

Structuring Creative Yoga Sequences

When most students graduate from their 200-hour YTT, you have likely learned intelligent sequencing, one way to structure your classes. Typically, the style is building to a peak pose, but sometimes, that can get a little boring or maybe you want to offer a different experience for your students.

This workshop offers plenty of other options to make your classes fun, creative and different.

Here are 7 Types of Yoga Sequencing Formats you can use in your 45 - 60 minute Classes:

- Block Flow:

- Ladder Flow:

- Wave Flow:

- Sectional Blocks:

- Circular Flow/ Mandala Flow:

- Robot Flow:

- Set Sequence:

NOTES