

## Hatha Yoga Methodology Checklist

### Centering

- Is centering posture accessible, appropriate, and have natural transition to first pose?
- Do I need to prepare modifications for this posture?

### Warming & Assessment

- What postures provide some aspect of assessing and preparing especially for upcoming engagement/goal poses?
- Are mobilizing poses 'light' in requiring ROM?
- Are rest breaks for wrists provided? Am I repetitively loading the wrists?
- Are resting poses and/or 'releasing' poses integrated?
- Can I pre-plan options for transitions and poses to make more accessible? How can I use blocks and other props? Should I include blankets and other cushioning under knees (have this placed in advance)?

### Engagement

- Are rest breaks for wrists provided? Am I repetitively loading the wrists?
- Are resting poses and/or 'releasing' poses integrated?
- Can I pre-plan options for transitions and poses to make more accessible? How can I use blocks and other props? Should I include blankets and other cushioning under knees (have this placed in advance)?
- Have I sufficiently integrated preparation poses for the goal pose and other poses requiring extra strength, stabilization, and/or flexibility? How have I layered in depth into my more challenging postures and goal pose(s)?

### Cooling

- What motions of the spine or hip need to be tidied up? Any range of motions missing or need balancing out especially quadriceps release?
- Do I have time to include more stretches of the shoulders and neck?

### Savasana/Closing

- What type of savasana should I provide (silent or guided)?
- Will I offer assists in savasana?
- Is closing posture accessible and appropriate?

### Final Checklist:

- Can you easily swap out any pose while keeping flow intact and maintain overall flow balance?
- Have you covered all range of motions of the spine (flexion, extension, lateral flexion, and rotation)? Have you covered these motions evenly (avoiding excessive repetition in one motion over multiple poses)?
- Have you covered/stretched all range of motions of the hips (hip flexors, hip extensors, groin, lateral hip)?
- Have I anticipated placement and movement of props to provide a more fluid experience from posture to posture?
- Am I deeply stretching muscles prior to requiring significant loading? Should I move this stretch after all required loading of those joints is complete?
- Can I clearly present the reasoning and WHY behind each posture and transition?