

Calm Collective

Teaching Methodologies

Styles, Themes & Sequencing



Class Styles Where do they come from?

Pinpointing the exact "first" styles of yoga can be challenging due to the ancient and diverse nature of yoga's development. However, some of the earliest forms of yoga can be traced back to ancient texts and traditions.



Vedic Texts

The roots of yoga can be found in the Vedas, ancient sacred texts of India dating back to around 1500 BCE.

Practices such as mantra recitation, meditation, and ritualistic ceremonies were integral parts of Vedic culture and can be considered early forms of yoga aimed at spiritual development and connection with the divine.

Pre- Classical Yoga

The period between 500 BCE and 200 CE saw the emergence of early philosophical texts known as the Upanishads. These texts explored concepts such as the nature of the self (atman) and the ultimate reality (Brahman), laying the foundation for later yogic philosophy. Practices such as tapas (austerity), dhyana (meditation), and pranayama (breath control) were prevalent during this period.

Classical Yoga

Classical yoga refers to the yogic practices outlined in ancient texts like the Yoga Sutras of Patanjali. Compiled around 400 CE, the Yoga Sutras provide a comprehensive framework for understanding the nature of yoga and its various paths (such as karma yoga, bhakti yoga, and jnana yoga). Patanjali's eightfold path of yoga (Ashtanga yoga) outlined in the Yoga Sutras includes practices like asana (postures), pranayama (breath control), and dhyana (meditation).

Hatha Yoga

Hatha yoga emerged as a distinct tradition around the 9th century CE with the composition of texts like the Hatha Yoga Pradipika and the Gheranda Samhita. Hatha yoga focuses on physical purification through asanas (postures) and pranayama (breath control) to prepare the body for higher states of consciousness. It lays the groundwork for many modern styles of yoga practiced today.

How do we get to Yoga as we know today?

Yoga offers various paths or approaches to spiritual realisation and self-discovery, each catering to different temperaments, personalities, and goals. These paths, known as yogic paths or margas, provide practitioners with diverse avenues for growth, transformation, and union with the divine. While different paths may emphasise distinct practices and philosophies, they ultimately converge towards the common goal of realising the true nature of the self and achieving liberation (moksha).

01

Jnana Yoga (The Path of Knowledge)

Jnana yoga is the path of wisdom and intellectual inquiry, focusing on discerning the true nature of reality through self-inquiry, self-reflection, and study of scriptures.

Practitioners of Jnana yoga seek to transcend the limitations of the ego and attain self-realisation by realising the underlying unity of the individual soul (Atman) with the universal consciousness (Brahman).

Key practices include introspection, contemplation, philosophical study, and the cultivation of discrimination (viveka) to discern between the real and the unreal.

02

Bhakti Yoga (The Path of Devotion)

Bhakti yoga is the path of love and devotion, emphasising the cultivation of a deep and heartfelt relationship with the divine.

Practitioners of Bhakti yoga express their devotion through various means, such as prayer, chanting, singing devotional songs (kirtan), and participating in religious rituals and ceremonies.

The ultimate aim of Bhakti yoga is to dissolve the ego in the overwhelming love for the divine, experiencing union (yoga) through the surrender of the self to the object of devotion.

03

Karma Yoga (The Path of Selfless Action)

Karma yoga is the path of selfless service and action, emphasising the performance of duties and actions without attachment to the fruits of one's actions.

Practitioners of Karma yoga seek to purify the mind and cultivate detachment by offering their actions as a selfless service to others and to the divine.

Key principles include acting with integrity, performing one's duties with dedication and sincerity, and maintaining an attitude of equanimity towards success and failure.

04

Raja Yoga (The Royal Path/Meditation)

Raja yoga, also known as Ashtanga yoga, is the path of meditation and mental discipline, aiming to control the fluctuations of the mind and attain self-realisation through direct experience.

