Lesson Planning

• Set aside a time when you can be relaxed and undisturbed.
• Create an atmosphere that fosters your own creativity.
• Center yourself, ask for guidance, allow yourself to be open and receptive.
• Set an Intention for class.
• Think about the Intention as it relates to the opening/centering/tone/closing of the class.
• Think your pose sequence and how it will meet that Intention.

• Consider the population and their needs: mixed, seniors, teens, kids etc.
• Consider using music that subtly enhances a class rather than becomes a distraction.
• Consider what would be Smart sequencing for your Intention
• Consider what would be Smooth sequencing for your Intention
• Consider what would be a good Beginning/Ending for your Intention
• Do the postures - break each pose/flow down into simple & sequential steps.
• Decide what warm ups will be appropriate for the flow or peak poses you are planning to use.
• Layer in the special experiences you will use (language, functional imagery, before/after comparisons, graduated sequences etc.)
• Review the benefits/contraindications for some of the poses you plan on sharing.
• Practice your class flow at home and figure that it will take at least 15 – 20 minutes longer when you teach it in a class setting.
• Have a piece of the class towards the end that is a throwaway if needed.

Quality Control

Make notes for yourself after the class about what worked and what didn’t so that you can adapt for future classes. Keep your lesson plans for future reference.

MAY LORD GANESHA’S BLESSING
SHINE ON U ALWAYS...
Sequencing
Theory & Practice

Sequencing: The Role of the Teacher
1. To intelligently plan the route based on the reality of the terrain & who is in class.
2. To observe & communicate with students in order to ascertain how they are integrating their experience.
3. To provide informed guidance and inspiration along the path.

5 Goals of Sequencing
1. Informed
2. Effective
3. Efficient
4. Beautiful
5. Integrated
Informed

- Draws from accurate information and knowledge about the elements of practice one is doing/teaching.
- Comes from a variety of perspectives - introspection, spiritual, practical, subtle energy, biomechanical etc.
- There is really no limit to the amount of information that a teacher can bring into practice, especially with time, study and good intention.

Effective

- The sequence is successful in bringing the practitioner into different levels of physical, emotional or spiritual awareness.
- Safe, balanced, insightful and transformational in some way.
- Leaves room for a variety of individual experiences under the umbrella of the original intention.

Efficient

- Moves toward the intended result in a clear and simple way.
- Balances the complex with the simple.
- Navigates obstacles with a balance of effort & surrender.
- Gracefully transitions practitioners into deeper experiences and awareness.
Beautiful

- Progresses from external sensibilities to internal sensibilities that give birth to conscious action.
- Allows the practitioner to reveal their own source of beauty, bringing them in touch with the power of their true nature.
- Nothing is forced. Even effort is effortless.
- Breath, postures, transitional movements and moments of stillness are all experienced consciously.

Integrated

- The whole mind/body/spirit experience is taken into account.
- Offers gross to subtle experiences: physical, stress reduction, mind-clearing, centering, spiritually uplifting etc.
- Students leave class feeling a bit more connected, a bit more whole and more self-aware than when they started.

What’s in a Name?

**Hatha Vinyasa Yoga**

- Ha & tha: Union of opposites - Sun/Moon, Masculine/Feminine, Yin/Yang etc.
- Vinyasa: To place together in a special and meaningful way
The Energy Curve

• Every Yoga class has its own energy curve that depends on the style yoga, the needs of the population in the class and the intention of the teacher.
• A balanced basic Hatha Yoga Class starts low on the energy curve and peaks its effort towards the middle of class and tapers down the energy curve into relaxation.

The Energy Curve

Can take different forms that generate different degrees of intensity and allow for different qualities of exploration

• Single Peak
• Double Peak
• Multiple Peak
• All Peak
• No Peak
• Gradual Arc
• Peaks & Valleys
Sequencing as a Creative Process

- Insight/Inspiration (An Idea!)
- Saturation/Immersion (Flesh the Idea Out)
- Incubation (Hold the Idea, Allow it to Grow)
- Illumination (Understand the Full Potential)
- Verification (Test it Out)

*Use Intuitive, Energetic, Truths: Get out of your own way. Get out of the students way. Let the students get out of their own way.*

Union/Pairing of Opposites

- Opening/Closing
- Backbend/Forward Bend
- Backbend/Core
- Inhale/Exhale
- Hard/Soft
- Light/Heavy
- Simple/Complex
- Effort/Surrender
- Pose/Counterpose
- Contraction/Extension
- Heating/Cooling
- Energizing/Relaxing

Basic Principles

*6 Stages of a Hatha Yoga Class*
Stage 1: Initiating the Yogic Process  
Centering & Creating Safe Space

- **Greet the Class:** Make Eye Contact, Say Hello, Welcome Students to Class
- **Direct Students to:** Breath, Internal Attention, Subtle Awareness
- **Move Students Away from:** Judgment, Comparison, Evaluation, Fear
- **Cultivate:** Humility, Open Mind, Clarity, Intention

Stage 2: Ignite the Spirit - Connect Students to Their Breath

- Ujjayi/3-part yogic breath
- Abdominal Breathing
- Kaphalabhati Breath
- Lions Breath
- Beak Breath
- Alternate Nostril
- Inhale/Exhale Retention
- Simple breath awareness

Stage 3: Ignite the Fire/Warm Ups  
Pathway to the Peak

- Neck Movements
- Shoulder Movements
- Hip Movements
- Move the spine in all directions (forward bends, backward bends, sidebends, twists, upward reaching)
- Wake up the legs
- Wake up the core
- Lubricate the joints
Stage 4: Stoke the Fire
Peak Exploration

• Core Work
• Flowing Movements (Sun Salutes, Moon Salutes)
• More complex balancing poses
• Energetic Postures
• Vigorous Breathing
• Balancing Poses
• Upper Body Work
• Active Backbends

Stage 5: Utilize the Fire
Coming Down the Mountain

• Use the heat that you have created by pumping blood into the muscles to assist with postures that are more Yin-like in nature: Forward Bends, Deep Hip Openers, Passive Backbends, Twists etc.
• Down-regulate the nervous system from the intensity of the heating/standing practice with focused breathing exercises.

Stage 6: Cool Down/Relaxation
Integration

• Finishing Postures
• Relaxation
• Meditation
• Mudras
• Closing
Address Common Areas of Imbalance

- Jaw/Neck/Shoulders
- Hips/Hamstrings/Legs
- Spine/Core/Arms