

Advanced Cueing and Sequencing

Topic #1: What makes a yoga practitioner advance?

Write in your own words:

Key Factors that Contribute to advancing as a yoga practitioner:

- Physical Mastery and Body Awareness

- Breath Control and Integration

- Mindfulness and Meditation
- Philosophical Understanding
- As a yoga teacher, (Sequencing and Teaching Skills)
- Self-Inquiry and Personal Growth
- Consistency and Dedication

Topic #2: 4 Ways to Elevate Your Teaching Skills and Understanding of Effective Cueing Techniques

1. **Anatomy and Biomechanics:** Biomechanics is the study of the body's structures and movement. In yoga, it considers how muscles, bones, joints and other structures work together to create postures, movements and shapes.

5 main components in biomechanics:

- Motion:
- Force
- Momentum
- Levers
- Balance

Directions the body can move:

Functional Movement Patterns:

Purpose of Movement:

Individual Anatomical Differences:

How to recognize and accommodate individual anatomical differences in students, offering tailored cues that respect unique body structures and capabilities.

- Recognize that some students may have tighter hip flexors and suggest modifications like using blocks in Triangle Pose to accommodate this.
- Understand that not all students can achieve full shoulder flexion due to bone structure, so offer modifications like bending the elbows in poses like Dolphin.
- Provide variations for students with hypermobile joints, such as encouraging micro-bends in the elbows and knees to maintain stabilization



Safe Alignment Cues: Teach how to provide precise alignment cues that promote safety and efficiency, reducing the risk of injury and optimizing the benefits of each pose.

Cueing Words:

Cue	Definition	Purpose
Root	Directing energy downward through the points of contact with the ground, such as hands and feet, to create a stable base and connection with the earth.	Establish a strong foundation and stability.
Elongate	Encouraging the spine to lengthen and extend, creating space between the vertebrae and promoting proper alignment.	Create length and avoid compression in the spine.
Hover	Holding the body parallel to the ground, engaging muscles to support the body weight without fully resting on the ground.	Engage core and arm muscles while maintaining alignment

Expand	Widening or spreading out the arms or chest, creating expansion in the thoracic region and promoting a feeling of openness.	Open the chest and create space in the upper body.
Anchor	Firmly grounding or stabilizing a particular part of the body, often the pelvis or sit bones, to provide stability and support for the rest of the posture.	Ground the pose and provide a stable base for the forward fold.
Lift	Moving upward or elevating a specific part of the body, often the chest or crown of the head, to create length and openness in the pose.	Promote a feeling of extension and openness.
Engage	Contracting or activating specific muscle groups, often the core or stabilizing muscles, to provide support and stability in a pose.	Provide stability and balance in the arm balance.
Rotate	Turning or twisting the torso or spine, often to one side, to create rotation and stretch in the spine and surrounding muscles.	Enhance the twist and promote spinal alignment.

<p>Float</p>	<p>Lifting or levitating a specific body part, often a limb, off the ground with control and balance, creating a sense of weightlessness.</p>	<p>Encourage lightness and balance.</p>
<p>Lengthen</p>	<p>Instructing the practitioner to elongate the spine or limbs, creating space between joints and promoting proper alignment.</p>	<p>Create space and extension in the body.</p>
<p>Extended</p>	<p>Encouraging the practitioner to stretch or extend a specific body part, such as arms, legs, or spine, to increase flexibility and create space in the pose.</p>	<p>Lengthen and elongate the muscles.</p>
<p>Ground</p>	<p>Guiding the practitioner to root or ground down through points of contact with the ground, such as feet or sit bones, to create stability and balance in the pose.</p>	<p>Establish a connection with the earth and create stability.</p>

