

Sequencing Workshop by Brooke Boon

PRIMARY ELEMENTS SEQUENCING

- The primary elements in any yoga practice are in order as follows.
 - Pranayama (Time: Entire duration)
 - Connection to something greater
 - Divine inspiration
 - Wisdom
 - Embodied
 - Breath allows for meditation
 - Meditation (Time: at least 10 minutes throughout practice)
 - Focus
 - Mental discipline to stay present develops mental elasticity § Scripture
 - Presence
 - A deeper calm and connectivity
 - Asana (Time: dependent on class level but generally at least 2/3 of practice)
 - Physical expression of the breath and the mind connection
 - The reality of what is in the moment - heart, soul, mind and strength

SPIRITUAL SEQUENCING (MESSAGING)

- Opening
 - Awareness of what is
 - Introduce being the “watcher”
 - Notice any restrictive places in the body by noticing the breath
 - Introduce meditation
 - Define/explore fragments and fragmentation - heart, soul, mind and strength
- Warm Up
 - Introduce breath as integrator
 - Set physical intention
 - Speak to intentionality and focus of full yogic breathing
 - Notice where one movement/breath end and where one movement/breath begin § Find the middle of the middle

ACTIVE PRACTICE (SEE GENERAL CLASS SEQUENCING WORKSHEET)

- Commitment to feeling
- Feeling is pathway to healing
- Root Down to Rise Up
- No gripping
- Surrender is true strength
- Reminder of commitment to their personal intention set just moments ago
- Focus on breath creating space and then obedience to move into the space the breath creates

UNWINDING

- Back out the way you came in
- Exploring the same in bodied sensations, just with additional space § New senses and new attachments
- Re-integration

CLOSING (SAVASANA)

- Die to resurrect
- New creations
- Ever increasing glory
- Readied for the Promise Land

General Class Sequencing Worksheet

Type of Class: _____

Level: _____

Season: _____

Class Theme: _____

DEFINE PEAK

Pose: _____

What needs to be open? _____

What needs to be stable? _____

HOW ARE ALL THE PARTS OF THE PRACTICE (BREATH, MIND AND BODY) BEING EXERCISED IN UNISON?

Time: 5-10 minutes

HOW IS THE BODY WARMED?

Time: 5-20 minutes

Please note times are suggested and will be malleable dependent on duration of individual class

WHAT IS THE PATHWAY TO THE PEAK POSE?

Time: 15-30 minutes

Anticipatory Elements _____

Preparatory Asanas _____

Relationship to previous and subsequent asana _____

Peak Pose (Time: 5-10 minutes) _____

UNWINDING

Time: 15 minutes

Revisit anticipatory elements and preparatory asana _____

CLOSING

Time: 5-10 minutes

Re-integration/ Restorative poses _____

Corpse:

- Pranayama
- Meditation