The practice of Raja yoga involves mastering the eight limbs (Ashtanga) outlined by Patanjali in the Yoga Sutras, which include ethical principles (yamas and niyamas), physical postures (asanas), breath control (pranayama), and meditation (dhyana).

Through systematic practice, practitioners of Raja yoga develop concentration, mindfulness, and inner stillness, ultimately transcending the mind and realising the true nature of the self.

05

Hatha Yoga (The Path of Physical Postures)

Hatha yoga is the path of physical purification and balance, focusing on the practice of asanas (postures) and pranayama (breath control) to prepare the body and mind for meditation.

Hatha yoga seeks to harmonise the dualities of the body and mind, balancing effort and surrender, strength and flexibility, and energy flow (prana) within the body.

While Hatha yoga is often associated with physical practices, it also encompasses broader aspects of yogic philosophy and spiritual growth, leading practitioners towards self-awareness and inner peace.

06

Tantra Yoga (The Path of Energy Cultivation)

Tantra yoga is a path that emphasises the harnessing and sublimation of the body's energies, particularly through practices related to Kundalini awakening.

Tantra yoga views the body as a microcosm of the universe, and through practices such as mantra, visualisation, and specific energy techniques, practitioners seek to awaken and raise the dormant Kundalini energy from the base of the spine to the crown chakra.

By harmonizing and channelling the flow of energy within the body, Tantra yogis aim to transcend dualities, expand consciousness, and achieve union with the divine.

07

Mantra Yoga (The Path of Sacred Sound)

Mantra yoga is the path of sacred sound and vibration. It involves the repetition of sacred sounds, words, or phrases (mantras) as a means of focusing the mind, purifying the consciousness, and attuning oneself to higher states of awareness.

Through the repetition of mantras, practitioners of Mantra yoga cultivate concentration, devotion, and a deep connection with the divine presence embodied in the sacred sounds.

Mantra yoga is believed to have profound transformative effects on the practitioner's consciousness, leading to states of inner peace, clarity, and spiritual awakening.

