

Tips for Building a Sequence

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1. Start with a basic skeleton: Baron Baptiste, Dharma Mittra, Classic Ashtanga series and then add from there.
2. In the first 6 months- try not to overwhelm yourself and do too much. Less is more when sequencing.
3. Get comfortable with teaching in front of a group.
4. Get comfortable with your playlist and setting.
5. New students need to gain muscle memory and learn the foundations- so stick with the basics.
6. More advanced student enjoy the space of a basics class so they can tune - in to their bodies and build their strength.
7. Encourage students to feel their asanas from the inside out and not worry what the posture looks like. Move away from mirrors and try not to demonstrate too many poses, but guide students with your cueing. That way students don't feel like they need to look like the teacher in a pose.
8. Write out your sequences and practice them on your own to see if they flow and feel good.
9. Use 3-4 variations in your sequence- both Right and Left side always!
10. Always begin on right side.
11. When visiting other classes, take notes and go home and practice them again on your own. See how they feel on your body.
10. Offer variations to the pose- cue the basics but then offer modifications for simpler poses and advanced modalities too.
11. Build the students up to a more advanced pose, by prepping the are of the body that is going to work the harder in the advanced pose- warming up the muscle so they are ready to perform advanced asanas. Ex- advanced poses such as pigeon, splits or full wheel can be more advanced, warm up the back, hips, and large muscle hamstrings before going in to these poses.
12. Open hips vs. Closed hips:

<u>Closed Hips</u>	<u>Open Hips</u>
W1	W2
Crescent Lunge	Extended Side Angle
Pyramid	Reverse Warrior
1/2 Split	Triangle
Prayer Twist	Pasarita
Revolving Crescent	1/2 Pigeon
Airplane	Goddess squat
W3	Big Toe Hold- Side
Revolving Half Moon	Bird of Paradise
13. Sun B is the perfect place to add variety in tot he sequence.
14. Warm up with 3-4 sun A and 3-4 sun B variations.
15. Sun B can prep the body for advanced poses : Ex: W1, W2, Reverse and Humble W2 or then W2, Extended Side Angle , W2, Reverse or then Crescent, Crescent twist, crescent, airplane arms, Warrior 3, standing split switch legs balancing half moon.