LESSON 1

How to Create a Dynamic & Accessible Yoga Class

Movement and flow in postural yoga creates a rhythm in the body that is accessible to all of us.

Guidelines for Creating an Accessible Yoga Class

- Assess your students and their needs. Consider your students as you create your sequence.
- Build the asana flow from simple to complex.
- Offer transitions from simple to complex.
- Teach a progressive practice.
- Consider the biomechanics of how the body moves as you
- Give students permission to adapt the practice as needed and to choose a simpler option if that feels better in their bodies.
- Create a theme for your class to help your students connect with the practice.
- Offer props and demonstrate how to use them.
- Focus on what your students can do not what they can't do.

Teach yoga postures from your heart. Help your students find the joy of an asana practice through breath and connection.

As You Plan Your Class Framework, Consider...

- How a student's body might get in the way during a posture.
- How hyper-mobility or decreased flexibility might impact the sequence
- Use of props

LESSON 1: HOW TO CREATE A DYNAMIC & ACCESSIBLE YOGA CLASS

Vinyasa Flow for All

- Humans crave movement.
- Movement creates connection to others in the room.
- Mimics the flow of movement for people who have mobility issues like paraplegia or quadriplegia.
- Movement linked with breath is soothing to the body and the mind.
- Dynamic flow classes can be integrated with static movements.

There is power in movement.

Assessing Your Students

- Ask questions and watch how people move as they head into class.
- Observe your students during the warmup.
- Start simply.
- Come with a basic class plan.
- Be prepared to modify or change your sequence.

Class Plan / Flow Set Up Formula

1. Grounding and breathing. Brings the class together energetically. Seated or lying down.
2. Kneeling poses. Cat/cow, Camel variation, Gate pose
3. Standing poses. Triangle, Half Moon, etc.
4. Three (3) variations for vinyasa/flow. Start basic and build with option to stay basic.
5. Balance poses. Might be part of flow or stand alone.
6. Seated poses.
7. Twists.
8. Reclining poses.
9. Core work.
10. Relaxation. Savasana and relaxation.

Class Planning Template

Class Name: Length:

Inspiration: Theme, Anecdotes, Muscle Groups, Quote	
Grounding / Centering	
Sequence of Poses	Variations

▶ Things to Remember

- All bodies, regardless of ability, have movement in them.
- Everyone can do yoga flow.
- Everyone deserves to be included in the practice of yoga.
- The body is never the problem in the pose. The pose is the problem for the body.

Notes

LESSON 1 JOURNALING PROMPTS

Putting It All Together

Who are your students? Who do you want to teach?

Why do they practice yoga?

Why do they come to your classes?

What are your limitations as a teacher?

What limitations do your students have?

LESSON 2

Meeting Students Where They Are

Focus on what your students can do
rather than what they can't do.

Working With Students in Different Bodies

- When working with students in larger bodies, adjust poses to allow for bigger body parts. This might might change the shape of the pose.
- Watch how your students move when the arrive at class.
- Mobility could be a challenge for older students.
- Proprioception, or knowing where one's body is in space, can be lost with age or after limited movement.
- When working with bodies with disabilities, focus on what the individual can do. Build from there.
- Watch for students within injuries and be mindful of pushing them too far.
- Use the "Bus Stop Method" when sequencing. Present multiple options, all offered in a positive light, and create opportunities for students to "get off the bus" when it feels right.

Treat people how they want to be treated.

Language: How We Talk to Our Students

- Talk to your students. If you are unsure of the language to use, ask your students.
- Ask students how they would like to be identified / addressed.
- Support your students in the creation of their own narratives.
- Consider using "variations" instead of "modifications."
- Understand the difference between giving up in a pose or class and surrendering to the moment we're in today.
- Create a brave space where students can explore and grow.

LESSON 2: MEETING STUDENTS WHERE THEY ARE

Let's Start Sequencing

- Create awareness and manage expectations from the beginning.
- Assess your students during the warmup.
- Start simply and build from there.
- Theme classes energetically, spiritually, seasonally, and emotionally
- Combine creativity and functionality in your sequence.
- Link yoga poses to movement in regular life.

Start simply and grow from there.