YOGA

Raja Yoga

The Path of
Meditation

Bhakti Yoga

The Path of
Devotion

Jnana Yoga

The Path of
Knowledge

Karma Yoga

The Path of
Selfless Action

Hatha Yoga

The Path of
Physical Posture

Tantra Yoga

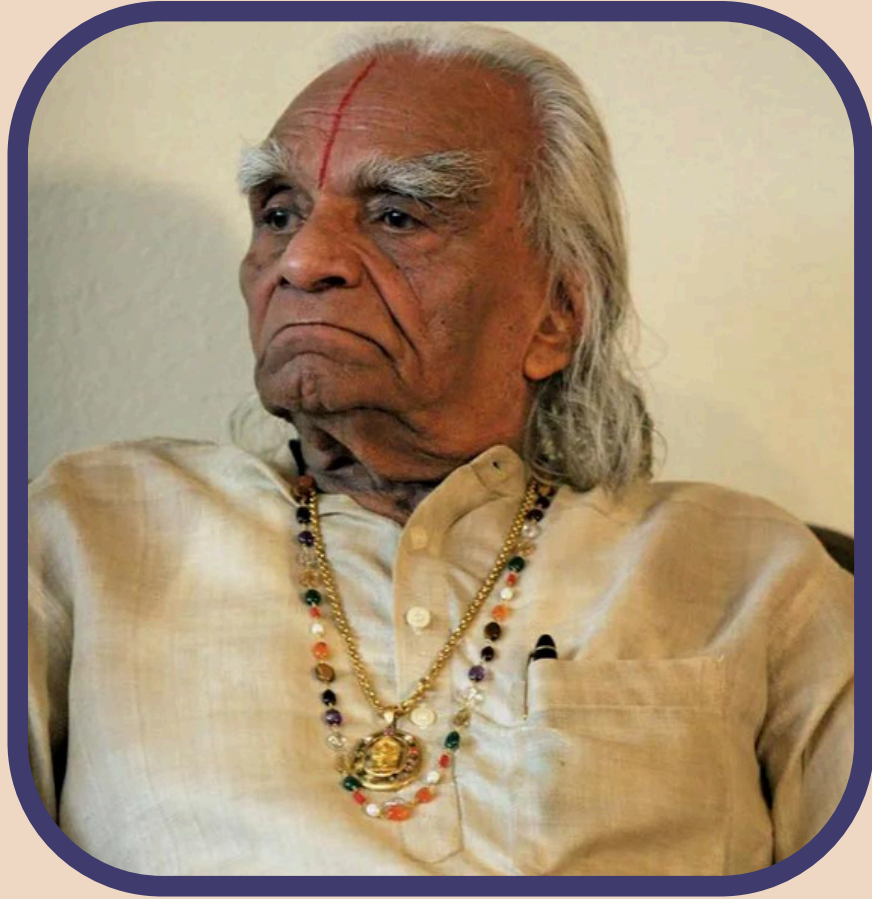
The Path of Energy
Cultivation

Mantra Yoga

The Path of
Sacred Sound

The classical literature on Yoga, the Vedas, mention these 4 paths of Yoga

These, and other types of Yoga, are derived from the first 4 classical paths. These styles would have likely derived to cater to the changing societies over time