<p>Draw</p>	<p>Cueing the practitioner to draw inward or engage certain muscles, such as the abdominals or inner thighs, to create stability, support, and proper alignment in the pose.</p>	<p>Engage specific muscles and create alignment.</p>
<p>Release</p>	<p>Instructing the practitioner to release or soften specific areas of tension, such as shoulders or jaw, to promote relaxation and ease in the pose.</p>	<p>Let go of tension and relax into the pose.</p>
<p>Stack</p>	<p>Align one body part directly over another to create a solid, stable foundation</p>	<p>Ensures joints are properly aligned to support the body's weight, reducing strain and risk of injury</p>
<p>Breathe</p>	<p>Reminding the practitioner to breathe deeply and consciously, bringing awareness to the breath and promoting relaxation, focus, and presence in the pose</p>	<p>Deepen the breath and create mindfulness.</p>

<p>Stabilize</p>	<p>Cueing the practitioner to stabilize or engage specific muscles, such as core or shoulders, to create stability, support, and balance in the pose.</p>	<p>Create stability and support in the pose.</p>
<p>Soften</p>	<p>Encouraging the practitioner to soften or relax specific areas of tension, such as face or neck, promoting relaxation, ease, and comfort in the pose.</p>	<p>Release tension and relax muscles.</p>
<p>Hug</p>	<p>Instructing the practitioner to hug or draw muscles towards the midline of the body, creating stability, support, and strength in the pose.</p>	<p>Engage muscles and create stability in the pose.</p>
<p>Flow</p>	<p>Instructing the practitioner to flow or move smoothly and continuously between poses, promoting mindfulness, breath awareness, and a sense of grace and ease in the practice.</p>	<p>Create fluidity and rhythm in the movement.</p>

2. Advanced Sequencing Techniques

Explore creative ways to sequence advanced poses and transitions, considering themes, peak poses, and energy levels.

Define Advanced Poses for Yourself:

6 Steps to build towards peak posture:

1. Foundation
2. Buildup
3. Peak posture preparation
4. Integration
5. Sustain and explore
6. Counterpose and release

When it comes to creativity, flow and adaptability here are some key elements:

- Intention setting
- Theme Exploration
- Posture selection and variation
- Sequencing logic and flow
- Breath awareness and mindfulness
- Creative expression and exploration (The 3 L's)
- Adaptability and modification
- Transitional awareness

3. Embodiment Cueing

Embodiment cueing is a teaching approach in yoga that emphasizes guiding students to connect with their internal experience, sensations, and felt sense during their practice. Rather than solely focusing on external alignment cues or physical actions, embodiment cueing encourages students to cultivate a deeper awareness of their bodies, breath, and energetic states. This approach helps students to develop a more holistic and mindful yoga practice, fostering a sense of presence, connection, and integration of mind, body, and spirit. Here's an elaboration on what embodiment cueing entails, why it's beneficial, and how to teach yoga teachers to use it effectively:

Benefits of Embodiment Cueing:

Teach using Embodiment Cueing:

Examples of Embodiment Cueing:

Focus	Cueing Examples
Breath Awareness	<ul style="list-style-type: none"> • "Notice the rhythm of your breath as it flows in and out of your body, like the gentle tide of the ocean." • "Feel the expansion of your ribcage with each inhale and the gentle release with each exhale, inviting a sense of spaciousness within."
Grounding and Rooting	<ul style="list-style-type: none"> • "Feel the connection of your feet with the earth beneath you, rooting down like sturdy tree roots, providing a strong foundation for your practice." • "Sense the support of the ground beneath you, allowing it to anchor you in the present moment, grounded and steady."

<p>Core Engagement</p>	<ul style="list-style-type: none">• "Engage your core muscles gently, drawing them towards your spine like a hug from within, supporting you in your poses with stability and strength."• "Imagine a golden thread lifting from your pelvic floor, gently lifting and supporting your lower belly as you move."
<p>Heart Opening</p>	<ul style="list-style-type: none">• "Softly broaden across your chest, inviting space and openness into your heart center, allowing love and compassion to flow freely."• "Imagine the energy of your heart radiating outwards, filling the space around you with warmth and kindness."
<p>Hip Opening</p>	<ul style="list-style-type: none">• "Feel the sensation of your hips releasing tension with each breath, softening and surrendering to the present moment."• "Notice any emotions that arise as you open your hips, allowing them to be present without judgment, and gently letting them go."

