

Sequencing Methodology

General Sequencing Approach

- centering + breath awakening
- warming and assessment phase
- engagement phase
- cooling phase
- pranayama
- savasana
- closing / meditation



Sequencing Considerations

- Style and lineage
- Appropriate level and accessibility
- Setting goals, themes, intentions (sankalpa) or creating a physical/energetic focus in the practice?
- Know demographics and structure practices appropriately as well as retain consistency with studio format
- When piecing asanas together into sequences, consider scale of symmetry, need for rest from repetitive joint loading and maintain basic principles of counterposes and tension balance
- Complexity of flow (choreographed) and orientation
- Integration of “releasing” phases in and around postures
- Circulating through engagement (charge) and release (discharge)
- Proactive planning (sequence list / room setup and space / prop placement / ease of modifying)
- Find your “voice” (pace, level, tone, space)

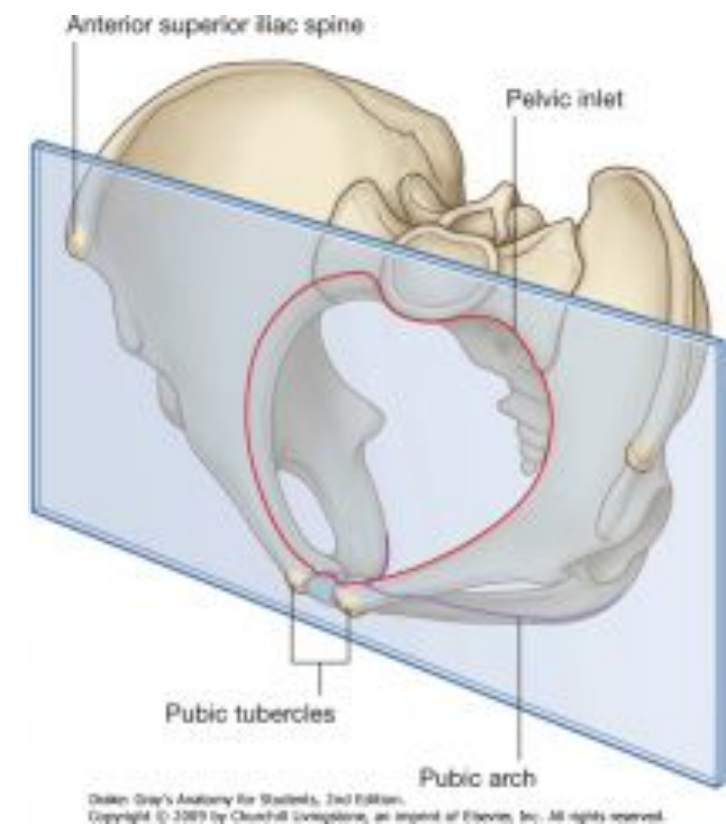
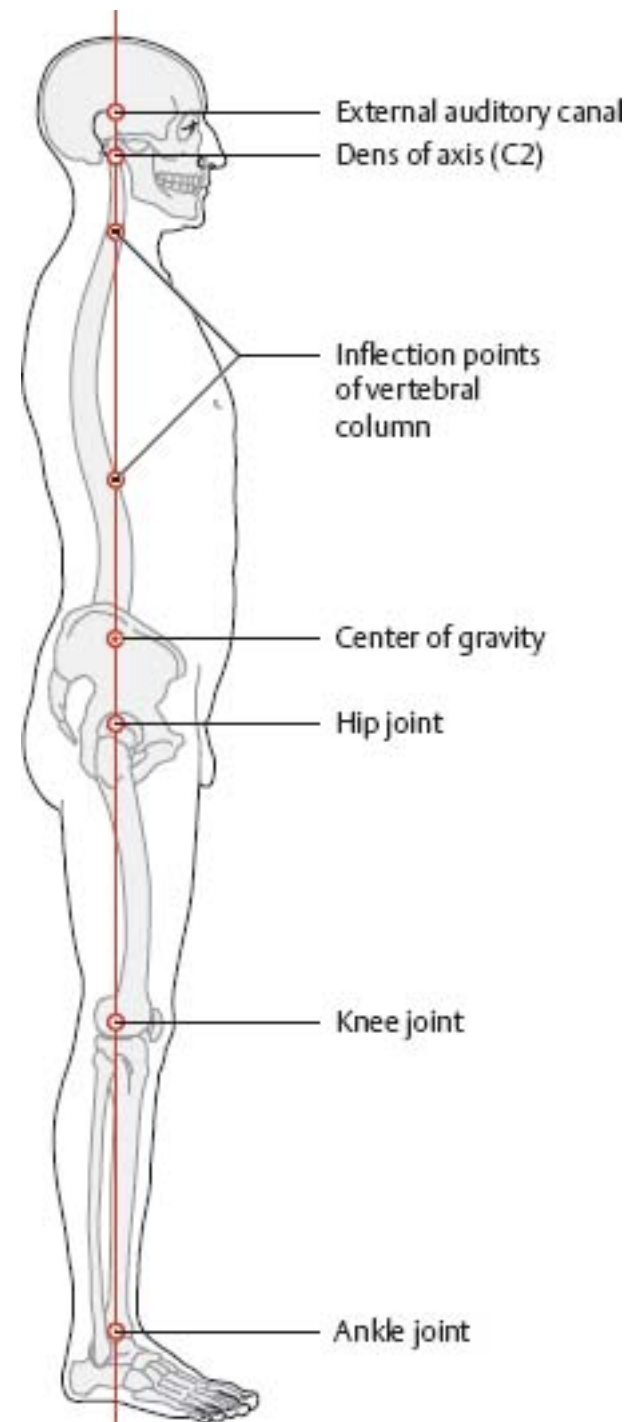
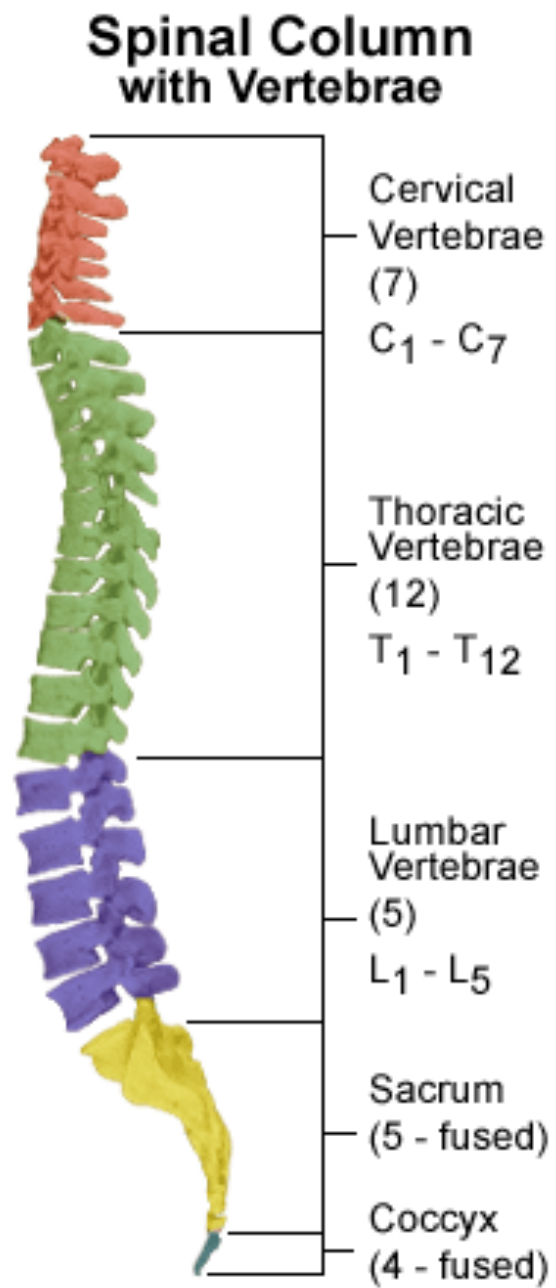
Centering Phase

- 3-10 minutes
- Essential component of 'Hatha Yoga' practices is to establish a holistic wellness 'foundation' and give opportunity to settle into the 4 layers of practice
- Opportunity to explore intention setting (sankalpa) and "relationship"
- Give 'space' for students to find their inner gaze / silence as important as giving cues
- Integration of mudras (?)
- Integration of breath connection and pranayama
- Utilize centering postures that are accessible to group, that complement the energetic tone and that provide a fluid transition

Centering Postures

- Selecting an appropriate posture:
 - Seated postures? Postural balance!
 - Lying supine?
 - Lying prone? Child's Pose?
 - Savasana?
 - Mountain Pose?
- Consider emotional and energetic tone
- Should we always start with stillness?

