

# Engagement Phase

- 15-30 minutes
- Utilizes warming phase foundation to further build and sustain warmth
- Complementary sequencing of poses\* to develop functional ROM and/or strength/stamina/stabilization further
- Integration of skills and patterns from W&A phase
- Awareness of fatigue and stimulation thresholds\* (resting poses and release transitions\*?)
- Goal pose(s) is ideally positioned in this phase along with poses that go into deeper/more extensive ROM and force loading
- Layering through the advancement in postures\* exploring variability options for depth, intensity, and structure

# Engagement Phase Reminders

- Follow general counter pose principles (but remember to assess how/if the spine is moving in relationship to the hips and do we need to counterpose the pelvis/hips opposite to the spine?)
- Place deep stretching poses of joints/muscle groups that will be vigorously loaded AFTER the loading poses (deep stretching can reduce maximal force output of muscles)
- Following large/deep backbends, neutralize the spine and/or proceed with a mild forward bend and/or twist (attention to hyper-mobilization)
- Avoid moving joints into maximum ROM and with significant load
- Stay attentive to repetitive loading of the wrists and shoulders
- Avoid excessive asymmetry in sequencing and apply pelvic stabilization tools (bandhas)
- Take advantage of props and modified transitions to increase accessibility
- Consider students' degree of stretch tolerance ... layer in the depth of stretching postures to control the neural response and to avoid premature firing of muscle spindles
- Recognize how the sequence and how it is delivered accommodates the 3 learning styles (visual, auditory, kinaesthetic)
- When you swap in a modified pose, select an alternative that offers similar benefits to the original pose (reminder your WHY)

# Cooling Phase

- 10-20 minutes
- Transition into grounding, stretching postures
- Ratio of warming to discharging postures decreases - maintain warmth, but keep them subtle
- Ideal to apply additional guided/directional breathing
- Tidy up 'coverage' of body
- Integrate 'restorative' postures just prior to savasana
- Note passive vs active stretching benefits
- Follow a deep stretch with light counter "contraction"?
- Sustain counterposing principles including inherent "releasing" postures
  
- Integration of vagus nerve activation/resetting - breath pattern ratio / sound
- Integration of cooling pranayam (sitali, alternate nostril breathing, diaphragmatic breathing)

# Savasana

- 5-15 minutes (approx 3-5 min for every 30 minutes of asana)
- Support for knees (beginners / low back pain)
- Supinate / open hands (reduce stimulation) or resource
- Savasana vs another restorative pose?
- Guided relaxation vs self-guided?
- Assisting and direct engagement?

## Final Closing

- Slow exit from savasana / leave in savasana?
- Accessible sitting posture
- Closing mudra (complements theme / intention)