Building a Progressive Yoga Class

- Build a sequence slowly by adding more opportunities to explore intensity and range of motion.
- Link similarly shaped poses together.
- Link poses with similar placement in space together.

Table Top >> Cat/Cow >> Rocking Back & Forth / Side to Side >> Thread the Needle or

Cobra >> Table >> Down Dog >> Walk hands to feet >> Forward Fold >>

Chair Pose >> Standing >> Forward Fold >> Chair Pose (repeat)

- Build sequentially as you move through the sequence.
- Walking hands to feet from Down Dog to Forward Fold is a great way to assess upper body strength.
- Walking hands to feet from Down Dog can allow students with more abundant middle bodies to move into Forward Fold.

Pose Lists

List 10 poses for each category below. Group similar poses together within each category.

10 Seated Poses

10 Standing/Balance Poses

10 Supine/Reclining Poses

10 Prone/Face Down Poses

Things to Remember

- Many of the bodies you meet in yoga will move differently than you in some way.
- Start every sequence—and every pose—simply and grow from there.
- Focus on what students can do.
- Your choice of language matters.

Notes

LESSON 2 JOURNALING PROMPTS

Putting It All Together

Think of students you've had who moved differently than you do. What did you take away from the interaction? Is there anything you would go back and change? If so, what?

Consider the power of language to impact a student. Is there anything you'd like to change about the language you use in your classes?

LESSON 3

Sequencing a Class on the Floor

Remind your students that they are their own best yoga teacher.

Get Started

Break your class time into blocks. 10-minute segments are a good starting place.

- Grounding (5 Minutes)
- Seated Warm Up (10 Minutes)
- Kneeling Poses (10 Minutes)
- Seated Poses (10 Minutes)
- Supine Poses (10 Minutes)
- Relaxation (15 Minutes)

Sequences That Make Sense

- Consider who you will be teaching.
- Break the class into sections.
- Brainstorm poses for each segment of class.
- What pose will you start in?
- Get on your mat. Explore what pose or transition feels the most natural as the next step in your sequence.

Sequencing Resources Referenced in This Lesson

- Yoga for Everyone: 50 Poses for Every Type of Body, Dianne Bondy
- Science of Yoga: Understand the Anatomy & Physiology to Perfect your Practice, Ann Swanson
- The Yoga Resource Guide, Darren Rhodes

LESSON 3: SEQUENCING ON THE FLOOR

Block 1: Grounding

- Ask students to try an elevated seat on a block, bolster, blanket or meditation cushion.
- Target ~5-10 minutes for a 60-75 minute class.

Block 2: Seated Warm Up

- Side bends
- Forward bends
- Rotation/Twists
- Shoulders
- Neck stretches

GUIDELINES

- Move the body in all planes.
- What position are you beginning from?
- Create shapes in the warm up that mimic the bigger shapes that you'll be doing later in the sequence.

** Use the warm up as an opportunity to watch your students for where they might be challenged with poses that bear more weight, have more sensation or require more strength.

Block 3: Kneeling Poses

- Cat/Cow
- Spinal Balance / Bird Dog
- Gate Pose
- Puppy Pose / Child's Pose
- Camel Pose
- Thread the Needle
- Side Plank Variations

Block 4: Seated

- Wide Legged Forward Fold
- Janu Sirsasana / Head to Knee Pose
- Baddha Konasana / Cobbler's Pose
- Seated Twist
- Fire Log Pose
- Dandasana / Staff Pose
- Seated Forward Fold

Block 5: Supine Poses

- Bridge Pose
- Reclined Pigeon Pose
- Happy Baby
- Supta Padangusthansa / Hand to Big Toe Pose
- Supine Reclining Twists
- Legs Up the Wall / Viparita Karani
- Supta Baddha Konasana / Reclined Cobbler's Pose
- Windshield Wiper Twists

Block 6: Resting

- Savasana
- Meditation

LESSON 3: SEQUENCING ON THE FLOOR

Take It To Your Mat

- Move through the poses on your mat to begin creating flow and transitions.
- Play with props. Identify how props can make each pose more accessible.
- Add gentle movement to poses as a way to add interest and connection.
- Remain open for intuition to guide you to something you hadn't thought of yet.
- Introducing a simple shape or movement and return to it later in a different way: making it bigger, deeper or changing your body's relationship to gravity.
- Create simple sequences and repeat them, offering new variations with each repetition. Let students know that they staying with the original sequence is a great option.
- It is okay if students do different variations on a sequence at the same time.

