

**Sequencing an Intermediate Yoga Class**  
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Basic Principles:

- ◆ *Set an intention* for the class/practice before you begin (connected to lecture topic)
- ◆ Develop *awareness of the breath* in all movement/asanas
- ◆ Practice asana in both *dynamic* (moving) and *static* (staying) states
- ◆ *Adapt* postures for particular needs/goals

***Asana sequence structure, based upon movements of the spine:***

- ◆ **Settling in**, establishing Intention, harmonious environment, breath
  - Seated or reclining posture
- ◆ **Attunement** (preparation for the practice; tuning body and mind through awareness of breath; movement based; dynamic)
  - Cat/Cow vinyasa
  - Reclining leg stretch (Big Toe pose)
  - Seated spine rotation
  - Neck/head roll
  - Balancing Cat posture
  - Thread the Needle posture
- ◆ **Standing** postures (dynamic and static practices)
  - Sun Salutation (might include “stay” phase in each posture, concentration points, breath work, modifications for strengthening, etc)
  - Moon Salutation
  - Forward bend
  - Palm Tree
  - Standing Wheel
  - Goddess
  - Chair
  - Warriors I, II
  - Triangle/Revolving Triangle
  - Standing Half Moon
  - Extended side angle/Revolved Side Angle
  - Windmill
- ◆ **Balancing** postures
  - Tree pose
  - King Dancer pose
  - Warrior III

- ◆ **Brief relaxation (Optional)**
  - Corpse pose (Knees can be bent and into chest, or feet on floor)
- ◆ **Abdominal/core postures**
  - Yoga sit-ups
  - Leg raises for lower abdomen
  - Boat pose/Flat-bottom boat pose
  - Bent legs twist (side-to-side flow using abdominals and oblique muscles)
  - Dead Bug pose
- ◆ **Backward bending postures (invigorate the body and mind)**
  - Cobra
  - Locust
  - Bow
  - Shoulder Bridge
  - Wheel (more advanced)
- ◆ **Inversion postures**
  - Half Shoulderstand
  - Full Shoulderstand
  - Plow
  - Fish pose
- ◆ **Forward bending postures (counter-balance for backward bends; relax and renew the body and mind)**
  - Extended legs forward bend
  - Single leg forward bend
  - Bound angle posture
- ◆ **Twisting postures**
  - Simple seated twist
  - Reclining twist (knees bent or one leg extended)
  - Lord of the Fishes pose
- ◆ **Relaxation**
  - Corpse pose with breathing techniques; conscious relaxation of limbs and joints; integration of energy summoned in asana practice