Balanced versus “Tall”



Centering: 5 Point Check-in

- MIND - thoughts, mental focus, clarity
- BODY - overall sensations including tension
- BREATH - holding, restrictions, pattern, relationship
- EMOTIONS - feelings and their associations
- ENERGY - fatigued or energized

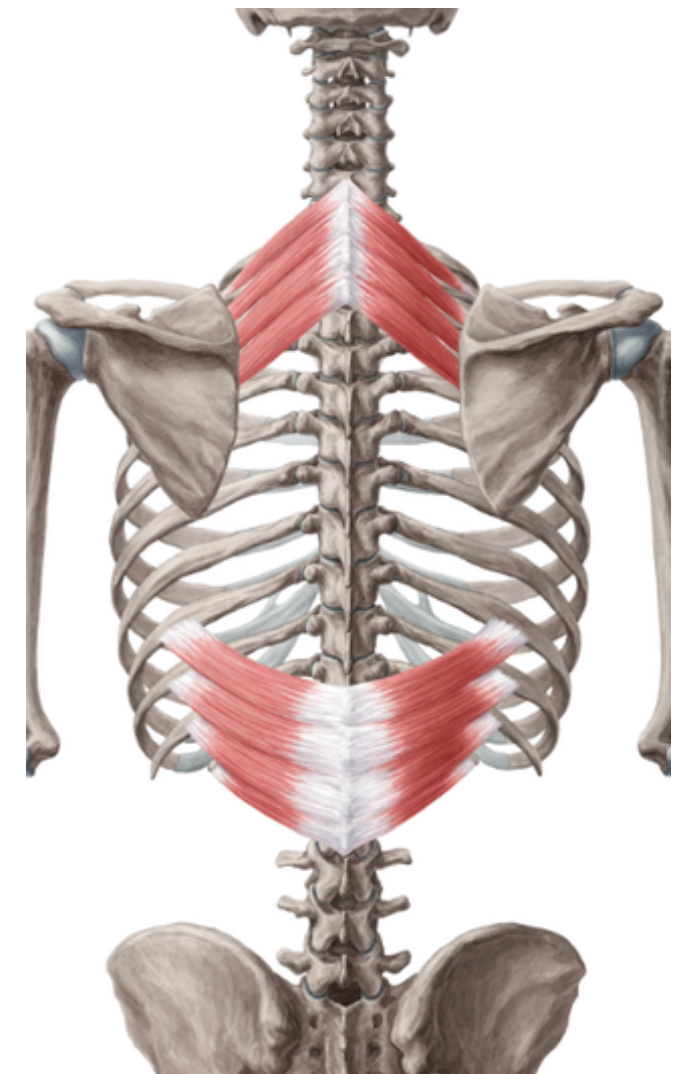
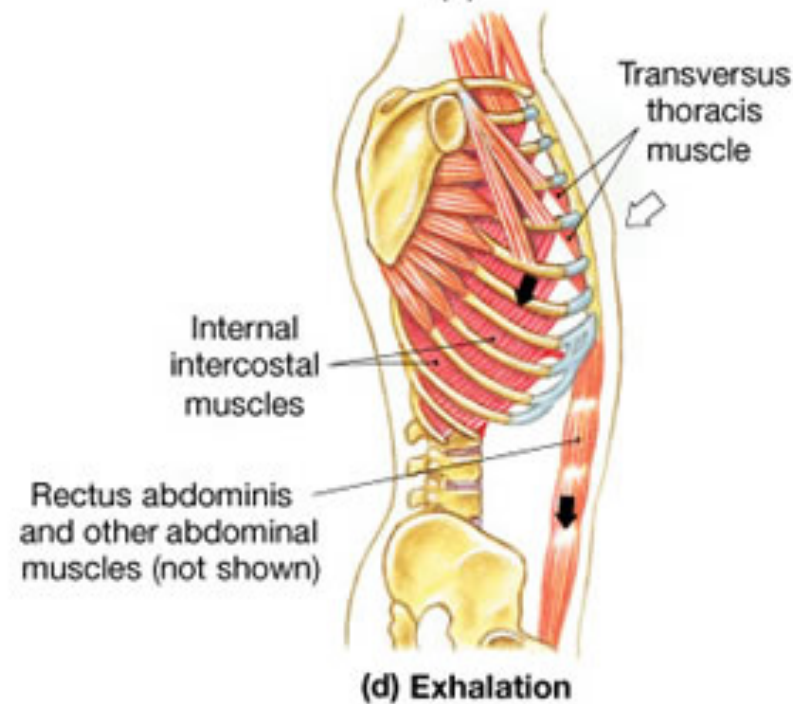
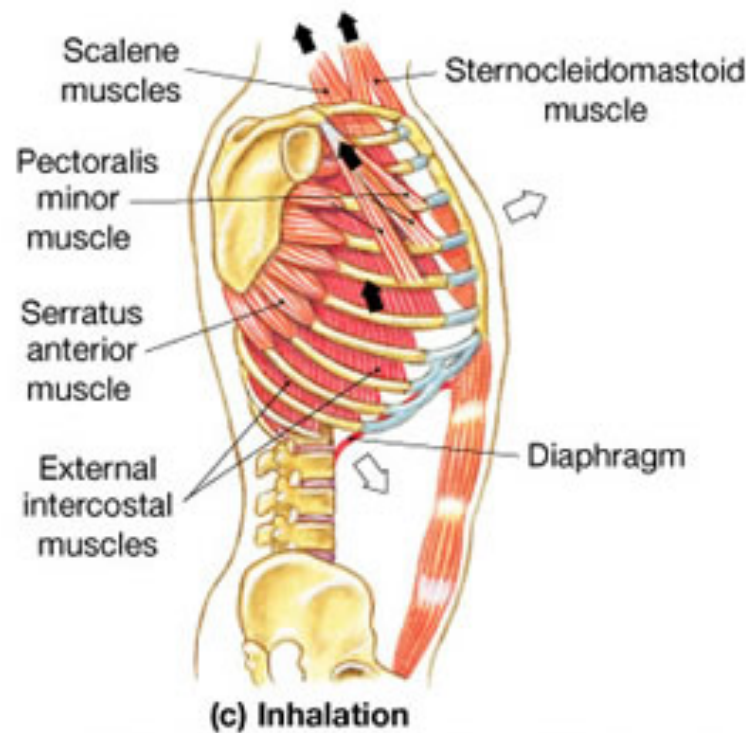
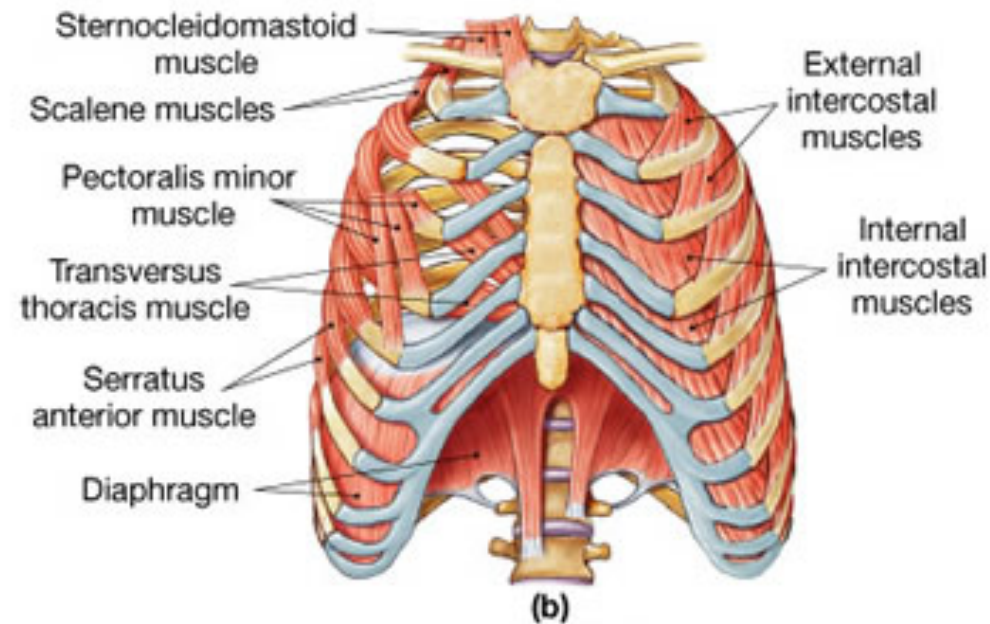
Dual Awareness State