Permission to Play

- Embrace the idea that there are many ways to do one pose.
- Encourage students to experience how things feel in their bodies and worry less about make a specific shape.
- Explore the idea of students doing different variations of a sequence at the same time., in the same class.

Brainstorm Poses by Class Block

List 10 poses for each category below. Group similar poses together within each category.

5 Minute Grounding

10-Minute Warm Up

10 Lead Into Flow

10 Prone/Face Down Poses

Class Planning Template

Class Name: Length:

Inspiration: Theme, Anecdotes, Muscle Groups, Quote	
Grounding / Centering	
Sequence of Poses	Variations

Things to Remember

- Consider your student. What poses and transitions will be best for them?
- Repetition is key. Create simple sequences. Repeat them and add on.
- Be playful. There's no right or wrong in sequencing movement.
- Take your sequence to your mat. You will discover so much this way.

Notes

LESSON 4

Sequencing a Class on the Mat

Let yoga be your sanctuary. Resist being too precious with the poses.

Leveraging Your Warm Up

- The warm up portion of your class is more than about prepping the body for movement.
- Thread poses and movements learned during the warm up throughout the rest of the class.
- Use the warm up to introduce simple movements or mini versions of poses that you will expand upon later in the class in bigger or more complex ways.

Mapping Our My Hamstrings-Focused Class

Starting with my theme of opening my hamstrings, I brainstormed a list of poses that would accomplish that goal. For me, one pose often leads to another or grows into a larger version of the posture later in class. Notice how the sequence unfolds organically. I've started taking notes for you here--continue as you watch the video if you wish.

- What poses open the hamstrings? Starting in the warm up, what could I do?
  - Wide Legged Forward Fold (Seated / Standing)
  - Mini Triangle >> Triangle Pose later
  - Runner's Stretch >> Hanumanasana / Splits
- Supta Padangusthasana / Hand to Big Toe Pose
- Low Lunge. What could I do after low lunge?
  - High Lunge
  - Warrior 1 or 2
  - Triangle
  - Extended Side Angle
  - Wide Legged Forward Fold
  - Half Moon

- Pigeon Pose. What is similar to Pigeon?
  - Baddha Konasana / Cobbler's Pose
  - Janu Sirsasana / Head to Knee Pose
  - Supine Pigeon
  - Standing Pigeon
- Sage Twists >> Seated Twists
- Downward Facing Dog
- Vinyasa flow: Down Dog >> High Plank >> Low Plank >> Cobra >> Table Pose >> Seated

  Staff Pose >> Seated Forward Fold >> Apanasana/Knees to Chest >> Supta Padangusthasana >> Boat Pose >> Bicycle >> Reclining Twist >> Supta Padangusthasana

  OR

  Boat Pose >> Table Pose >> Gate Pose >> Side Plank Pose

  OR

  Boat Pose >> Seated >> Seated Twist >> Table >> Thread the Needle >> Camel >> ANYWHERE

  OR

  Boat Pose >> Apanasana >> Reclining Twist >> Reclining Pigeon

Putting It Together

- Rewatch this video
- Do the sequence. Pause to note what inspiration comes to you.
- Sequence a 60-minute class based on what you learned on the mat.
- Video yourself and post the video in the Facebook group for feedback. Camera shy? Post your sequence for feedback instead.

Class Planning Template

Class Name: Length:

Inspiration: Theme, Anecdotes, Muscle Groups, Quote	
Grounding / Centering	
Sequence of Poses	Variations

Things to Remember

- Sequencing doesn't have to be traditional.
- Work through the flow on your own before you bring the flow to class.
- Practice doesn't make perfect. Practice makes permanent.
- Trust your body in your sequencing.

Notes

LESSON 5

Mat-Based Transitions

Be playful. Transitions add variety and texture to a class.