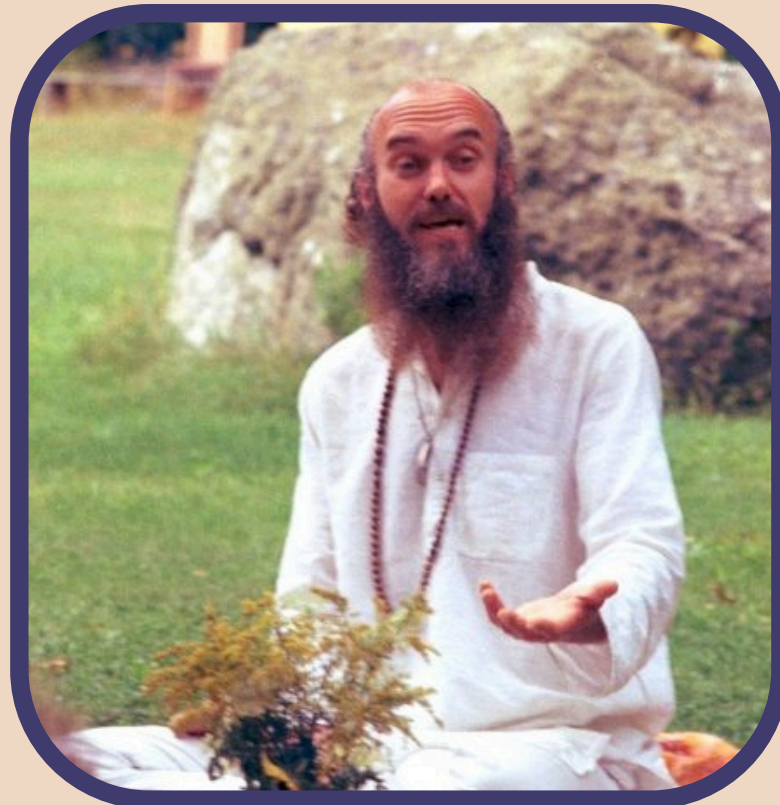
BKS Iyengar



Pattabhi Jois



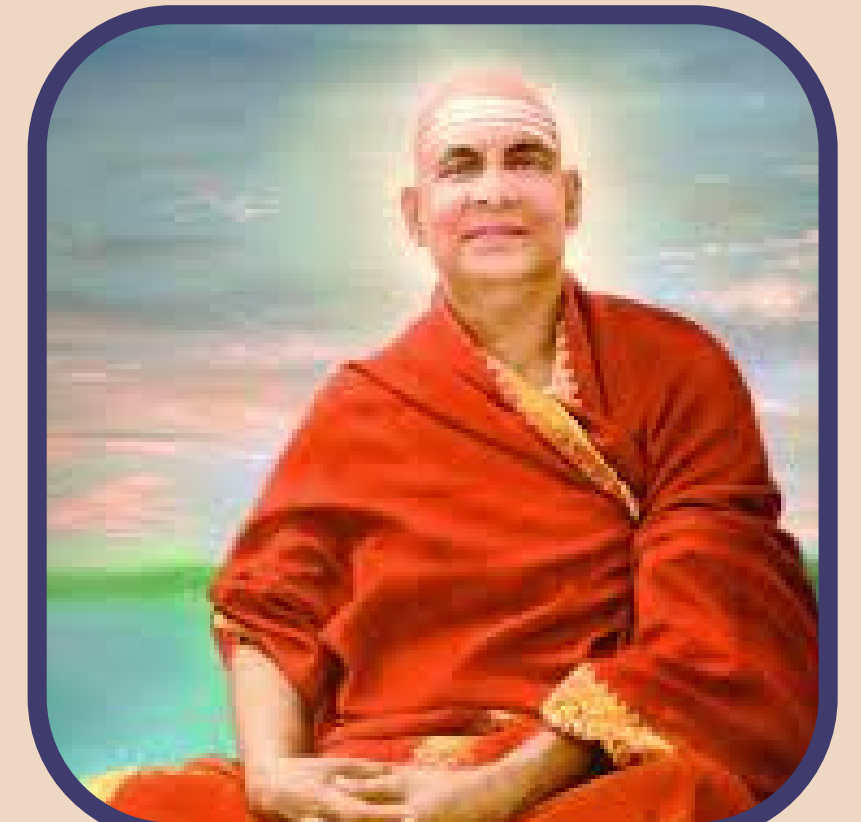
David Swenson



Ram Dass



Paramahansa Yogananda



Swami Sivananda

Yoga Styles Today

Over time, various styles and traditions of yoga have emerged, each influenced by different philosophical, cultural, and historical factors.





Simplifying Styles for Sequencing

Yoga styles can be categorised into three categories based on their predominant characteristics and approach to practice: static, flow, and floor-based yoga. Each category offers distinct benefits and appeals to different preferences and needs of practitioners.

Flow

Flow yoga styles are characterised by a continuous and dynamic sequence of poses linked together by breath and movement. These sequences often involve smooth transitions between poses, creating a flowing and rhythmic practice.

Flow yoga emphasises fluidity, flexibility, and breath awareness. It encourages practitioners to move with grace and ease, syncing movement with breath to cultivate a moving meditation.

Examples of flow yoga styles include Vinyasa yoga, which offers creative and varied sequences with a focus on breath-synchronised movement, and Power yoga, which combines dynamic movement with strength-building poses to create a challenging and invigorating practice.

Static

Static yoga styles focus on holding poses (asanas) for an extended period without continuous movement. These poses are typically held for several breaths or even minutes at a time, allowing practitioners to explore alignment, deepen stretches, and cultivate strength and stability.

Static yoga emphasises stillness, patience, and introspection. It provides an opportunity for practitioners to develop awareness of their body, breath, and mind while holding poses and observing sensations that arise.

Examples of static yoga styles include Hatha Yoga, Iyengar yoga, which emphasises precise alignment and the use of props to support the body in poses, and Yin yoga, which targets the connective tissues through passive, long-held stretches.

Floor

Floor-based yoga styles prioritise poses and practices that are primarily performed on the floor or in a seated or reclined position. These practices often focus on gentle stretches, relaxation, and restoration.

Floor-based yoga is well-suited for practitioners who may have limited mobility or prefer a more grounded and nurturing practice. It offers opportunities for deep relaxation, release of tension, and introspection. Examples of floor-based yoga styles include Restorative yoga, which utilises props to support the body in restful poses for extended periods, and Yoga Nidra, a guided meditation practice performed in a reclined position to induce deep relaxation and mental clarity.

