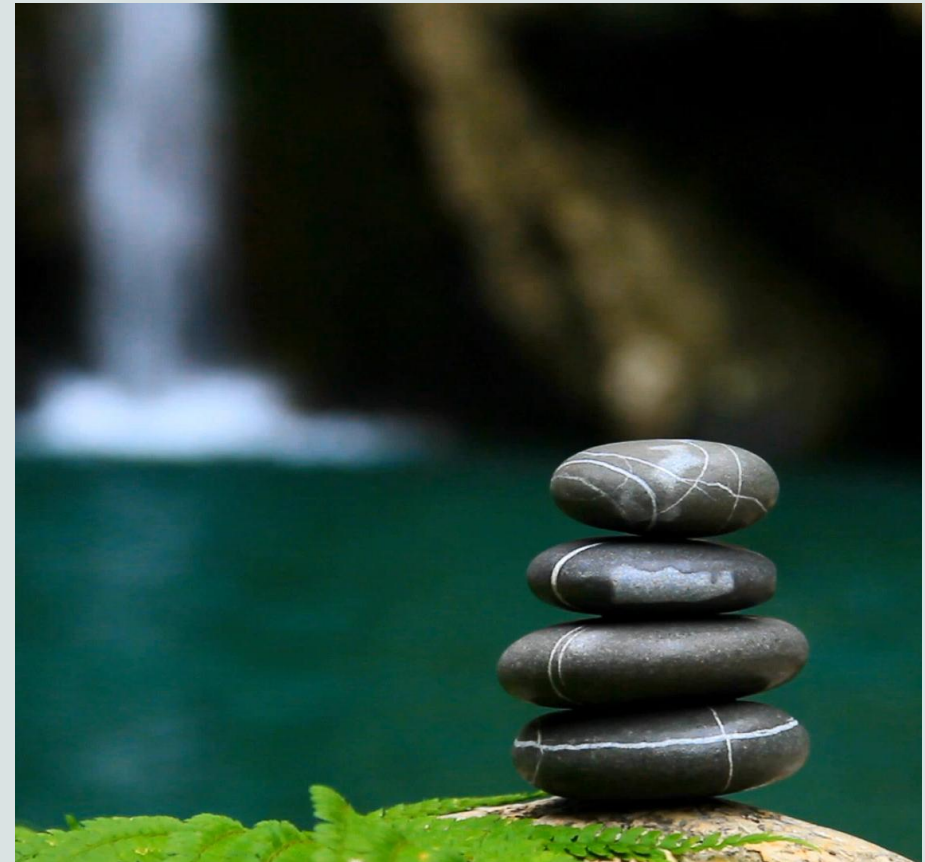


Definition of Sequencing in Yoga



Key Components of Yoga Class

- Opening.
- Warm up.
- Standing poses.
- Peak pose(s)
- Floor poses.
- Cool down.
- Final relaxation, or Savasana.



Considerations



Safety



the level of the participants,



Length of class



the class's theme or focus,



the desired outcome (e.g., energizing or relaxing),



and any specific needs or limitations

The Bell Curve Yoga Class



Choosing & Arranging Asanas



- Understanding these categories can help yoga practitioners create a well-rounded and balanced practice that addresses various aspects of physical, mental, and emotional well-being. It's important to listen to the body, progress gradually, and seek guidance from a qualified yoga instructor, especially for more advanced poses.

Categories

Standing Poses:

- 1. Examples:** Mountain Pose (Tadasana), Warrior Poses (Virabhadrasana I, II, III), Tree Pose (Vrikshasana).
- 2. Focus:** These poses enhance strength, balance, and stability. They are often used to build a solid foundation and improve posture.

Seated Poses:

- 1. Examples:** Lotus Pose (Padmasana), Staff Pose (Dandasana), Bound Angle Pose (Baddha Konasana).
- 2. Focus:** Seated poses are beneficial for increasing flexibility, calming the mind, and promoting groundedness. They are commonly used for meditation.

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Forward Bends:

- 1. Examples:** Downward-Facing Dog (Adho Mukha Svanasana), Forward Fold (Uttanasana), Seated Forward Bend (Paschimottanasana).
- 2. Focus:** These poses stretch the back of the body, hamstrings, and promote relaxation. They are often included in cool-down sequences.

Categories

Backbends:

1. **Examples:** Cobra Pose (Bhujangasana), Bridge Pose (Setu Bandhasana), Camel Pose (Ustrasana).
2. **Focus:** Backbends open the chest, strengthen the back, and stimulate the nervous system. They can be energizing and uplifting.

Balancing Poses:

1. **Examples:** Tree Pose (Vrikshasana), Warrior III (Virabhadrasana III), Eagle Pose (Garudasana).
2. **Focus:** Balancing poses improve concentration, coordination, and core strength. They also enhance stability and mental focus.

Inversions:

1. **Examples:** Headstand (Sirsasana), Handstand (Adho Mukha Vrksasana), Shoulder Stand (Sarvangasana).
2. **Focus:** Inversions reverse the blood flow and have various benefits, including improved circulation, increased focus, and a sense of rejuvenation. They should be practiced with caution and proper guidance.

Categories

Twists:

1. **Examples:** Seated Twist (Ardha Matsyendrasana), Revolved Triangle Pose (Parivrtta Trikonasana), Revolved Side Angle Pose (Parivrtta Parsvakonasana).
2. **Focus:** Twisting poses promote spinal mobility, detoxification, and digestion. They are known for their cleansing and refreshing effects.

Restorative Poses:

1. **Examples:** Child's Pose (Balasana), Corpse Pose (Savasana), Legs Up the Wall Pose (Viparita Karani).
2. **Focus:** Restorative poses encourage relaxation, stress reduction, and rejuvenation. They are often used in the cool-down portion of a yoga practice.