VINYASA SEQUENCING GUIDE

A STANDARD VINYASA SEQUENCE
Based on The Ashtanga Primary Series 1

1.PRESENCING

Balasana (Child's Pose)

Adho Mukha Svanasana (Downward Facing Dog)

Uttanasana (Ragdoll)

2. WARMING

Surya Namaskara A x 5 (Sun Salutation A) *

Surya Namaskara B x 3 (Sun Salutation B) * (last down dog, step to crescent lunge)

3. FIRING

Anjaneyasana (Crescent Lunge)

Parivrtta Anjaneyasana (Revolved Crescent Lunge)

Utthita Parsvakonasana (Extended Side Angle) - vinyasa to

Vasisthasana (Side Plank)

Utkatasana with prayer twist (Chair Pose)

Malasana (yoga squat) or Bakasana (Crow)

Padahastasana (Gorilla)

4. BALANCING

Garudasana (Eagle)

Utthita Hasta Padangusthasana A + B (Upright Big Toe - Front + Side Leg Raise)

Virabhadrasana III - or variation

Natarajasana (Dancer's)

Vrksasana (Tree)

5. GROUNDING

Utthita Trikonasana (Triangle)

Prasarita Padottanasana (Wide Legged Forward Fold)

Parsvottanasana (Pyramid)

Parivrtta Trikonasana (Revolved triangle)

6. HEART OPENING

Salabhasana (Locust)

Dhanurasana (Bow)

Urdhva Mukha Svanasana (Upward Facing Dog)

Ustrasana (Camel) to downward facing dog, to laying on back

Setu Bandhasana (Bridge)

Urdhva Dhanurasana (Wheel)

Supta Baddha Konasana (Reclined Bound Angle OR Reclined Pyramid)

7. CORE ACTIVATING

Scissor Legs and 60/30 Lift

Abdominal Twists

Navasana (Boat)

8. REJUVENATING *choose one

Viparita Karani (Legs Up)

Sirshasana (Headstand)

Uttanasana (Forward Fold) - standing

Adho Mukha Vrksasana (Handstand)

9. RELEASING

- Use the most appropriate transition posture to get to

Eka Pada Rajakapotasana (Half Pigeon)

Dwapada Rajakapotasana (Double Pigeon)

Option to insert: Mandukasana (Frog)

10. CLOSING

Depending on your last releasing posture choose one:

Paschimottanasana (Seated Forward Fold)

Ananda Balansana (Happy Baby)

(Reclined Shoe Lace)

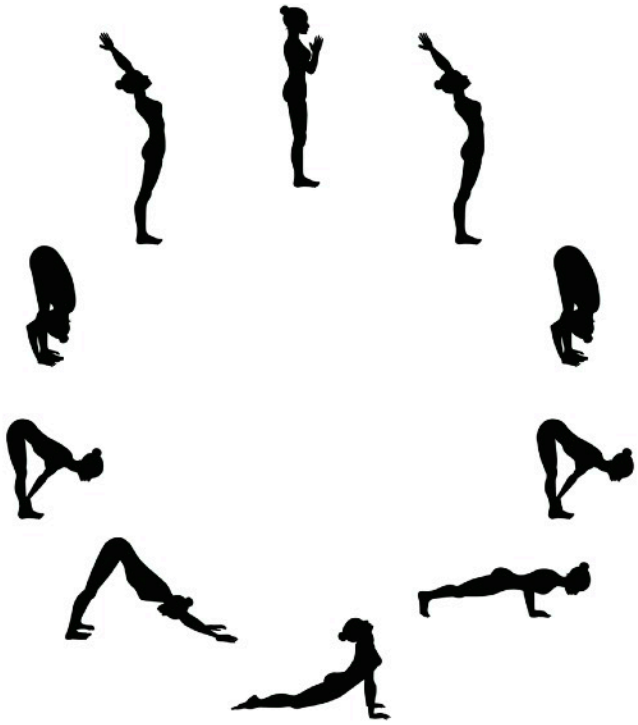
11. SURRENDERING

Supine Twist (Laying Down Twist)

Savasana (Dead Body Corpse Pose)

SUN SALUTATIONS
Surya Namaskara

Sun Salutation A



Tadasana
Reach Up – Urdhva Hastasana
Forward Fold – Uttanasana
Halfway Lift – Ardha Uttanasana
High To Low Push Up – Chaturanga Dandasana
Upward Facing Dog Pose – Urdhva Mukha Svanasana
Downward Facing Dog Pose – Adho Mukha Svanasana
Walk or float to your hands
Halfway Lift – Ardha Uttanasana
Forward Fold – Uttanasana
Reach Up – Urdhva Hastasana
Mountain Pose – Tadasana

