sequence circle

PRESENCING

STEP ONE 1

INNER WORK:

Connect to self and your intention for teaching yoga.

Have an idea of your theme.

TO YOUR STUDENTS:

- introduce yourself
- class style and duration
- if you have any questions ask
- if something does not feel right, let me know (ahimsa)

2

FIRST POSTURE

- critical alignment
- speak to presence
- introduce breath connection
- speak to your theme without saying "the theme for this class is"
- deepening cues (optional)
- create pranayama

3

CRITICAL ALIGNMENT

VERBAL CUES

VARIATION(S)

MODIFICATION(S)

PROP(S)

JOINT POSITION(S)

DIRECTIONAL TERM(S)

ANATOMICAL FOCUS

CONTRAINDICATIONS

4

TRANSITION

- critical alignment
- deepening cues (optional)
- theme pepper

5

CRITICAL ALIGNMENT

VERBAL CUES

VARIATION(S)

MODIFICATION(S)

PROP(S)

JOINT POSITION(S)

DIRECTIONAL TERM(S)

ANATOMICAL FOCUS

CONTRAINDICATIONS

6

SECOND POSTURE

- critical alignment
- deepening cues (optional)
- theme pepper

7

CRITICAL ALIGNMENT

VERBAL CUES

VARIATION(S)

MODIFICATION(S)

PROP(S)

JOINT POSITION(S)

DIRECTIONAL TERM(S)

ANATOMICAL FOCUS

CONTRAINDICATIONS

8

TRANSITION

- critical alignment
- deepening cues (optional)
- theme pepper