Class Components

Centering/Opening/Theme

Pranayama

Warm-up

Asana Practice/Peak Pose

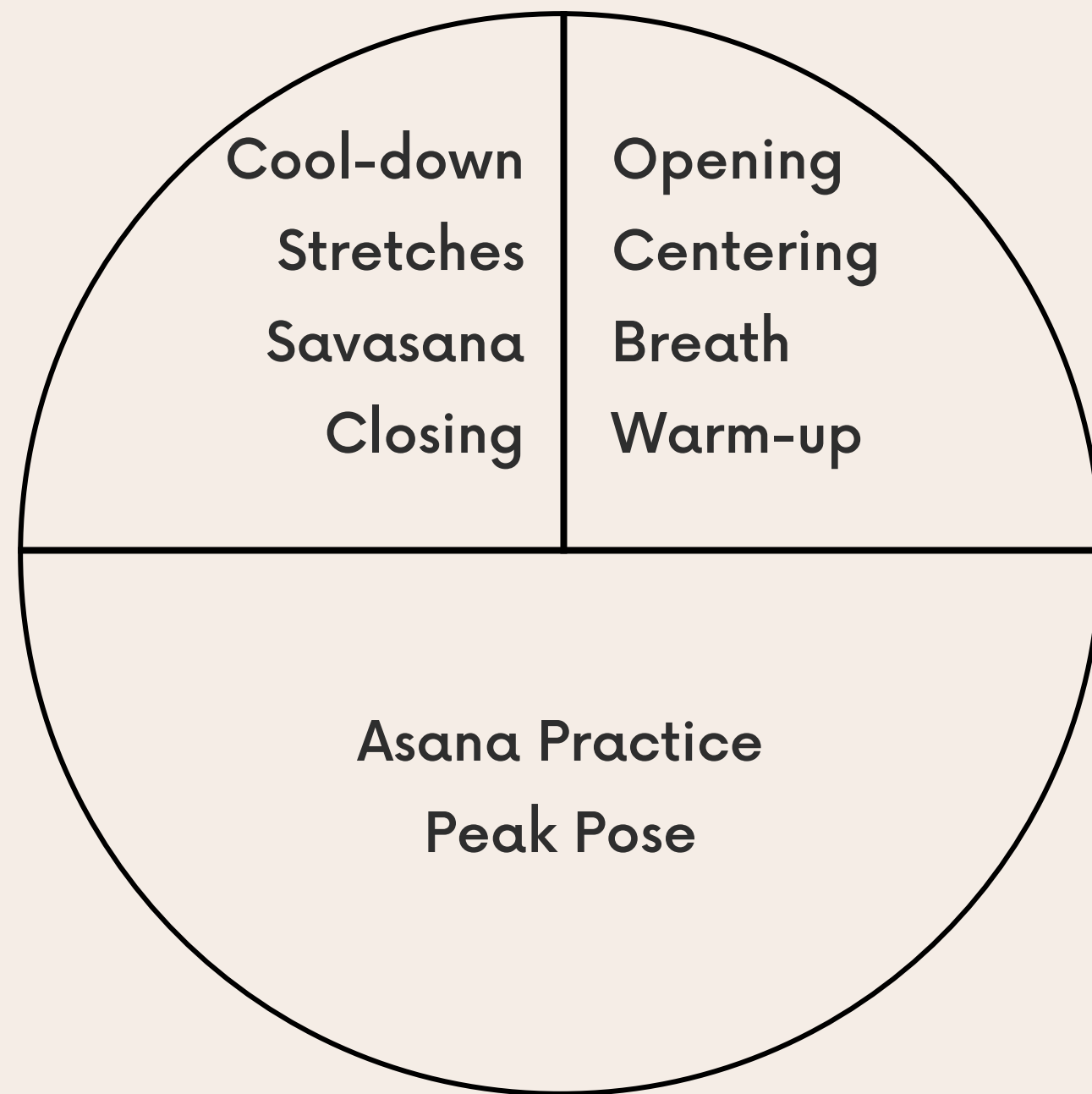
Cool-down/Stretches

Final Relaxation/Savasana

Closing/Sealing the Practice



Sequencing & Timings



**45
min**

Reduce grounding & centering
Ensure time for Savasana - ALWAYS!

