



## Introduction to Sequencing

There should be a beginning, middle and end.

- When you begin a 90 minute class, start slowly so students have the opportunity to settle into the environment, tune into the energy, feel their bodies. Lots of times people are rushing and stressed while trying to get to class so they need a minute to settle in.
- Start to slowly warm the body, gradually getting more and more active for the 1<sup>st</sup> 30 minutes.
- In the 2<sup>nd</sup> 30 minutes, focus students on the core postures that will match the intention you set for class. About halfway through class they should be warm and quite engaged in the core actions. (Ideally do inversions in this section.)
- The final 30 minutes of the class should be cooling down, stretching, seated, relaxing postures – all winding down physically and energetically toward Savasana. (You wouldn't want to move from a Urdhva Danurasana straight into Savasana.)

Set an intention for physical practice.

- There should be a point to what you are teaching. Wandering around in circles from pose to pose with no intention doesn't serve your students
  - o Students don't learn the actions in their body if the sequence wanders aimlessly. As teachers we are there to help them progress and learn. Students are giving us 90 minutes of their time – sometimes the only 90 minutes they have free all week! – so be mindful about teaching them something rather than just aimlessly performing acrobatics. There is a difference between teaching a class and leading a class. Be a teacher.
  - o If you don't have a physical intention or peak pose, consciously, intuitively or subconsciously students will feel confused and scattered. Also doing actions for all different types of unrelated asanas can be TMI or information overload (can create Vata imbalance!). The “KISS” principle applies well here.