<p>Twisting</p>	<ul style="list-style-type: none">• "With each twist, imagine wringing out any stagnant energy or tension, creating space for fresh, revitalizing breath."• "As you twist, visualize the spine gently wringing like a wet towel, releasing tension with each rotation."
<p>Balancing and Equanimity</p>	<ul style="list-style-type: none">• "Find your focal point and soften your gaze, allowing yourself to find balance and stability, both physically and mentally."• "Notice the subtle shifts in weight and sensation as you find your balance, embracing the ebb and flow of the present moment with ease."

<p>Gentle Release and Surrender</p>	<ul style="list-style-type: none">• "With each exhale, soften and surrender into the pose, releasing any unnecessary tension or resistance from your body and mind."• "Allow yourself to let go of any expectations or attachments to the outcome of the pose, surrendering fully to the present moment experience."
<p>Energy Expansion and Connection</p>	<ul style="list-style-type: none">• "Feel the energy of your breath moving through your body, filling every cell with vitality and life force energy."• "Sense the interconnectedness of all beings as you move and breathe, recognizing that we are all part of the same universal energy."
<p>Gratitude and Intention Setting</p>	<ul style="list-style-type: none">• "Take a moment to connect with gratitude for your body and breath, acknowledging the gift of this practice and the opportunity to nourish yourself from within."• "Set an intention for your practice, drawing upon your inner wisdom and intuition to guide you on your journey of self-discovery and growth."

10 Examples of Effective Cueing Strategies

Simple and Direct Instructions	"Step your right foot forward between your hands" instead of "Move your right leg forward and place your foot down."
Step - By - Step Breakdown	"From Plank, shift forward, lower to Chaturanga, then inhale to Upward Dog and exhale to Downward Dog."
Breath Cues	"Inhale as you reach your arms up, exhale as you fold forward."
Visual Imagery	"Imagine roots growing from your feet into the ground to help you feel stable in Mountain Pose."
Inclusive Language	"If it feels good for your body, you can try this variation" instead of "You should be able to do this."
Modification Options	"For extra support, use a block under your hand in Triangle Pose."
Positive Reinforcement	"Great job finding your balance in Tree Pose. Now, maybe you choose to hold it for a few more breaths."
Energetic Alignment	"Feel the energy rising up from your feet, through your legs, and out the top of your head in Tadasana."

Encouraging Autonomy	"Pay attention to your body and only go as deep into the pose as feels right for you today."
Trauma-Informed Cues	"If you'd like to explore this pose, you have the option to stay where you are or take it a step further."

Energetic Cueing Christ Center examples

Cue	Definition	Purpose	Example
Lift Your Spirit	Encourage the feeling of uplifting one's spirit towards God.	Promotes a sense of spiritual elevation and connection with the divine.	In Tadasana (Mountain Pose): "Feel your spirit lifting upward, reaching towards God's light and grace."
Open Your Heart to God	Focus on opening the heart to receive God's love and grace.	Encourages heart-centered awareness and a sense of spiritual openness and receptivity.	In Urdhva Mukha Svanasana (Upward Facing Dog): "Lift your chest and open your heart to God, welcoming His love and light."

<p>Ground in Faith</p>	<p>Direct energy downward to establish a stable and grounded connection with God's creation.</p>	<p>Enhances stability and grounding, connecting the practitioner to the earth and their faith.</p>	<p>In Adho Mukha Svanasana (Downward Facing Dog): "Press firmly into your palms and ground yourself in faith, feeling the stability and support of God's creation.</p>
<p>Extend Your Praise</p>	<p>Visualize and feel the energy extending outward as a form of praise and worship.</p>	<p>Encourages full extension and engagement, enhancing the pose's strength and presence as an act of worship.</p>	<p>In Virabhadrasana II (Warrior II): "Reach out through your fingertips and extend your praise to God, creating a powerful line of intention and worship.</p>