Explore Moving From Pose to Pose on the Mat

- Start simple and build from there.
- Give people permission to feel the flow in their bodies.
- Ask yourself, "How many ways can I change the shape of the basic poses?"
- Make it fun to move around the mat in a way that feels good.
- Offer the option to make the movements bigger and to add on with similar, but larger shaped poses

  Child's Pose >> Puppy Pose >> Down Dog
- Consider non-traditional transitions.

  Replace Upward Facing Dog >> Down Dog with Cobra >> Table Pose >> Down Dog

Moving From Kneeling to Standing

- Option 1
  - Step the feet apart.
  - Walk hands to feet.
  - Soften the knees and roll up slowly.
- Option 2
  - From Forward Fold walk hands out to Down Dog
- Option 3
  - Walk feet toward hands while walking hands toward feet, stepping the feet apart as needed.
  - Soften the knees and roll up slowly
- If students end up at the back of the mat and you need them at the front of the mat, ask them to walk forward as part of your flow.

LESSON 5: TRANSITIONS ON THE MAT

Transitioning From Down Dog to Lunge (aka, "The Step Through")

- Asking a student to step their foot between their hands from Down Dog can be challenging if they have a larger middle body, short arms or haven't developed the core strength to move the leg.
- Consider:
  - Swinging the leg wide of the mat to the outside of the hand or to line up with the hand, rather than in between the hands
  - Use blocks to lengthen the the arms
  - Having students move from Down Dog >> Table Pose >> Step the foot forward >> Lunge

Choose Your Own Adventure

Your options for sequencing are truly endless! Consider how the same start to a sequence can be completely different based on the poses you choose.

Mountain Pose >> Forward Fold >> Half Lift >> Lunge >> Down Dog >> Step your foot wide >> Lunge >> Open wide >> Goddess Pose

OR

Mountain Pose >> Forward Fold >> Half Lift >> Lunge >> Down Dog >> Walk hands to feet >> Forward Fold >> Mountain Pose >> Side bends OR Standing Balance OR Chair Pose >> Forward Fold >> Walk hands forward >> Down Dog OR Plank OR Table Pose to Camel

OR

Mountain Pose >> Forward Fold >> Half Lift >> Forward Fold >> Down Dog >> Walk hands to feet >> Forward Fold >> Mountain Pose >> Lunge >> Revolved Lunge OR Open Lunge Twist, pivoting to Warrior 2 >> Goddess

OR

Mountain Pose >> Forward Fold >> Half Lift >> Low Lunge >> Crescent Lunge OR Pivot back foot to Warrior 2 sequence with knee down >> Camel Pose >> Gate Pose >> Side Plank >> Down Dog >> Table Pose >> Camel >> Forward Fold >> Walk hands to feet >> Mountain Pose

LESSON 5: TRANSITIONS ON THE MAT

Creating a Mandala Practice

Mandala practices move you through the the space and around your mat so that your poses face all directions. This can add interest to the class and improve students' proprioception while challenging the body in new ways.

Note: Pivoting is fun to do but requires awareness on your part so that you can cue students to lift their heel, change directions and set the heel down to avoid injuring their knees.

Simple Mandala Flow

Mountain Pose >> Forward Fold >> Half Lift >> Forward Fold >> Lunge on the Right >> Pivot to right so you face the long edge of the mat >> Wide-Legged Forward Fold >> Pivot to the right again >> Lunge on the Right >> Pivot to the right >> Wide -Legged Forward Fold OR Skandasana >> Pivot to the Right >> Lunge Right >> Forward Fold >> Mountain Pose

Repeat on the second side.

Transitioning by Hopping Forward + Back

- Hopping forward and back can be fun for more advanced students.
- When cueing students in larger bodies, offer the option to hop the feet wider apart to make room for the middle body.
- Allow students to skip hopping and simply step forward or walk their hands to their feet if they choose.

Putting It Together

Get on your mat and play with transitions. Be playful with it. Avoid the traditional transitions or the ways you normally move from pose to pose. What can you come up with? Write it down and share it with us in the Facebook group if you like.

Things to Remember

- Working around the mat using full pivots improve proprioception.
- Walking hands to feet or walking hands out from feet builds upper body strength.
- Get on your mat and run your body through your sequence. Consider making a video of it for a perspective of how you're moving and cueing students.

