

WWW.HIPY.YOGA

PEAK POSE MENTORSHIP

Sequencing with Peak Poses

The most challenging pose of a given yoga class, the peak pose is essentially what your practice prepares you for. It's a structured teaching concept where well thought out poses are sequenced intentionally to prepare students for the most challenging pose of the practice - the peak pose.

Sequencing yoga classes with a peak pose makes the practice more accessible to all student levels with less chance for injury. Your sequencing builds up to a challenging (peak) pose that offers each student a place to feel accomplished.

If it doesn't challenge you, it doesn't change you. There is always a place to go in your practice and in life. We challenge ourselves on our mat to learn how to find acceptance, stillness, and growth. Join me to learn how to embrace this challenge and growth. Then, watch how it unfolds for you with delivering purposeful and powerful yoga classes that will generate a following!



FEATURED POSE

One-Legged King Pigeon

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(Eka Pada Rajakapotasana)

ACCESSIBLE & PREPARATORY POSES

HIPS

- Lizard
- Knee Pile (Cow Face)
- Pigeon (Half & Double)
- One-Legged Chair
- Mermaid
- Hero
- Fish Variations
- Bow Variations
- Camel Variations

HAMSTRINGS

- Locust Variations
- Chair / Fierce
- Standing Split
- Toppling Tree
- Warrior 3 Variations

CORE & SPINE

- Cat/Cow Flow
- Cobra Variations
- Up Dog Variations
- Various Twisting Poses

SHOULDERS

- Cow Face arms
- Cactus Arms
- Hands Bound
- Extended Puppy
- Extended Mountain
- Shoulder Strap

PREPARATION

Write out the preparations to enter this pose:

TRANSITIONS

Write out transitions to and from this pose that will fit well with your students and teaching style:



Peak Pose Mentorship

www.hipy.yoga/mentorship

Available On Demand
CEU Eligible via YA

Up level your yoga classes by sequencing with peak poses

12-WEEK PROGRAM WITH A DIFFERENT PEAK POSE EACH WEEK

PEAK POSE *journey*

- Build Confidence
- Fill your classes
- Elevate your teaching
- Generate more following
- Feel inspired & amazing

JOIN TODAY *make the investment in yourself*

- Virtual Yoga Classes
- Teacher Tutorials
- Teacher Class Plans
- Workshops with Drills & Poses
- Live Q&A sessions

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