<p>Strength from Within</p>	<p>Engage internal strength, inspired by faith, to support and elevate the body.</p>	<p>Promotes core engagement and stability, aiding in balance and control, with an emphasis on spiritual strength.</p>	<p>In Bakasana (Crow Pose): "Engage your core and draw strength from within, supported by your faith in God.</p>
<p>Surrender to His Will</p>	<p>Allow the body to release tension and surrender to God's plan, fostering deep relaxation.</p>	<p>Encourages deep relaxation and letting go, facilitating complete release and spiritual surrender.</p>	<p>In Savasana (Corpse Pose): "Allow your body to soften and surrender to God's will, feeling His peace and presence.</p>
<p>Reach for Heaven</p>	<p>Focus on reaching and expanding upward towards the divine.</p>	<p>Promotes openness and receptivity, connecting the practitioner to the divine above.</p>	<p>In Urdhva Hastasana (Upward Salute): "Reach your arms up towards heaven, feeling the energy lift and expand towards God's presence.</p>

<p>Center in Christ</p>	<p>Draw energy inward towards the centerline of the body, focusing on Christ as the center of one's being.</p>	<p>Creates internal focus and stability, enhancing alignment and balance with Christ at the center.</p>	<p>In Tadasana (Mountain Pose): "Hug your inner thighs and arms towards the midline, centering your energy in Christ."</p>
<p>Melt into His Grace</p>	<p>Allow the heart and body to release and soften, experiencing God's grace.</p>	<p>Facilitates deep chest opening and emotional release, promoting relaxation and spiritual surrender.</p>	<p>In Anahatasana (Melting Heart Pose): "Let your heart melt towards the mat, releasing any tension and receiving God's grace."</p>
<p>Breathe in His Presence</p>	<p>Direct breath and energy into specific areas of the body, enhancing awareness of God's presence.</p>	<p>Enhances breath awareness and energy flow, encouraging a deeper connection to the body and God's presence.</p>	<p>In Supta Baddha Konasana (Reclined Bound Angle Pose): "Breathe into the space of your hips and belly, feeling God's presence expand with each inhale and release with each exhale."</p>

<p>Receive God's Blessings</p>	<p>Encourage a receptive state to feel and accept God's blessings.</p>	<p>Promotes a sense of openness and gratitude, connecting with the divine blessings.</p>	<p>In Utkatasana (Chair Pose): "Sit back and open your hands to the sky, receiving God's blessings with every breath."</p>
<p>Flow with His Grace</p>	<p>Emphasize moving with ease and grace, guided by God's presence.</p>	<p>Encourages fluidity and mindfulness in movement, feeling guided by divine grace.</p>	<p>In Vinyasa Flow: "Move through your vinyasa, flowing with His grace and letting His presence guide each movement."</p>
<p>Anchor in His Love</p>	<p>Ground yourself in the strong foundation of God's love.</p>	<p>Enhances grounding and balance, with a focus on the strength and support of divine love.</p>	<p>In Vrksasana (Tree Pose): "Root down through your standing foot and anchor yourself in His love, finding stability and balance."</p>

<p>Shine Your Light</p>	<p>Visualize radiating inner light as a reflection of God's light within you.</p>	<p>Promotes openness and extension, embodying the light and presence of God.</p>	<p>In Utthita Trikonasana (Extended Triangle Pose): "Reach your top hand towards the sky and shine your light, reflecting God's light within you."</p>
<p>Embrace His Peace</p>	<p>Allow yourself to embrace and embody the peace that comes from God.</p>	<p>Encourages relaxation and surrender, fostering a sense of divine peace and comfort.</p>	<p>In Balasana (Child's Pose): "Sink your hips back and embrace His peace, letting go of any worries or tension."</p>
<p>Be Still and Know</p>	<p>Focus on stillness and inner awareness, reflecting the biblical verse "Be still and know that I am God."</p>	<p>Promotes deep relaxation and mindfulness, connecting with God's presence in stillness.</p>	<p>In Savasana (Corpse Pose): "Lie still and know that He is God, feeling His presence in the stillness."</p>

