

SEQUENCING METHODS



- Theme/intention
- Body area (hips, shoulders... etc)
- Energetic (heart opening, high energy)
- Style (power, flow, Hatha, Iyengar...etc)
- Peak pose
- Ladder flow
- Mandala sequence
- Condition based (scoliosis, frozen shoulder...etc)
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STANDING POSES

Sequencing Practice



Poses: mountain, tree, warrior poses, hand to foot, dancers, triangle, side angle, standing forward fold, bird of paradise



WEST COAST
YOGA SCHOOL

EXTERNAL ROTATION

Sequencing Practice



Poses: tree, warrior 2, side angle, triangle, pigeon, figure 4, goddess



WEST COAST
YOGA SCHOOL



HEART OPENING

Sequencing Practice



Poses: cobra, bow, wheel, dancers, flip dog/wild thing, camel, crescent lunge, locust



WEST COAST
YOGA SCHOOL



INVERSIONS

Sequencing Practice



Poses: downward facing dog, forearm balance, dolphin, headstand, shoulderstand, waterfall (legs up) handstand



WEST COAST
YOGA SCHOOL



ARM BALANCING

Sequencing Practice



Poses: crow, crane, plank, side plank, firefly, flying pigeon, grasshopper, handstand, downward facing dog



WEST COAST
YOGA SCHOOL



HAMSTRING

Sequencing Practice



Poses: splits, pyramid, forward fold, wide legged forward fold, hand to foot, head to knee



WEST COAST
YOGA SCHOOL



SIDE BODY FOCUS

Sequencing Practice



Poses: gate, side bend, side plank, half moon, triangle, side angle, reverse/exhaled warrior



WEST COAST
YOGA SCHOOL



HIPS

Sequencing Practice



Poses: gate, pigeon, lizard, squat, goddess, crescent lunge, warrior 1,2,3, half moon, chair, eagle, tree





BALANCING

Sequencing Practice



Poses: half moon, warrior 3, tree, eagle, dancers, standing figure 4



WEST COAST
YOGA SCHOOL

THEMED
Sequencing Practice



Poses: Ahimsa (non harming), detox (twists), heart opening (back bending), surrendering (yin/restorative)



WEST COAST
YOGA SCHOOL