

## Principles of a Yoga Flow Sequencing

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(Thank you Jonny Kest for sharing your teachings and advice on the Five Principles of Sequencing)

#### **Union of Opposites:**

- Hard vs. soft
- Ebb & flow
- Pose & counter pose
- Sthira (strength , balance) & sukha (lightness, surrender)
- Internal & external rotations
- Extension & contraction
- Inhalation and exhalation

#### **Spinal Movement- In all six directions:**

- Side bending - right to left
- Forward bending
- Backwards bending
- Spinal twists- right to left

#### **Exploring a full range of motions and emotions in the flow:**

- A dynamic sequence: ex- cat/cow, up dog to down dog
- Balancing passive and active poses: ex- child's pose & cobra, tabletop & extended table pose
- Smoothly transitioning from one pose to the next
- Postures that open hips and lower back: ex-extension, flexion, rotation, abduction, adduction, internal and external rotation
- Postures that open and strengthen the shoulders and back
- Postures that open, stretch and strengthen the front and back side of the body
- Postures that strengthen the torso, core, abdominals and back muscles
- Postures that strengthen the arms and legs
- Postures that rinse, tone and flush the internal organs

#### **Address common areas of imbalance that address weakness, ailments, congestion, tension in the body**

- Simple posture that address tension: neck, jaw, shoulders, back, hips hamstrings
- Postures that address weak areas: the core, arms, back
- Postures that address overused areas in the body: shoulders, wrists, eyes
- Postures which address respiratory and digestion

**Always offer modifications and intensifications for each pose - not every flow/ sequence suits every student.**

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