**75
min**

Increase pranayama time
Extended Savasana
Add more restorative/longer held poses

**90
min**

Increase grounding & closing
Pace Asana well - don't let them fatigue
Extra stretch time
Longer Savasana

Music

Music serves as a powerful tool for enhancing the practice, creating ambiance, and guiding practitioners on a journey of movement, breath, and self-discovery. Whether accompanied by soothing melodies or rhythmic beats, music has the ability to evoke emotions, deepen relaxation, and elevate the overall experience of the practice.

Music with Lyrics: Meaningful lyrics can inspire movement and self-expression on the mat, guiding practitioners to move with intention and authenticity. Lyrics can convey messages of peace, empowerment, or unity that enhance the overall experience. However Lyrics may distract practitioners from their breath and movement, drawing their focus away from the present moment. Also, individual tastes in music vary, and lyrics that resonate with some may not resonate with others, potentially affecting the cohesion of the class.

Music without Lyrics: Instrumental music, such as classical, ambient, or nature sounds, can create a serene and tranquil ambiance in the yoga class. Without lyrics, the focus shifts to the melodies, rhythms, and textures of the music, inviting practitioners to immerse themselves fully in the present moment and the sensations of their practice. The absence of lyrics allows practitioners to turn their attention inward, tuning into the sensations of the body, the fluctuations of the mind, and the spaciousness of awareness. However, instrumental music, especially if repetitive or monotonous, may fail to engage practitioners fully, leading to disinterest or boredom.



Peak Poses

Peak poses in yoga refer to the pinnacle or climax of a yoga sequence, often characterised by a challenging or posture that requires strength, flexibility, and focus. These poses are typically sequenced towards the latter part of the practice, after the body has been adequately warmed up and prepared.

Physical Challenge: Peak poses offer students the opportunity to challenge themselves physically, pushing beyond their comfort zones and exploring the edges of their capabilities. These poses often require a combination of strength, flexibility, balance, and concentration, providing a platform for growth and development in the practice.

Personal Growth: Achieving a peak pose can be a transformative experience, both physically and mentally. As students work towards mastering these challenging postures, they develop resilience, determination, and self-confidence, building a sense of accomplishment and empowerment that transcends the boundaries of the mat.

Integration and Balance: Peak poses serve as focal points around which the rest of the practice revolves, providing a sense of cohesion and balance to the sequence. By intelligently sequencing leading up to and away from the peak pose, teachers create a journey that prepares the body, mind, and spirit for the challenge ahead and allows for integration and reflection afterwards.

Counter Poses

In the practice of yoga, counterposes play a vital role in maintaining equilibrium and harmony within the body and mind. A counterpose, also known as a "counter stretch" or "rebalancing pose," is a posture that serves to neutralise the effects of a preceding pose, restoring balance to the body's musculoskeletal system and energetic pathways.

Balancing the Body: During a yoga practice, certain poses may create asymmetries or imbalances within the body. For example, backbends can compress the spine, while forward folds can stretch and lengthen the back muscles. Counterposes help to counteract these effects by providing an opposing movement or stretch that restores equilibrium to the body. By incorporating counterposes, practitioners can mitigate the risk of overuse injuries and ensure that all muscle groups receive equal attention and care.

Releasing Tension and Stagnation: Counterposes offer an opportunity to release tension and stagnation accumulated during the practice. For instance, poses that involve deep hip opening may create tightness or discomfort in the hip flexors or lower back. Counterposes such as gentle twists or supine poses can help release tension in these areas, promoting relaxation and ease in the body.