- Interoception - sense of internal state
- Proprioception - sense of body awareness (position, movement and orientation)
- Exteroception - sense external state and stimuli

Breath Connection and Pranayama



Anatomy of Respiration Review



Breath Work and Pranayama

- General breath connection (mechanics, pacing, and pattern)
- Diaphragmatic training
- Costal Breathing / Posterior Thoracic Breathing
- Grounding
 - Dirga breathing (3 part breathing)
 - Vagus nerve activation
 - Alternate Nostril Breathing
 - Bhramari (humming breath)
 - Ujjaiya **
 - Directional breath visualization (body scanning)
- Engaging
 - Kapalabhati
 - Bhastrika (traditional/energizer arm flow/twisting)
 - Agni Sara (Heart of Yoga)

Autonomic Nervous System

Sympathetic Nervous System (activation)

- *move out of homeostasis
- *positive stress versus negative stress

Flight or Fight (survival system)

- *adrenaline / noradrenaline (adrenal glands)

Chronic Low Level Stress

- *cortisol (insulin)
- **slows digestion, turns off digestive enzymes, decreased food movement
- **adrenal and pancreatic fatigue
- **cortisol depresses immune system
- **inflammation pathways activated
- **disrupts sleep, increased fatigue

Autonomic Nervous System

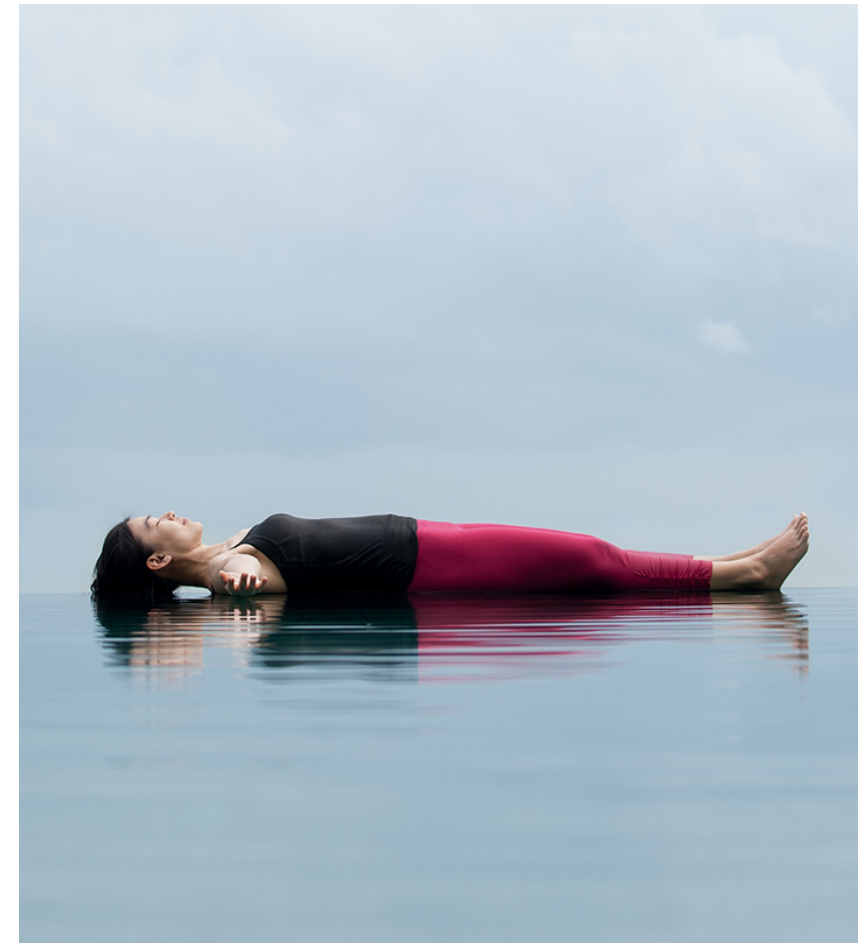
Parasympathetic Nervous System

Ventral Vagal = rest, digestion, recovery, and energy conservation

