




Soulwise
YOGA

Basic Sequencing

- how to structure a yoga class

Basic Sequencing

Welcome to our guide on how to create an enriching yoga class!

We believe that effective sequencing can elevate your students' practice and leave a lasting impact. This guide is designed to assist you in creating a well-balanced and nuanced yoga class that resonates with your students. Feel free to use the tips that work for the class you are planning.

1. Set intentions and theme

Begin with a clear intention for your class. It could be about strength, peace, or flexibility, perhaps something relevant to the moment, such as a new moon/full moon, season, or if you're drawing inspiration from a part of yoga philosophy. An intention and a theme set the tone and guide your students through the class.

2. Warm-up and centering

Start with gentle warm-up poses to prepare the body. Integrate breathing exercises to center the mind and promote mindfulness.

3. Asanas - selection

Choose positions that balance standing, sitting, forward bends, backward bends, twists, and inversions. Each category serves a unique purpose, working on flexibility, strength, and balance. Don't forget the level of your class—whether they are beginners, experienced students, or a mix. Is it a completely new group for you, or a group you've had many times?

4. Peak pose

Highlight a peak pose that aligns with the class theme. Break it down into manageable steps so that all students can achieve it.

5. Transitions and flow

Ensure smooth transitions between poses and maintain the flow of the class. Consistency between movement and breath is crucial.

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6. Alignment and adjustments

Alignment is the placement of body parts where the body's weight is supported by structures designed to bear weight—primarily the skeleton.

Consider what alignment instructions you can provide and adjustments you can make to ensure that the poses and techniques are safe so that students do not injure themselves. However, remember that all bodies are different, and a pose for one person may look different than for another. Also, keep variations of poses in mind and consider which props could be used for each position. Encourage students to explore each pose themselves.

7. Cool down and Shavasana

Conclude the active part with a cool-down sequence leading into Shavasana (Corpse Pose). This allows students to relax and reap the benefits of their practice.

8. Pranayama and meditation

Include pranayama (breathing exercises) and meditation to harmonize breath and calm the mind, leading to inner peace and self-discovery.

9. Closing thoughts

Conclude the class with a brief reflection, words of wisdom, or gratitude, all in your own voice and expression. Acknowledge the inner light in each student and their unique journey.

10. Engage students

Encourage questions and dialogue with your students, fostering an environment for self-discovery and growth.



Checklist

- Clear intention set
- Conscious warm-up
- Balanced selection of asanas
- Clear peak pose
- Smooth transitions
- Instructions and adjustments
- Relaxed cool down
- Pranayama and meditation
- Inspiring conclusion
- Engaging student dialogue

Remember, creating a yoga class is an art form in constant evolution. Embrace your unique style and philosophy. Your passion, energy, and commitment will resonate with your students and create a meaningful experience for all.

Notes



A large, empty white rectangular area with rounded corners, intended for taking notes.

Thank you! We hope this guide helps you create memorable yoga experiences for your students.