**Theme – in a short phrase or sentence:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Write out a script for the opening centering / theme.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Principles / actions:**

**Class of Pose:**

**Image/Anecdote/Poem:**

**How is your theme relevant to yoga and your life and your student’s lives:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**One or two Heart Qualities:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What actions in the body are correlated with the theme or heart qualities? Are these the same actions necessary for the apex pose:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Class of Poses****Apex Pose:** | **UPAs (1 or 2)** | Demos |
|  |  |  |

**Write out a script for the Apex pose using theme, heart qualities and UPA’s** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Which poses will you do a “stop and watch” demo – and why?**

**What are the common misalignments of the apex pose and demo poses?**

**Sequence of the practice**

* Warm-ups
* Prep for the apex pose
* Apex pose
* Cool Down
* Savasana

**SEQUENCING**

*[regarding Krama as applied to Asana]*

Hatha Yoga is all about sequences…..and the understanding of how to move the body such that you maximize the flow of the life sustaining, life recreating, life enhancing, life maximizing flow of the Divine energy through the body such that intelligence blossoms, the senses come alive, the clarity and luminosity of the energies of the body are all enhanced and stabilized and harmonized, and there is created that incredible space of balance that we recognize as Yoga. ~~Paul Muller Ortega

How do YOU normally sequence a class?

(Poets, Engineers and Athletes prefer different doorways in to sequencing)

Some questions to ask yourself when building a Sequence

* 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 is possible, the heart opens, pain is alleviated, injury heals,
* In what poses does the UPA or action solve the common misalignment?
* What level class am I sequencing for? What syllabus am I working on?
* What will I do if a drop-in comes – someone who is completely unfamiliar with the studio or what I’ve been teaching? Or if a new student comes?

**Three Possible Ways to Sequence**

1. UPA
2. Heart Based Theme
3. Peak Pose

**1. Teaching to a UPA using the General Template**-­‐ this template exists within the overall context of the Template in the Anusara Yoga TT Manual

**Muscle Energy Example:**

WELCOME –THEME – CENTER – 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

**2. Sequencing for a Heart-­‐based theme**-­‐ see “Creating a Theme” Document

**3. 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?

**Umbrella Considerations for Sequencing a Class**

Each class should be patterned after the natural cycles of life – such as:

* The diurnal cycle
* The seasonal cycle – or
* The cycle of a life – “all 4’s to standing – to athletic and strong upright work – to sitting – to reclining – to “the final resting pose”
* The 4 stages of life…..*bhoga-artha-dharma-moksha –* pleasure – work – dharma – retreat.

**DEVELOPING A CURRICULUM**

“Scope and Sequence” & Some “Perfect” Plans

* There is no perfect plan
* Principles of Alignment
* Area of the body – keep one focus for several weeks (eg. “legs”
* Area of the body with anatomical focus – e.g. move from feet on up
* Themes that follow a plan (for example, working through the Chakras or the Yamas and Niyamas)
* Themes that follow the journey of your own practice and life
* Classes of Poses
* Working through the Level I, II & III Syllabi
* Happening in the World (for example Ironman or The Olympics or Hurricane Katrina…..etc.)
* Happenings in the Local Community (for example first snow fall – lightening storms, etc.)
* Calendar (for example Full Moon; Thanksgiving; May Day)
* Season of the Year (for example, different types of practices for cold of Winter and heat of Summer
* If experienced and studied one can work with Chinese Medicine or Ayurvedic perspectives)