

Sequencing Homework

Please create a class sequence using the resources provided last weekend including the Class Planning Sheet in the appendix and The Art of Class Design handout. I will share a digital copy of this for you to use IF it is helpful. Please write out the sequence in anyway that works for you. I have provided a summary below. Do the best you can and please reach out with questions if you feel stuck. Choose a Peak Pose that is easy to work with. Avoid really difficult to work with postures such as Eagle Pose.

Remember, this is new to you and we will continue to work on these concepts the second half of the training!

You may email me the sequence or turn it in on Friday evening in August

Opening

Centering

Opening the Body

Opening the Body 1

Opening the Body 2

Asana Sequences

Pose Sequence 1

Pose Sequence 2

Pose Sequence 3

Peak Pose

Ground the Practice

Grounding Sequence 1

Grounding Sequence 2

Final Integration