Notes

LESSON 6

Hands-Free Vinyasa

People like the option of not putting weight in their hands.

Thinking Outside the Box When It Comes to Vinyasa

- Most vinyasa classes center on moving up and down from the floor and require putting weight in the hands.
- "Handless" vinyasa sequences are my most highly requested flows. Learning to teach vinyasa that does not require weight in the hands will set you apart from other teachers in your area.
- Use traditional poses as inspiration.
- Dare to be a yoga disruptor—let go of the idea of there being a "right" shape for a pose and explore how the pose can be adapted to work for different levels of ability and mobility.
- Ask yourself, "How can you break down traditional poses so that they are more accessible?"
- Ask yourself, "What is the purpose of this pose?" and use the answer to guide you in choosing alternatives or variations.

Creating Themes for Your Classes

What are your 2-3 themes for the following types of classes?

- Standing Classes
  -
  -
  -
- Gentle Classes
  -
  -
  -
- Seated Floor Classes
  -
  -
  -
- Seated Chair Classes
  -
  -
  -

LESSON 6: HANDS-FREE VINYASA

Moving in an Embodied Way

- Yoga is not all or nothing.
- Let students take the pose variation that feels most embodied and supported to them.
  - Mountain Pose with feet together
  - Mountain Pose with big toes touching, heels wide
  - Mountain Pose with two fist widths between the feet
- Ask your students to notice what feels right to them and adapt the pose based on that.

Sequencing a Hands-Free Vinyasa Class

- A hands-free vinyasa sequence skips Chaturanga, Plank, Down Dog and Table Pose and focuses on flowing between standing poses.
- There are no hard, set rules to sequencing or direction on the mat.
- Consider using a wall or chair as a substitute for the ground if students are not able to fold forward or move forward in space.
- It's okay to repeat poses during a class. Simply link them together differently for variety. Consider these two sequences using the same poses:

  Mountain Pose >> Side Bend R/L >> Forward Fold with Arm Circle >> Chair Pose >> Mountain >> High Lunge on the Right >> Open Chain Twist >> Closed Chain Twist >> Mountain >> Standing Balance >> Mountain >> High Lunge on the Left >> Open Chain Twist >> Closed Chain Twist >> Mountain >> Chair Pose >> Forward Fold with Arm Circles >> Mountain >> Side Bend L/R >> Mountain

  OR

  Mountain Pose >> Side Bend R/L >> Forward Fold with Arm Circle >> Chair Pose >> Mountain >> High Lunge on the Right >> Open Chain Twist >> Mountain >> Side Bend R/L >> Forward Fold with Arm Circle >> Chair Pose >> Mountain >> High Lunge on the Left >> Open Chain Twist >> Mountain >> High Lunge >> Closed Chain Twist >> Standing Balance

- Create a base sequence and then ask yourself:
  - How can I change the sequence by pivoting to face a new direction here?
  - How can I change the sequence by stepping back instead of forward or vice versa?
- Group poses by their directionality (e.g. all front-facing poses together, all lateral poses together, etc.) to make the sequence more accessible.
- Move from direction to direction for more challenge
  Slow down. Let people experience the poses and embody them when you can, especially for accessible classes.

Putting It All Together

- Brainstorm as many poses and movements that move in the frontal (forward facing poses) and lateral planes.
- Link them into a fully-standing vinyasa flow.
  - 20-minute warmup
  - 20-minute sequence
  - 20-minute seated/supine practice
- Bonus: Film your sequence and share it in the Facebook group so we can get inspiration from each other.

Brainstorm Poses by Plane

Frontal / Front-Facing Plane Poses & Movements

Lateral Plane Poses & Movements

Class Planning Template

Class Name: Length:

Inspiration: Theme, Anecdotes, Muscle Groups, Quote	
Grounding / Centering	
Sequence of Poses	Variations

Things to Remember

- Yoga isn't all or nothing. It's all or something.
- Hands-free vinyasa omits any pose that puts weight into the hands.
- Poses in the same plane can be easily linked together. Move between planes for more challenge.