Energetic Alignment: In addition to their physical benefits, counterposes also help to realign and balance the body's energetic pathways, or "nadis." According to yoga philosophy, the body contains a network of subtle energy channels through which prana (life force) flows. Imbalances or blockages in these channels can lead to physical or emotional discomfort.

Class Themes

As a new yoga teacher, exploring different class themes can add depth and intention to your teaching, creating meaningful experiences for your students. Themes serve as the guiding thread that weaves through the entire class, offering inspiration, focus, and connection.

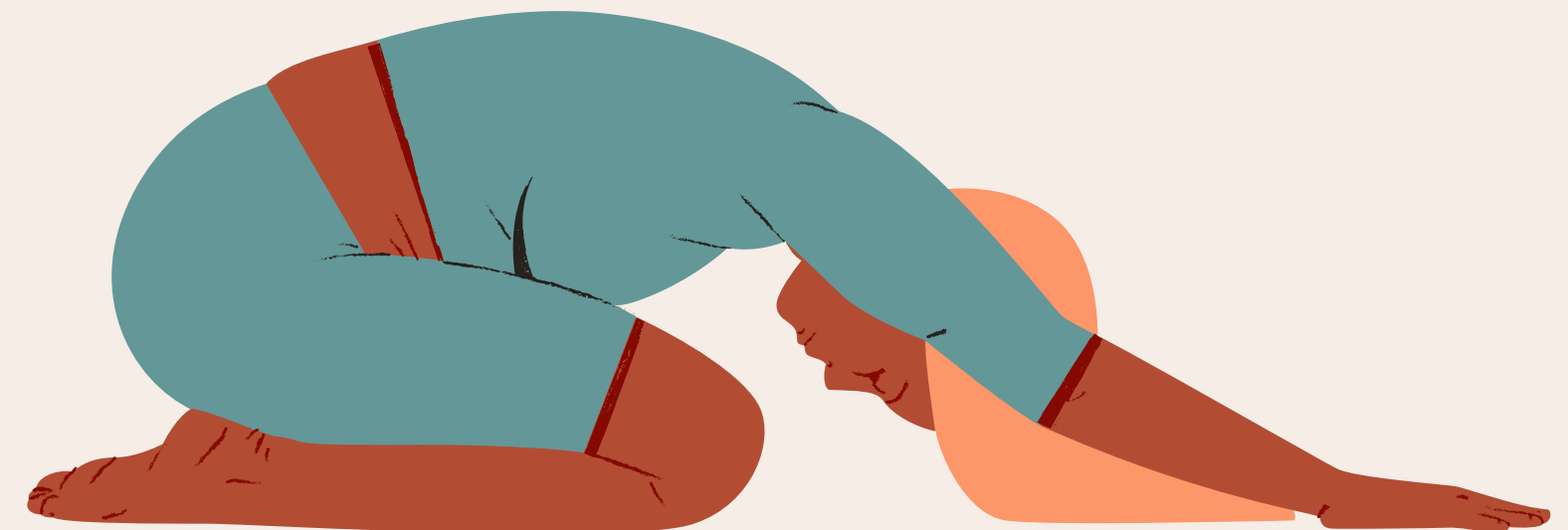
Physical Themes

- Balance and Stability: Poses that cultivate balance and stability, such as Tree Pose (Vrksasana) and Warrior III (Virabhadrasana III). You can explore how finding balance on the mat can translate to balance in life.
- Strength and Empowerment: Sequences focused on building strength and empowerment incorporate challenging poses to encourage students to tap into their inner strength and resilience.
- Flexibility and Surrender: Creating a class centered on opening the body and surrendering to the present moment, including gentle stretches to encourage a sense of release and letting go.
- Twists
- Backbends
- Forward Folds
- Inversions
- Variations of common poses
- Peak poses
- Parts of Body



