

Nourishing the teacher: *sequencing resources*

Creating creative sequences for yoga classes or personal practice especially when they communicate your theme can be an exciting and wondrous process. Keep in mind that yoga is a technology so there are certain benefits to working within intelligent guidelines. Within the boundaries of a bell curve class, you can shift what poses you lead depending on the goal and focus of your class/practice. For example, when sequencing back extensions focus on strong standing postures to warm the legs and core engagement to support the low back. In an arm balancing sadhana there is benefit to opening the hips and awakening the core. Below are ideas for sequences to get you started, please feel free to add, subtract, and remember to feel these sequences in your body and practice first before offering them to others. Keep in mind that many of these sequences require balance on both sides of the body and are designed to target and awaken specific muscle groups/areas of the body. If you are not sure of the terminology used for the particular postures, Google the poses, or email.

Warm Ups

- One legged water wheel, extended knee circles, rock to seated, reverse table, squat
- Reverse seated sun breath, elbow rolls, seated cat/cow, contract and release, standing forward fold, full body shake, chair pulse, quarter moon stretch
- Seated cat/cow, seated windshield wipers, sitting figure four, reverse table pulse
- Seated sun breaths, shoulder rolls, table, cat/cow, pointer pulse, table hamstring stretch
- Seated sun breaths, side stretches, hip circles, bun crawl, cat/cow, cross crawl, fire hydrant circles, fire hydrant kicks, down dog, standing, breath of joy
- Seated hug breaths, wrist sequence, arm rolls, windshield wiper, cat/cow, donkey kicks
- Start in reclined bound angle, full body stretch, tantrum, roll to seated, seated sun breaths, seated circles
- Standing sun breaths, standing hip circles, hands clasped above head in mountain, on forearms in down dog, on forearms in plank
- Table, cat/cow, fire hydrant circles, forward fold pulse, stand, breath of joy
- Table, thread needle pulse, kneeling cat/cow, gate pulse
- Windshield wipers, dolphin waves, table, fire hydrant, diamond sun breaths, standing forward fold, chair pose pulse

Postures

- Baby cradle, heron, bhujapidasana
- Balancing ½ moon, knee-down lunge, 3 legged dog twist, pigeon
- Balancing ½ moon, standing splits, revolved ½ moon, warrior one
- Chair, tree, standing crane, step back WI, WII, triangle, mountain
- Chair, tree, WI, ½ camel
- Chair wrap twist, bird of paradise, standing forward fold, dwi hasta bhujasan, buja pidasan
- Cobra, sleeping Vishnu, inclined plane, sleeping Vishnu, cobra
- Five pointed star, WII, lateral angle, triangle, goddess
- Lateral angle, WII, balancing ½ moon
- Lateral angle, WII, reverse WII
- Lateral angle clasp, revolved triangle clasp, bird of paradise
- Lateral angle, WII, triangle
- Mountain on tips of toes, quarter moon, standing wind relieving, standing half moon, standing marychiasana, standing hand to big toe
- Mountain, standing ½ moon, standing yoga mudra, WI, WII, chair, cobra pulse, sphinx, cobra, child
- Mountain, WI, WII, reverse WII, lateral angle, plank
- Plank, cobra, down dog, quad stretch in pigeon, chair, plank, navasana, down dog, quad stretch *on 2nd side*
- Pointer, fire hydrant, donkey kicks, bow in table, cow face
- WI, WII, triangle
- WI, twisting warrior, WIII
- WI eagle arms, reverse WII, humble warrior
- WI, star gazer, b ½ moon, standing archer
- WI yoga mudra arms, lateral angle, lateral angle hand to inside of front foot
- WI, humble warrior, side plank feet stacked
- WI, WIII, standing splits, plank, one legged bow in table, down dog, child (*on 2nd side*)
- WI, flying warrior, goddess pulse, standing wide angle forward fold
- WI shoulder stretch, WII eagle arms, balancing ½ moon, revolved balancing ½ moon, baby dancer
- WI, hand inside foot in lateral angle, down dog, pigeon torso pulse
- WII, lateral angle, on forearm side plank
- WII, lateral angle, eagle pose *through chair*, side plank foot in tree

- WII, lateral angle, triangle
- WII, humble warrior, lateral angle clasp
- WII, humble warrior, knee down lunge quad stretch
- WII, lateral angle clasp, low lunge push ups
- WII, reverse WII, Lateral angle hand to outside of front foot, balancing ½ moon
- WII, lateral angle, intense stretch, down dog, side plank
- Three legged dog twist, knee down lunge, quad stretch in knee down lunge, plank, cobra
- Tree, eagle, balancing ½ moon
- Tree with Nataraj arms, standing baby cradle, kneeling figure 4 pose, dancing siva stance
- Tree, WI, twisting WI
- Tree, step back to flying warrior I, skygazer
- Tree, eagle, baby dancer, down dog, tree in side plank
- Triangle, balancing ½ moon, revolved ½ moon, warrior one
- Twisting Chair, twisting WI, WI
- Scorpion dog, pigeon quad, plank, bow
- Side plank, down dog, squat, crane, side crane, eka pada Galavasana, table wrist release (*after 2nd side*)
- Sleeping Vishnu, one legged side bow, cobra
- Standing Crane, tree, eagle, step back to lateral angle clasp

Cool Downs

- Bound angle, one legged cow face seated forward fold, lord of the fishes twist
- Baby cradle, fire log, heron, seated forward fold
- Child, seated yoga mudra, table wrist stretch, curled toes diamond, windshield wiper twist
- Child, frog, bharadvajasana, head to knee, seated forward fold
- Eye of the needle (using wall), supine hand to big toe, one legged happy baby, one legged baby cradle, legs up the wall
- Happy baby, supine wind relieving, supine hand to big toe series, half shoulder stand, plow
- Pigeon, cow face, cow face twist, down dog
- Seated wide angle forward fold, bound angle, eye of the needle, reclined cow face, eagle leg twist
- Standing forward fold with rolled blanket, bound angle, head to knee, seated twist, shoulder stand
- Supine child, ecstatic bug, supine forward fold, eye of needle, supine tree, supine twist
- Standing forward fold, seated yoga mudra, eye of the needle, reclined cow face, eagle twist
- Standing forward fold, squat twist, heron, easy pose twist, shoulder stand
- Seated wide angle forward fold, revolved seated wide angle forward fold, bound angle, seated forward fold
- Table, thread the needle, reclined hero, down dog, pigeon, standing forward fold hamstring, supine cow face, supine twist

Coming Soon...full class sequences related to the inquiries/themes presented in the book. It will be in a whole separate file called 'full class sequences'.