Notes

LESSON 7

Sequencing in a Chair for Low Mobility

Start with what people CAN do.
A little bit of movement can have a lot of impact.

Props You Will Need for This Lesson

- Sturdy chair placed on your yoga mat
- 2 blocks
- Bolster
- Strap
- Blanket

Setting Up to Practice Yoga From a Chair

- If your:
  - Chair seat slopes down toward the back of the chair, place a blanket on the seat to level out the slope.
  - Chair seat is hard, add a blanket to the seat for some cushion.
  - Feet do not fully engage with the floor from toes to heels, place a bolster or blocks under your feet. This will help you feel more grounded.
- Start with what students CAN move.
- Move with simple movements.
- Grow into more complex movements when appropriate.
- Let go of the singular idea of what a pose looks like. Modern postural yoga is adapting and evolving to include as many people as possible.

Who is Chair Yoga For?

- People who use a wheelchair to move through the world.
- People who do not have use of their legs during a practice.
- People who cannot stand for long periods of time.
- People who have balance issues and could use a bit more support in their practice.

LESSON 7: SEQUENCING IN A CHAIR FOR LOW MOBILITY

Kinds of Chair Yoga

- Active chair yoga where the student may stand and use the chair is a prop for balance. Can be quite vigorous or not.
- Fully-seated chair yoga where the student stays seated in the chair throughout the practice.

Fully-Seated Chair Yoga Practice

- Foundational parts of the body in chair yoga:
  - Feet
  - Bottom
  - Back against the back of the chair
- Root down into the foundational parts of your body.
- A block between the thighs secured by a strap around the legs provides additional support and stability in the poses.
- Begin warming up the mobile parts of the body that are not part of your stable base.
- Start with simple movements that emphasize what your students can do and grow the movements from there.
- Focus on making the movement experience enjoyable. The poses might look different than traditional yoga poses and that is okay!

Putting It All Together

- Brainstorm poses that you can do in a fully-supported chair yoga practice.
- Get a chair and explore movement from a seated position.
- Try strapping your legs with a block and strap for stability.
- Create a fully-seated chair yoga practice.
- Bonus: Film your practice and share it in the Facebook group.

Brainstorm Fully Seated Poses & Movements

Seated Poses and Dynamic Movements

Class Planning Template

Class Name: Length:

Inspiration: Theme, Anecdotes, Muscle Groups, Quote	
Grounding / Centering	
Sequence of Poses	Variations

Things to Remember

- Focus on what your students CAN do.
- Start with simple movements. Grow the movements and poses when appropriate.
- Get playful. This is about creating a joyful experience!
- Use props to support the body in the poses.

Notes

LESSON 8

Sequencing in a Chair for More Mobility

Chair yoga can be dynamic.

Props You Will Need for This Lesson

- Sturdy chair placed on your yoga mat
- 2 blocks
- Bolster
- Strap
- Blanket

Active Chair Yoga

- There's no one way to teach a chair yoga class.
- Base your sequence on the goals of your chair yoga students.
- Use a chair or bench to:
  - Support the weight of the body as a seat.
  - Support for balance in standing postures.
  - The seat of the chair could substitute for a block, raising the floor even more.
  - Support the arms or legs with the back of the chair.
- Combine the chair with other yoga props to fully customize each pose.
- Consider all of the poses in each plane of movement and how you can move from one to another while using the chair.

Putting It All Together

- Brainstorm poses that can be done in an active chair sequence.
- Get in a chair and play with linking poses together. Have fun with it!
- Create a full sequence for an active chair practice.
- Try to move around the chair in all directions.
- Bonus: Film your practice and post it in the Facebook group.

Brainstorm Poses for Active Chair Yoga

Poses For Active Chair Yoga

Class Planning Template

Class Name: Length:

Inspiration: Theme, Anecdotes, Muscle Groups, Quote	
Grounding / Centering	
Sequence of Poses	Variations

Things to Remember

- Not all chair yoga is passive. Chair yoga can be an active, vibrant practice.
- Use the chair as a place to sit but also as a prop to support standing and balance poses.
- Get playful. Yoga can adapt to fit the student and the props at hand.