<p>Lift Your Hands in Praise</p>	<p>Encourage an uplifting movement as an act of praise and worship.</p>	<p>Enhances the feeling of spiritual elevation and gratitude, expressing worship through movement.</p>	<p>In Urdhva Hastasana (Upward Salute): "Lift your hands in praise, reaching up towards heaven with gratitude."</p>
<p>Hold Fast to Your Faith</p>	<p>Encourage a strong, unwavering stance grounded in faith.</p>	<p>Promotes stability and strength, embodying the steadfastness of faith.</p>	<p>In Virabhadrasana I (Warrior I): "Plant your feet firmly and hold fast to your faith, standing strong in His promises."</p>
<p>Breathe in His Mercy</p>	<p>Focus on breath as a way to receive and internalize God's mercy and forgiveness.</p>	<p>Enhances breath awareness and emotional release, connecting with the feeling of divine mercy.</p>	<p>In Supta Baddha Konasana (Reclined Bound Angle Pose): "Breathe deeply and feel His mercy filling you with each inhale."</p>

<p>Offer Your Practice to God</p>	<p>Dedicate your practice and efforts to God, transforming the practice into an act of worship.</p>	<p>Infuses the practice with spiritual intention, making it an act of worship and devotion.</p>	<p>At the beginning of practice: "Set an intention to offer your practice to God, letting each movement be a prayer and offering."</p>
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Non-Christian Energetic Cues

Cue	Definition	Purpose	Example
<p>Draw Energy Upward</p>	<p>Encourage the sensation of energy rising through the body, creating a sense of elevation and alignment.</p>	<p>Encourages lengthening and a sense of being lifted and supported by the earth's energy.</p>	<p>In Tadasana (Mountain Pose): "Feel the energy drawing upward from the soles of your feet through the crown of your head, lengthening your entire spine."</p>

<p>Radiate Through Your Heart</p>	<p>Focus on expanding the energy from the heart center outward, fostering a sense of openness and connection.</p>	<p>Opens the chest and promotes heart-centered awareness, fostering a sense of openness and expansion.</p>	<p>In Urdhva Mukha Svanasana (Upward Facing Dog): "Lift your chest and radiate energy through your heart, expanding it forward and upward."</p>
<p>Ground Through Your Hands</p>	<p>Direct energy downward through the hands to establish a stable and grounded base.</p>	<p>Enhances stability and grounding, connecting the practitioner to the earth.</p>	<p>In Adho Mukha Svanasana (Downward Facing Dog): "Press firmly into your palms and ground through your hands, feeling the energy stabilize and support you."</p>
<p>Extend Your Energy Beyond Your Fingers</p>	<p>Visualize and feel the energy extending beyond the physical limits of the body, enhancing presence and engagement.</p>	<p>Encourages full extension and engagement, enhancing the pose's strength and presence.</p>	<p>In Virabhadrasana II (Warrior II): "Reach out through your fingertips and extend your energy beyond them, creating a powerful line of intention."</p>

<p>Lift from Your Core</p>	<p>Engage the core muscles to support and elevate the body, creating a stable and strong center.</p>	<p>Promotes core engagement and stability, aiding in balance and control.</p>	<p>In Bakasana (Crow Pose): "Engage your core and lift from your center, feeling the energy draw inward and upward to support your balance."</p>
<p>Soften and Surrender</p>	<p>Allow the body to release tension and melt into the support of the ground, fostering deep relaxation.</p>	<p>Encourages deep relaxation and letting go, facilitating complete release and rest.</p>	<p>* In Savasana (Corpse Pose): "Allow your body to soften and surrender to the ground, feeling the energy gently disperse and relax."</p>
<p>Open to the Sky</p>	<p>Focus on reaching and expanding upward, creating a connection with the expansive energy above.</p>	<p>Promotes openness and receptivity, connecting the practitioner to the expansive energy above.</p>	<p>In Urdhva Hastasana (Upward Salute): "Reach your arms up and open to the sky, feeling the energy lift and expand through your entire body."</p>

