



## **Sequence of Yoga Class**

## **STEP 1: CENTERING**

In Centering, by guiding you to connect to your breath, I bring you into the present moment. Whether you're in easy-sitting or child's pose, this time is designed to slow you down.

The deceleration allows you to transition from the busy outside world to listen into the needs of your mind and body. Only then are you ready to proceed to the asana portion of your practice.

## **STEP 2: WARM UP**

The second stage in a yoga-asana class helps to warm up and prepare the participants. This is where I first introduce postures and movement.

I choose poses that are simple but will connect or relate to more challenging ones or deeper stretches later on in the practice.

## **STEP 3: WORKING**

After the warm up, participants are ready for the more challenging portion of their asana-practice.

This doesn't necessarily mean hard, crazy, or fast-moving postures because even gentle classes have a "working" section.

## **STEP 4: FLOOR WORK / DEEP STRETCH**

Each step builds from the previous stage and proceeds logically to the next one. After the heat-producing working stage, participants are now ready for deeper stretches.

I select two or three postures from earlier in the class and bring them out again, this time holding the pose for a longer time. Participants can then feel the difference in their bodies between the first and second time.

## **STEP 5: COOL DOWN**

After working and deep stretches, your body's heat (and heart rate, circulation, etc.) are elevated. During step 5, the sequence of poses helps "cool down" your body and sends signals to your brain to begin the slow-down process.