Sun Salutation B
Chair Pose – Utkatasana
Forward Fold – Uttanasana
Halfway Lift – Ardha Uttanasana
Vinyasa * say the poses in the vinyasa (Chaturanga, Up dog, Down dog)
Warrior I – Virabhadrasana I (right side)
Warrior 2 – Virabhadrasana II
Vinyasa * say the poses in the vinyasa (Chaturanga, Up dog, Down dog)
Warrior I – Virabhadrasana I (left side)
Warrior 2 – Virabhadrasana II
Vinyasa * say the poses in the vinyasa (Chaturanga, Up dog, Down dog)
Walk or float to your hands
Halfway Lift – Ardha Uttanasana
Forward Fold – Uttanasana
Reach Up – Urdhva Hastasana
Mountain Pose – Tadasana

A note on Warrior 1, if you are dealing with a large group or beginners, and you don't have the time to explain the rotations of Warrior 1 to Warrior 2, it is often recommended to modify your Warrior 1 with Crescent Lunge.

The benefit of Sun Salutations are:

- improves balance
- calms the mind
- connects the mind to meditation
- teaches the body pranayama
- links the breath to movement
- supports healthy immunity
- supports healthy digestion
- improves kidney function
- helps correct internal imbalances
- supports healthy detoxification
- energizing to the body, especially first thing in the morning
- improve circulation
- calms the nervous system
- help to purify blood
- strengthen all muscles and joints
- warm up all muscles and joints

A CREATIVE / STANDARD VINYASA SEQUENCE

PRESENCING

Balasana (Child's Pose) Dynamic

Cat Cow Freestyle

Adho Mukha Svanasana (Downward Facing Dog) Dynamic

Setu Bandhasana (Bridge) Dynamic

WARMING

Setu Bandhasana (Bridge)

Glute pulse to neutral - small reclined pyramid

Hug knees in

Ananda Balasana (Happy Baby) Dynamic

Ardha Ananda Balasana (Half Happy Baby)

Dynamic Supine Twist

Hug knees in, rock and roll to Downward Facing Dog

Surya Namaskara A x 5 (Sun Salutation A) with pushups

Surya Namaskara B x 3 (Sun Salutation B) pause warrior 2

FIRING

Warrior 2 dynamic with reverse warrior

Anjaneyasana (Crescent Lunge) with shoulder opening thumbs cross to twist

Utthita Parsvakonasana (Extended Side Angle) with bind release bind to

Vasisthasana (Side Plank)

Forearm plank dynamic with high plank

Forearm plank hold with rainbows to advasana

HEART OPENING

Salabhasana (Locust) with arm rinse variation

Bikram Locust

Upward dog to knees

Shoulder opening (camel prep)

Ustrasana (camel) - 1/2 camel both sides

Easy pose for Pranayama and meditation

Downward Dog

Bridge or wheel

Supta Baddha Konasana (Reclined Bound Angle)

CORE ACTIVATING

Abdominal Twists

Navasana (Boat) Dynamic to low boat to savasana

RELEASING

Modified pigeon with twist

Bananasana

CLOSING

Ananda Balansana (Happy Baby)

Ardha Ananda Balasana (Half Happy Baby)

SURRENDERING

Supine Twist (Laying Down Twist)

Savasana (Dead Body Corpse Pose)

Now we will shift the theme of the class to be specifically related to the asana categories.

PRESENCING (PR)

Purpose: Presence
Possible Themes: Presence, attention, connection
Pranayama: Breath retention
Peak Pose: Easy pose with pranayama & meditation on physical body & mental body

Savasana
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

W A R M I N G (W)

Purpose: to create heat in the body
Possible Themes: tapas, asteya
Pranayama: Breath of fire
Peak Pose: Various

mini sequence A x 4
Tadasana
Chair
Forward fold to half way lift (dynamic)
Shoulder rinse
Half-way lift
Downward Facing Dog
To seated, easy pose for pranayama & meditation
Rock roll to downward facing dog

mini sequence B x 4
Plank
Low plank
Upward dog
Downward dog
Extended cat cow (dynamic with bind)
Free style cat cow
Downward dog
Warrior 1 (dynamic)
Warrior 2 (dynamic with reverse warrior)
Extended Goddess (dynamic)
Tadasana

Repeat mini sequence A x 3 Repeat mini sequence B x 3

F I R I N G (F)