<p>Hug Energy to the Midline</p>	<p>Draw energy inward towards the centerline of the body, enhancing stability and alignment.</p>	<p>Creates internal focus and stability, enhancing alignment and balance.</p>	<p>In Tadasana (Mountain Pose): "Hug your inner thighs and arms towards the midline, concentrating the energy at your center."</p>
<p>Melt Your Heart</p>	<p>Allow the chest and heart area to release and soften, facilitating emotional openness and release.</p>	<p>Facilitates deep chest opening and emotional release, promoting relaxation and surrender.</p>	<p>In Anahatasana (Melting Heart Pose): "Let your heart melt towards the mat, allowing the energy to flow down and release any tension."</p>
<p>Breathe into the Space</p>	<p>Direct breath and energy into specific areas of the body, enhancing awareness and release.</p>	<p>Enhances breath awareness and energy flow, encouraging a deeper connection to the body and the present moment.</p>	<p>In Supta Baddha Konasana (Reclined Bound Angle Pose): "Breathe into the space of your hips and belly, feeling the energy expand with each inhale and release with each exhale."</p>

<p>Flow with the Breath</p>	<p>Encourage synchronization of movement with breath.</p>	<p>Promotes a seamless connection between breath and movement, enhancing the flow of energy and mindfulness.</p>	<p>In Cat-Cow Pose (Marjaryasana-Bitilasana): "Inhale as you arch your back, and exhale as you round, flowing with the breath to connect movement and energy."</p>
<p>Anchor Your Energy</p>	<p>Direct energy to ground firmly into the earth.</p>	<p>Establishes stability and connection to the earth, providing a strong foundation for the pose.</p>	<p>In Virabhadrasana I (Warrior I): "Anchor your energy through your back heel, grounding yourself firmly while reaching up with your arms."</p>
<p>Expand Your Awareness</p>	<p>Encourage the practitioner to extend their focus beyond the physical body.</p>	<p>Promotes a sense of connection with the surrounding space, enhancing mindfulness and relaxation.</p>	<p>In Savasana (Corpse Pose): "Expand your awareness to encompass the entire room, feeling the energy radiate from your body."</p>

<p>Channel Energy Through Your Spine</p>	<p>Direct energy along the length of the spine</p>	<p>Encourages alignment and energetic flow along the spine, promoting alertness and vitality.</p>	<p>In Sukhasana (Easy Pose): "Sit tall and channel energy through your spine, from the base to the crown of your head."</p>
<p>Root Down to Rise Up</p>	<p>Ground firmly to create a stable base for upward movement.</p>	<p>Balances grounding and lifting, creating a dynamic interplay of stability and elevation.</p>	<p>In Utkatasana (Chair Pose): "Root down through your feet to rise up through your chest and arms."</p>
<p>Invite Lightness</p>	<p>Cultivate a sense of lightness and ease in the body.</p>	<p>Encourages ease and balance, reducing strain and enhancing the sense of effortlessness.</p>	<p>In Ardha Chandrasana (Half Moon Pose): "Invite lightness into your lifted leg and arm, feeling your body become buoyant."</p>

<p>Radiate Confidence</p>	<p>Project energy outward to embody confidence and strength.</p>	<p>Builds a sense of empowerment and presence, enhancing the overall effect of the pose.</p>	<p>In Virabhadrasana II (Warrior II): "Radiate confidence through your fingertips, extending your energy outwards."</p>
<p>Circulate Energy</p>	<p>Encourage the movement of energy throughout the body.</p>	<p>Enhances circulation and energy flow, promoting vitality and balance.</p>	<p>In Prasarita Padottanasana (Wide-Legged Forward Bend): "As you fold forward, circulate the energy from your feet to your head and back down."</p>
<p>Embrace Stillness</p>	<p>Focus on finding calm and stillness within a pose.</p>	<p>Promotes relaxation and introspection, allowing the mind and body to rest and recharge.</p>	<p>In Balasana (Child's Pose): "Embrace stillness and let your energy settle, finding peace in the pose."</p>

<p>Harness Inner Strength</p>	<p>Draw on internal resources of strength and resilience.</p>	<p>Builds internal focus and resilience, supporting both physical and mental stability.</p>	<p>In Navasana (Boat Pose): "Harness your inner strength, engaging your core to hold steady and strong."</p>
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