

Designing a Sequence Flow

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Section I

3-5 Minutes-Create a safe and non-judgmental space for students to practice. Beginning the integration process. Set the tone with a short story or silent meditation-sitting in hero's pose (can use block), cross legged, lying on abdomen or in child's pose.

Section II

2-3 minutes Pranayama Breath techniques- awakening the spirit and beginning the immersion process.

Section III

20-30 minutes-Sun A & Sun B and optional C- warming up the body - 10 breath sequence, lighting the flame within you.

Section IV

One minute, each pose- full 10 min- Adding logs to the fire- stoking the fire within you. Use yang muscular poses, arm balances. standing balances, bound postures, deep lunges, abdominal crunches, challenging asanas.

Section V

3-5 minutes each side-Enjoying the burning flame- Yin postures that are held, seated poses with a twist, target lower half of the body.

Section VI

Section 5-8 minutes cool down- Finishing postures.

Section VII

5 minutes Savasana- let the yoga work for you.
Melt into the mat and let go- "inhale let - exhale go."

In order to build Prana/ Energy- must extend beyond the limits of your mind (physically, mentally, emotionally Prana diminishes with under use or over use.

Stress is the key to growth

Hippocrates- "Give me a fever and I can cure any illness"

Also need periods of recovery- They are intrinsic to health and happiness, creativity and wellness. This is when your best ideas will come. In the in between spaces that we can nurture friendship and incubate creativity. Spend time with nature- walking meditation.

strength, flexibility, endurance, resilience

physical
emotional
mental

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