GENTLE HATHA YOGA SEQUENCE GUIDE

Gentle Hatha is typically the least difficult sequence to teach. Think of slow, easy, lots of breath, gentle stretch and relaxation. Your Gentle Hatha classes can adhere to the following principles:

- They consist of the posture categories: Presencing, Releasing, Closing and of course Surrendering.
- No standing postures. The closest to standing you will getting your Gentle Hatha class is Downward Facing Dog.
- You can insert a pause between each side to show your students the affects of their practice.
- Slow, gentle transitions
- Mindfullness

SEQUENCE #1 60 MINUTES

Reclined pyramid pose
Wide Windshield wipers
Pause with knees to the right, bring your right ankle to your left thigh, Inhale back to center
Exhale knees to the left, bring your left ankle to your right thigh, Inhale back to center
Hug knees in, Happy baby, Half happy baby
Happy baby, Half happy baby, Hug knees in
Pause with knees to the right, bring your right ankle to your left thigh, Inhale back to center
Exhale knees to the left, bring your left ankle to your right thigh, Inhale back to center
Hug knees in, Happy baby, Half happy baby
Happy baby, Half happy baby
Hug knees in
Release left leg supine twist
Hug knees in
Release right leg supine twist
Hug knees in
Rock and roll, Get some momentum, On your next rock up take downward facing dog
Cat Cow: To seated for pranayama and meditation
Hold thighs to lay down on back, land in Reclined pyramid pose
Wide Windshield wipers
Child's pose, Dynamic child's pose, Child's pose walk your arms to your left side, Come back to centre pause, Walk your arms to your right side, Back to center
To advasana on your belly, Broken wing right side, Back to advasana, Broken wing left side, Back to advasana
Interlace your hands behind your back and lift everything up for locust
Back to advasana
Roll onto your back for savasana
Wind removing pose Hug your right knee in (hold for at least one minute)
Release to savasana

Wind removing pose left side
Release to savasana
Hug right knee in for supine twist
Release to savasana
Hug left knee in supine twist
Hug both knees in
Final savasana

SEQUENCE #2 60 MINUTES

Supta Baddha Konasana
Wipers
Knees Hug In
Rock and Roll to Downward Facing Dog Alternate Knee Bends with Breath Child's Pose with Arm Walk
Cat Cow with great focus on breath
Free Style Cat Cow
Child's Pose (forehead into mat)
Downward Dog (to lying down)
Supta Baddha Konasana
Pranayama and meditation (laying down to provide a different experience) Wipers
Hug Knees In
Viparita Karani (Legs Up) Reclined Thread The Needle Reclined Cow Face
Reclined shoelace
Ananda Balasana
Half Happy Baby
Hug Knees In
Supine Twist
Savasana

SEQUENCE #3 60 MINUTES

Child's Pose
Downward Dog
Low lunge / lizard Downward Dog
To seated Baddha konasana Foot Yoga
Rock The Baby
Pranayama and meditation Half Pigeon
Double Pigeon
Forward Fold to savasana Wind Removing Pose Ananda Balasana
Half Happy Baby
Supine Twist
Savasana

SEQUENCE #4 60 MINUTES

Reclined pyramid
Windshield wipers
Hug knees in
Rock and roll
Downward facing dog (dynamic)
Child's Pose (dynamic)
Cat cow (dynamic)
Downward facing dog (dynamic)
Easy pose with pranayama & meditation
Dandasana to gentle forward fold (dynamic)
Toe yoga (do gentle forward fold in-between to show opening in fascia) Reclining Bound Angle (butterfly)
Windshield Wipers
Supine Twist Savasana

SEQUENCE #5 60 MINUTES

Savasana
Hug knees in
Happy baby variations
Supine twist
Roll to belly for Advasana, one ear to the floor (whole ear) Right arm out - broken wing Advasana
Left arm out - broken wing
Advasana
Locust variations
Upward dog
Downward dog dynamic
Half pigeon - right side
Downdog
Half pigeon - left side
Swing right leg around to Sukhasana
Pranayama & Meditation Seated forward fold - Paschimottanasana
Hold back of thighs to lay down on back and hug knees in Wind removing pose
Supine twist
Savasana

SEQUENCE #6 90 MINUTES

Reclined pyramid
Windshield wipers
Hug knees in
Wind removing pose
Supine twist
Half happy baby
Full happy baby - compare sides, release opposite leg for Wind removing pose, supine twist, half happy baby, back to full happy baby
Supine twist - second set, repeat on both sides, feel the difference
Hug knees in
Rock and roll to seated
Seated cat cow
Seated Twist
Seated baddha konasana
Pachimotonasana
Single Seated Leg Stretch - both sides
Pachimotonasana - second one to feel the difference
Rock the baby - both sides
Half Pigeon - both sides
Double Pigeon - both sides
Pachimotonasana - third one to feel the difference
Lay down, hug knees in
Happy baby - notice change
Half happy baby - release left leg, to wind removing pose
Full happy baby - notice change - half happy baby, wind removing pose other side
Supine Twist Savasana

SEQUENCE #7 60 MINUTES

Savasana
Right knee in to chest, wind removing pose, half happy baby, supine twist
Savasana - notice the difference from side to side, left knee into chest - repeat, release to hug knees into chest
Figure 4 - both sides
Happy baby, half happy baby
Strap stretch - both sides
To seated, shoulder stretch with strap
Eagle arms - both sides
Neck stretch, shoulder stretch second time to notice the change
Seated side stretch - both sides
Pachimotonasana

To laying down, hug knees in
Bridge - dynamic or static or supported
Reclined pyramid
Wide wipers from side to side, hold on each side
Figure 4 - second set to notice the difference from side to side
Supine twist
Savasana

SEQUENCE #8 90 MINUTES

Reclined pyramid
Wide wipers
Hug knees
Supine twist to mini savasana, other side
To fetal position, sukasana with Anjali mudra movement with kumbakha breath work
Seated twist
Pachimotonasana
Single seated leg stretch - both sides
Pachimotonasana #2
Seated baddha konasana
Cat Cow, freestyle
Child's pose with walkover
Downward dog, walk the dog
Half pigeon - both sides
Double pigeon - both sides
Pachimotonasana #3
Wide legged forward fold (seated)
Pachimotonasana #4
Sukasana - neck stretch 2 minute holds, both sides, shoulder rolls in-between
Eagle arms, side stretch
Sea of AUM mantra 30 minutes
Savasana