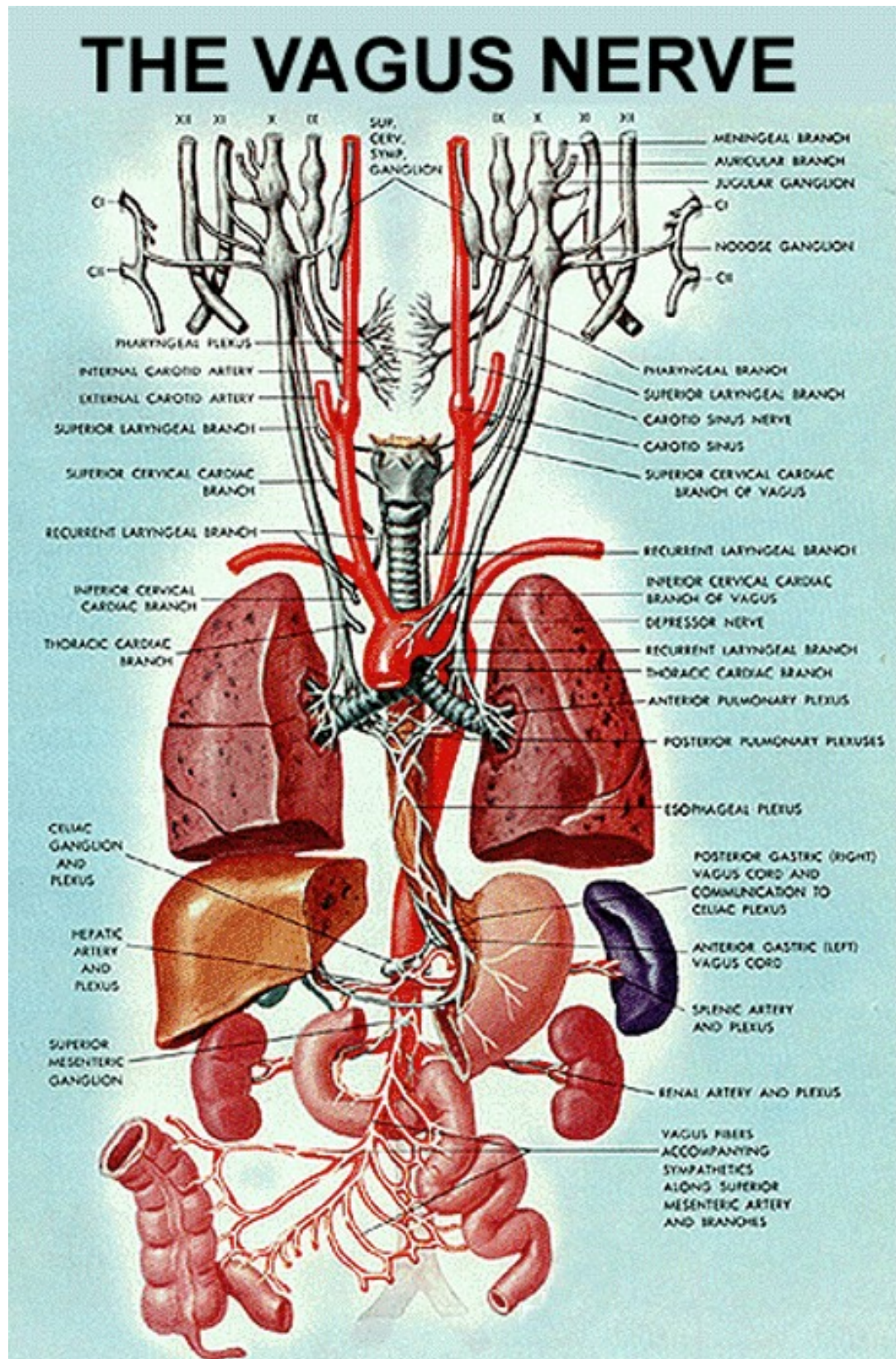
- Fine-tuned, refined brake
- “social nervous system”

Dorsal Vagal = “freeze” response (hard brake)

- *endorphin flood to decrease pain
- *fainting, collapsing, spacing out



PNS and Vagus Nerve



Vagus Nerve

- *primary component of PNS
- *20% fibers send info from brain to organs
- *80% fibers send info from organs to brain
- **how are we feeling? (interoception)
- *suppresses chronic inflammation

Vagal Activation (Breath Patterning)

- *activate SNS: more inhale (charge)
- *activate PNS: longer exhale (discharge)

ANS and Vagus Nerve

Breath Patterning

- Breath - fastest way to regular ANS
- Inhales = stimulation (ie increases HR)
- Exhales = discharging (ie decreases HR)
- Inhales can help pull out of dorsal numbness, but can also trigger trauma/anxiety
- Retentions can be stimulating (connected to trauma?)
- Explore markers of sensation (embodiment / somatic tuning)

Sound and Vagus Nerve

Humming and singing: VN passes by vocal chords and inner ear, so sounds can produce calming effects

- Bhramari Pranayama (bee breath)
 - vibrates eardrum, throat, sternum
 - play with level of tone
 - Om?
- Haakara Pranayama (“haa” sound breath)
 - exhale mouth w/ “haa” sound
 - sensations in roof of mouth?

**The real voyage of discovery
consists not in seeking new
landscapes,
but in having new eyes.**

Marcel Proust