Purpose: To burn away impurities
Possible Themes: Tapas, energy, sthira and sukha
Pranayama: Ujjayi focus
Peak Pose: Various

mini sequence A
Chair (dynamic)
Crescent lunge (dynamic)
Crescent lunge Twist (dynamic)
Down dog
Three leg down dog
Downward Facing Dog
To seated for pranayama & meditation
Rock and roll to downward facing dog
Walk or float to tadasana

mini sequence B

Extended Goddess
Revolved Goddess
Chair
Revolved chair
Side crow
Revolved chair
Forward fold to chair to revolved chair
Side crow

mini sequence C

Chair
Forward fold
Halfway lift
Plank
Side plank
Chaturanga, updog, downdog

mini sequence D

Revolved chair (step back)
Revolved crescent lunge
Extended side angle (dynamic)
Downward facing dog (dynamic, three legged) Chair

mini sequence E

Malasana or crow
Intense foot stretch
Downward Facing Dog
Arm Balance

B A L A N C I N G (B)

Purpose: Balancing
Possible Themes: Presence, Attention, Connection
Pranayama: Breath Retention
Peak Pose: Various

mini sequence A
Tadasana
Standing crescent moon
Reach up, to Warrior 3 (dynamic to airplane)
Airplane
Standing splits (dynamic)
Forward fold (dynamic, transition)
Reach up
Tree (dynamic)
Tadasana, malasana to seated for pranayama & meditation

mini sequence B
Forward fold / Half way lift (dynamic) - hold with interlaced fingers)
Fingers to floor for Revolved half moon - add bind for a challenge or hover hand
Forward fold (split feet)
Standding split

mini sequence C
Malasana
Crow to Malasana
Forward fold
Half way lift, forward fold
Reach up, tadasana
Upright big toe (standing)
Revolved hand to big toe

mini sequence D
Tadasana
Dancer's (dynamic, bend knee, back to tadasana)
Eagle to tadasana
Warrior 1, warrior 2, trikonasana, to triangle arm balance
High plank
Side plank, high plank, low plank, up dog
Down dog

Standing splits
Flying pigeon
Forward fold to chair twist
Side crow

mini sequence E
Extended Cat Cow (bird dog dynamic with bind)
Down dog to seated
Seated twist
Happy baby, half happy baby
Supine twist
Hug kness in, rock and roll, down dog to forward fold,
Utkatasana
Chair twist, forward fold, malasana, to seated
Fire fly
Malasana (dynamic, bound noose)
Navasana Double toe hold (navasana variation)
To seated Scale
Eight angle

Option:
Forearm Stand * possible peak Handstand * possible peak Scorpion* possible peak

G R O U N D I N G (G)

Purpose: Ground & centre
Possible Themes: Connection
Pranayama: Ujjayi
Peak Pose: Various

mini sequence A

Tadasana
Chair / Utkatasana
Forward fold, half way lift, chaturanga, upward dog, down dog (dynamic)
Pyramid (intense side stretch) (dynamic)

Wide Legged Forward Fold (dynamic with shoulder rinse)
Goddess / Utkata Konasana
Easy Pose * meditation, pranayama

mini sequence B

Pyramid (dynamic)
Revolved Pyramid
Chaturanga, updog, downdog Warrior 1 (dynamic)
Warrior 2 (dynamic)
Triangle, warrior 2
Warrior 3 (dynamic to airplane)
Tadasana
Tree Pose

HEART OPENING (HO)

Purpose: Opening
Possible Themes: Heart energy, connection
Pranayama: Alternate nostril
Peak Pose: Various

mini sequence A
Child's pose
Child's pose (dynamic)
Cat Cow (dynamic, free style)
Downward dog (dynamic with up dog)
Upward dog / Urdhva Mukha Svanasana

mini sequence B
Belly savasana
Locust (with prep)
Cobra (dynamic with prep)
Sphinx
Belly savasana
Floor bow
Belly savasana
Broken wing

mini sequence C
Dolphin (dynamic)
Child's pose, downward dog to seated
Cow Face (deep fascia stretch)
Pranayama and meditation

mini sequence D
Camel (dynamic with prep)
Lifted hero
Sukasana

mini sequence E
Down dog through to laying down
Bridge (dynamic)
Reclined pyramid
Wheel
Reclined pyramid
Inverted Staff Pose (forearm wheel)
Reclined pyramid

mini sequence F

Heart Bed
Fish
Savasana
Supine twist
Savasana

CORE ACTIVATING (CO)

