

1. Introductions
2. How can we help?
3. How do you normally sequence a class?
4. Poets, Engineers and Athletes
5. Million Dollar Questions of Sequencing
 - What am I trying to accomplish in this class?
 - In what poses does that come easily? In what poses do I get that for free? Or more automatically?
 - In what poses, when I get the UPA or action or philosophical nuggets that I am teaching, does a breakthrough occur- the pose deepens, the pose I possible, the heart opens, pain is alleviated, injury heals, etc.
 - In what poses does the UP or action solve the common misalignment?
 - What level class am I sequencing for? What syllabus am I working on?
6. Three Basic Ways to Sequence
 - UPA
 - Heart Based Theme
 - Peak Pose
7. Teaching to a UPA General Template- this template exists within the overall context of the Template John Friend gives in the Anusara Yoga teacher Training Manual

Muscle Energy Example:

Welcome

Theme

Centering

Invocation

Warm Up

Hug the Muscles to the Bone

1.

2.

3.

Draw to the Midline

1.

2.

3.

Draw from the Periphery to the Focal Point in the Core

1.

2.

3.

All three together, Pay off Poses

1.

2.

3.

Cool down

1.

2.

3.

Savasana

Closing

8. Sequencing for a Heart-based theme- consider how best to embody the theme.

9. Sequencing to a Peak Pose-

- What parts of the body need to be prepared? What poses do that?
- What UPA's are key to performing the pose well? What poses teach them easily?
- What level group and what are the unknowns to the group?
- Take a weekend workshop sequence and parse it out into a series of classes over a month to gradually and sequentially assist your students in approaching difficult postures.

EX: John Friend's sequence Day 2 2010 Advanced Intensive

Uttanasana

Lunge/jump switch

Down dog

Uttanasana

Urdhva hastasana

Vinyasa

Down Dog

Parsvakonasana

Trikonasana

Virabhadrasana 2

Virabhadrasana 1

Ardha chandrasana

Parivritta trikonasana

Parivritta ardha chandrasana

Parivritta parsvakonasana

Twist in cobra

Handstand

Pinca mayurasana

Sputa virasana

Eka pada supta virasana

Setu bandhasana

Urdhva danurasana

Eka hasta urdhva danurasana

Eka pada urdhva danurasana

Drop back

One arm drop back

Dwi pada viparita dandasana

Headstand dropover

Eka pada viparita dandasana

Eka pada rajakapotasana 1, 2

Hanumanasana

Eka pada rajakapotasana 3, 4

Scorpion

Uttanasana

Parsvottanasana

Uttanasana

Adha mukha virasana

Meditation