



So just to recap, if I have considered this fully, there are 4 elements to my sequencing, which are: 1) A balanced and well-rounded routine, which means I try to cover the whole body using a variety of asanas which promote tone, suppleness, balance, stamina and cardiovascular strength; 2) The element of fluidity, or the flawless symmetry of the routine; 3) Intensity: allowing the routine to be perfectly matched to the group's energy level; and 4) The stages of my class: intro, warm ups, sequences, finishing, meditation, rest.

Welcome to PowerYoga.