

# Vinyasa Sequencing

- Vinyasa, is a breath initiated practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us.
- The term Vinyasa is derived from nyasa, meaning “to place,” and vi, meaning “in a special way.” This indicates that we are not “throwing our bodies around” but are bringing consciousness to each movement in each moment.
- **“Transitions”** are what connect one posture to another in Vinyasa. They are the in-between part. What is not always appreciated is that transitions are considered postures themselves.
- A hallmark of Vinyasa Flow classes is the **variation in sequence from class to class.**

# Surya Namaskar A



# Surya Namaskar B



# Vinyasa Sequencing

## **Functional considerations:**

- foundation and experience? use your W&A phase to assess
- establishing stabilization\* and mindful mechanics especially for wrists and shoulder girdle (dissociation techniques)
- pacing principles (including stretch reflex adaptation and momentum)
- remember fatigue thresholds, release/rest phases
- tune into degree of asymmetry in sequences
- strive for functional mobility, not flexibility\* (stretching isn't always the answer)
- are you in a chronic “pushing” phase\*?
- find the “rest” in postures
- skill development\* in transitions (play with repetition?)
- ample cooling phase (and discharging breath work)

## **Modifying vinyasa sequences:**

- increasing accessibility through progression\* while retaining engagement and challenge
- apply “layering” into depth and challenge
- understanding manipulation of lever length changes\*
- modifying traditional posture alignment\* to accommodate structural variability

# Sequencing for Beginners

## **Functional considerations and reminders:**

- breathing mechanics and pacing (watch for apical breathing)
- remove/reduce tension barriers\* from the limbs to establish spinal “quality” (props are your gift)
- remember stretch tolerance will be low especially with fascial integration
- be attentive to fatigue thresholds (note “strength vs endurance”)
- keep sequencing simple and offer repetition of key skills and foundation tools
- avoid changing planes of movement\* in the hip joint when loaded
- provide ample time to explore and digest sensory input (interoception)
- playing through active and passive mobilization (retain “ownership”)
- acknowledge tendencies for overreaction and “bracing”
- retain full body integration and attention (global proprioception and interoception)
- it is about the quality within the journey - not the end result
- address types of sensation (tension / compression / blood flow / nerve impingement)
- risk to benefit ratio ... step up for success and maximum accessibility

## **Keep in mind:**

- degree of esoteric content / make the experience feel relevant and support mysticism with science
- remember 3 learning styles / be prepared to move
- positive sensory feedback!
- acknowledge body variability, differences in experience (and sensation) ... permission-based practices that carry into your vocabulary
- simplify language (sanskrit and anatomy ... TRANSLATE) and limit overall input overload