Purpose: Ground & centre
Possible Themes: Connection
Pranayama: Kapalabhati
Peak Pose: Vaarious

mini sequence A
Scale / Tolasana
Navasana dynamic
To seated for pranayama and meditation
Navasana dynamic to laying down
Bicycle Twists (very slow)
Shins to sky crunches (very slow)
Legs bent core twist (very slow)

mini sequence B
Boat to utkatasana, forward fold to half way lift
High plank (hold)
High plank (dynamic with rainbows)
High plank (dynamic with knees crossing to elbows)

mini sequence C
High plank (dynamic to forearm plank)
Forearm Plank to dolphin (dynamic)
Belly savasana
Locust to banana

mini sequence C
Belly savasana to high plank
Side plank to high plank, down dog to laying down
Single Leg Lifts / Urdhva Prasarita Padasana (very slow)
Bicycle Twists (very slow)
Reclined pyramid

REJUVENATING (REJ)

Purpose: Calm
Possible Themes: Rejuvenate & Restore
Pranayama: Gentle breath awareness, puraka, rechaka
Peak Pose: Handstand or headstand

mini sequence A
Forward fold (dynamic with halfway lift)
Downward dog (dynamic with knee to elbow)
Walk hands to feet (long forward fold, dynamic)
Downward dog (dynamic) to seated for pranayama and meditation
Traditional Headstand *** advanced**
Child's pose
To wall or with partner handstand Handstand *** advanced**
Child's pose

mini sequence B
Legs up the Wall (with baddha konasana variation)

mini sequence C
Supta Baddha Konasana Windshield Wipers

RELEASING (REL)

Purpose: Deep release
Possible Themes: Be with
Pranayama: Kapalahati
Peak Pose: Various

mini sequence A
Reclined pyramid
Wide wipers
Wind removing
Savasana
Hug knees in, happy baby, half happy baby
Savasana
Reclining hand to toe (supine strap stretch)
Reclining Bound Angle (butterfly)
Thread the needle Reclined shoelace

mini sequence B
Easy twist
Rock the baby
Seated baddha konasana
Seated extended twist
Bound sage
Seated forward fold
Fascia stretch (seated)
Seated half spinal twist
Toe yoga, forward fold to dandasana
Half pigeon to downward dog to knees

mini sequence C
Cat cow
Intense foot stretch
Rabbit, downdog, through to seated
Double pigeon
Shoelace
Hero for pranayama & meditation Reclining hero

mini sequence D
Downward dog
Malasana
Wide Seated Forward Bend Turtle
Frog
King Pigeon
Lizard with dynamic forward fold
Monkey (splits)

CLOSING (CL)

Purpose: Deep release
Possible Themes: Be with
Pranayama: Breath awareness
Peak Pose: Various

mini sequence A
Easy twist
Lion pose
Reverse table top
Seated forward fold
Head to knee
Sukasana for pranayama & meditation

mini sequence B
Revolved head to knee (seated)
Seated baddha konasana
Wide legged seated forward fold
Turtle to laying down

mini sequence C
Happy baby
Half happy baby
June bug

SURRENDER (S)

Purpose: Surrender
Possible Themes: Trust
Pranayama: Soft breath, ease
Peak Pose: Savasana

Heart bed (supported) Legs up the wall
Windshield wipers
Supine twist (dynamic)
Savasana

Now we will shift the theme of the class to be specifically related to the movement and anatomical focus.

STANDING FLOW / STANDING WARM UP

Purpose: Surrender
Possible Themes: Trust
Pranayama: Soft breath, ease
Peak Pose: Chaturanga

mini sequence A

Tadasana
Reach up
Forward fold
Half way lift (dynamic with shoulder rinse)
High plank (dynamic)
Downdog (dynamic)

mini sequence B

Crescent lunge (dynamic) Crescent twist
Extended side angle (dynamic)
Chaturanga
Updog
Downdog

mini sequence C

Warrior 1 (dynamic into fold)
Chaturanga
Updog
Downdog
Warrior 2 (dynamic) Reverse warrior (dynamic) le (dynamic)

mini sequence D

Wide legged forward fold Half way lift
Shoulder rinse
Half way lift (hands to hips) Tadasana
Reach up