Notes

LESSON 9

Accessible Sequencing at the Wall

Let your imagination go wild.

Creating an Accessible Yoga Sequence at the Wall

- You will need an open wall for this lesson.
- In yoga, use the wall:
  - To create connection.
  - As support.
  - For balance and stability.
  - As an anchor.
  - As a replacement for the floor.
- Standing, balance, seated, prone and reclined poses can all be done with the support of a wall.
- Vinyasa can also be done at the wall!
- When your back is to the wall, all poses need to move forward away from the fixed point behind you.
- Start with basic poses and movements and grow as appropriate.
- What types of poses work at the wall?
- How can props support a student's practice at the wall?
- Ask yourself, "What would happen if I...?"

Putting It All Together

- Brainstorm poses that can be done at the wall in an accessible sequence.
- Get on your mat and play with poses that use the wall.
- Create a full flow for an accessible wall-based class.
- Bonus: Film your practice and post it in the Facebook group.

Brainstorm Poses for Yoga at the Wall

Poses That Can Be Done at the Wall

Class Planning Template

Class Name: Length:

Inspiration: Theme, Anecdotes, Muscle Groups, Quote	
Grounding / Centering	
Sequence of Poses	Variations

Things to Remember

- Being close to a wall can help students feel more grounded and secure.
- Standing, balance, seated, prone and reclining poses can be done at the wall.
- Get on your mat and be playful. Try poses in different ways to see how they feel in your body.

Notes

LESSON 10

Advanced Sequencing at the Wall

Get ready to fly.

Creating an Advanced Yoga Sequence at the Wall

- You will need an open wall for this lesson.
- Blocks, a blanket and a bolster might be helpful.
- In a more advanced yoga practice, use the wall:
  - To create connection.
  - As support.
  - For balance and stability.
- Most advanced postures that can be done at the wall are arm balances.
  - L at the Wall
  - Kicking Up Into Handstand
  - Handstand
  - Crow Pose
  - Flying Pigeon
  - Flying Splits
  - Headstand
- Work up to doing arm balances slowly to build upper body strength.
- Consider making any class with arm balances a slower, workshop style to give students the opportunity to play with being upside down in a safe way.

Putting It All Together

- Brainstorm poses that can be done at the wall in an advanced sequence.
- Get on your mat and play with arm balances that use the wall, if they are part of your practice.
- Figure out how you could incorporate arm balances at the wall into a sequence.

Things to Remember

- Most advanced poses done at the wall are arm balances.
- Build up to arm balances slowly and progressively.
- Use props as needed.
- Give students time to experience being upside down by slowing class down.

Notes

LESSON 11

High Intensity Interval Training (HIIT) Yoga Sequencing

Yoga is more than asana practice.

What is High Intensity Interval Training (HIIT) Yoga?

- Incorporates modern postural yoga shapes with more traditional strength and conditioning training exercises.
- Elevates your heart rate.
- Improves cardiovascular fitness.
- Activates the short twitch muscles.
- Consider offering high intensity movements in low impact ways.
- Continue to ask students to focus on breathing in a way that feels supportive to them.

How to Sequence a HIIT Yoga Class

- The whole HIIT sequence takes 15-20 minutes.
- Keep sequencing simple.
- Include a breath practice to create body awareness.
- Start with sun salutations to warm up.
- Pick three high intensity exercises that you will do for one minute in between sections of vinyasa flow
    - Hop switches/Step switches
    - Jog in place
    - Jumping Jacks
- Formula: 5 min. flow >> 60 sec. HIIT >> 5 min. flow >> 60 sec. HIIT >> 5 min. flow >> 60 sec. HIIT >> Supine poses >> Cool down >> Savasana

Putting It All Together

- Put together a 15-minute HIIT Yoga class including a grounding and savasana.
- Share the sequence in the Facebook group.
- Bonus: Create a more accessible HIIT yoga sequence.

Things to Remember

- Modern yoga is constantly evolving.
- A HIIT yoga sequence is 15-20 minutes in length. Duration is offset by intensity.
- Combine vinyasa flow with intervals of high intensity exercises.
- Book end the 15-20 HIIT practice with grounding, breath work and savasana.

Notes