Forward fold
Halfway lift
Chaturanga
Upward dog
Downward dog

BACKBEND SEQUENCE

Purpose: Surrender
Possible Themes: Trust
Pranayama: Soft breath, ease
Peak Pose: Wheel

mini sequence A

Salabhasana prep Salabhasana
Urdhva Mukha prep Urdhva Mukha
Down dog (neutraliser)
Low lunge (ustrasana prep)
Down dog to seated
Rock the baby (prep for kapotasana)

mini sequence B

Down dog to knees
Shoulder rotations
Ustrasana
Sukasana
Balasana
Down dog
Low lunge (purvottanasana prep)
Down dog, step to hands, half way lift
Shoulder rinse (dynamic), roll to stand
Tadasana (dynamic cow face arms)
Natarajasana
Tadasana, reach up, forward fold, half way lift, chaduranga, up dog

mini sequence C

Down dog to seated
Reverse table top (purvottanasana prep)
Purvottanasana (upward plank)
Savasana (neutraliser, roll over on belly)
Dhanurasana (floor bow) to belly savasana

mini sequence D

Cat cow
Downward dog
Low lunge (bridge prep)
Downward dog
Bridge (dynamic)
Bridge
Reclined pyramid

Wheel
Reclined pyramid
Rock to seated
Eka pada raja kapotasana (with strap)

mini sequence E

Downward dog
Supported hanumanasana (prep for inverted staff + kapotasana)
Eka pada viparita dandasana (one legged inverted staff pose, wheel with bind) *** ADV**
Reclined pyramid
Rock and roll (to wall)
Vrschikasana (scorpion) *** Advanced**
Child's pose

SEATED TWISTS

Purpose: Surrender
Possible Themes: Trust
Pranayama: Soft breath, ease
Peak Pose: Noose

mini sequence A

Savasana
Half happy baby Supine twist, dynamic Wide wipers

mini sequence B

Marichyasana 1 (Great sage pose- bound single seated forward fold)
Easy twist
Seated twist one leg straight, one leg bent (prep for Marichyasana III) use strap
Marichyasana III (Same as 1 with opposite twist and bind / pose dedicated to the sage marichi)
Noose (pasasana) prep block under heels with strap, hands to anjali mudra
Noose full version with bind
Parivrtta janu sirsasana Revolved head to knee (dynamic)
Parivrtta janu sirsasana Revolved head to knee
Parighasana I (cross bar of the gate pose version I)
Ardha Matsyendrasana (half lord of the fishes/seated twist)
Savasana
Supine tiwst
Savasana

H I P S

Purpose: Surrender
Possible Themes: Trust
Pranayama: Soft breath, ease
Peak Pose: Hanumanasana

mini sequence A
Sukhasana
Gentle baddha konasana
Rock the baby
Sukhasana
Baddha konasana (bound angle)
Upavistha konasana (wide angle seated forward fold)
Sukhana with pranayama & meditation
Hug knees in
Rock and roll

mini sequence B
Downward dog Warrior I (dynamic) Warrior II (dynamic to Revolved le Chaturanga
Upward dog

mini sequence C
Parighasana prep (gate pose with strap)
Dynamic kneeling side fold (prep for parighasana)
Parighasana
Hanumanasana supported
Downward dog
Savasana
Supta padangusthasana b
Half happy baby with knee inside of shoulder
Supta padangusthasana (sleeping big toe pose, bent knee version)
Leg stretch toe to face (prep for supta padangusthasana)
Supta padangusthasana (sleeping big toe pose, straight leg version)
Supine twist (prep for supta padangusthasana)
Supta padangusthasana (straight legs, revolved;internal rotation of straight leg)

FORWARD FOLDS

Purpose: Surrender
Possible Themes: Trust
Pranayama: Soft breath, ease
Peak Pose: Janu sirsasana

mini sequence A

Balasana
Cat cow
Downward dog
Feet to hands
Half way lift
Uttanasana (dynamic)
Uttanasana (knee bends)
Uttanasana (arm variations)
Half way lift
Downward dog (dymanic, transition through to seated)
Pranayama & meditation

mini sequence B

Dandasana (dynamic)
Rock the baby
Dandasana (dynamic)
Janu sirsasana (single leg forward fold prep with strap & bent knee)
Janu sirsasana

mini sequence C

Rock the baby
Ardha badha padma paschimo tanasana (half bound lotus forward fold) prep with strap
Ardha badha padma paschimo tanasana (half lotus with bind forward fold)
Navasana (dynamic)
Ubhaya padangusthasana (navasana variation- hands to big toe pose) prep with strap
Paschimottanasana (seated forward fold) prep with strap & bent knees
Mukhaika pada paschimottanasana (half frog, leg extended, forward fold/dynamic prep with strap
Mukhaika pada paschimottanasana (dynamic)
Mukhaika pada paschimottanasana