Emotional & Spiritual Themes

- Heart Opening and Compassion: Crafting a class theme around opening the heart centre and cultivating compassion for oneself and others. Using heart-opening poses (backbends) to evoke feelings of love and connection.
 - Rooting and Grounding: Explore the theme of rooting down to rise up, anchoring into the present moment and finding stability amidst life's challenges. Incorporate grounding poses like Mountain Pose (Tadasana) and Child's Pose (Balasana) to foster a sense of stability and security.
 - Chakra Balancing: Dive into the energetic system of the chakras, exploring how each energy center influences our physical, emotional, and spiritual well-being. Design a sequence that targets specific chakras, such as hip openers for the Sacral Chakra or twists for the Solar Plexus Chakra.
- | | | |
|-------------------|---------------|------------------|
| • Yamas & Niyamas | • Joy | • Transformation |
| • 8 Limbs | • Playfulness | • Acceptance |
| • Self Love | • Resilience | • Renewal/Growth |
| • Release Fear | • Gratitude | |



Readings & Seasonal Themes

- Infuse your class with poetry, readings, or inspirational quotes that resonate with the theme you've chosen. Whether it's a verse from Rumi, a passage from the Bhagavad Gita, or a contemporary poem, these words can spark reflection and deepen the connection to the practice.
- Invite students to contemplate the meaning behind the words and how they relate to their own experiences on and off the mat. Encourage journaling or discussion after the class to further explore the themes introduced.
- Align your classes with the rhythms of nature by theming them around the changing seasons. For example, in the spring, focus on themes of renewal, growth, and rejuvenation, incorporating poses that open the heart and energise the body. In Autumn, explore themes of letting go, releasing what no longer serves, and finding balance, with poses that ground and centre the body.



Intention Setting

An intention is a guiding principle or focus that you consciously cultivate at the beginning of your practice. It serves as a guiding light, directing your energy and attention towards a specific quality, attitude, or outcome that you wish to embody or cultivate on and off the mat. Setting an intention can help align your actions with your deepest values, aspirations, and desires, enhancing the overall meaning and purpose of your practice.

You may offer students the opportunity to set an intention at the beginning of the class.

Setting an intention is important for several reasons:

Clarity and Focus:

By setting an intention, you provide yourself with clarity and direction for your practice, allowing you to focus your energy and attention on what truly matters to you.

Alignment:

An intention helps align your actions, thoughts, and emotions with your deeper intentions and values, fostering greater coherence and integration in your life.

Empowerment:

Setting an intention empowers you to take ownership of your practice and your life, reminding you that you have the power to consciously shape your experience and create positive change.

Mindfulness:

An intention encourages mindfulness and presence, inviting you to stay anchored in the present moment and fully engage with each breath and movement on the mat.

Planning Your Class

Sequencing a yoga class is an art that involves weaving together various components to create a cohesive and balanced experience for your students.

Planning allows you to structure your class effectively, ensuring a balanced sequence of poses and themes.

It helps you manage time efficiently, ensuring that you cover all aspects of the practice within the allotted class duration.



Tips for Effective Sequencing

- Take the time to plan mindfully, incorporating themes and sequences that align with your teaching style and the needs of your students.
- Consider the logical progression of poses, moving from simple to more complex.
- Include counterposes to balance the body and prevent strain or injury.
- Offer modifications and variations to accommodate different levels of experience and ability - be prepared to throw your class plan away at the door if needed!
- Embrace flexibility and spontaneity while remaining grounded in your intentions and objectives for the class.



Sequencing Activity

Calm Collective

Flow

Vinyasa & Beyond



Flow

Flow refers to the seamless and continuous movement between yoga poses, guided by the breath.

In a Vinyasa class, students flow from one pose to the next, maintaining a steady rhythm and connection with their breath throughout the practice.

Flow is not just about physical movement; it's also about the flow of energy, awareness, and intention. As students move through the practice, they cultivate a sense of fluidity and presence, allowing the breath to guide them deeper into each pose and into a state of inner stillness.

Flow encourages students to find a balance between effort and ease, strength and surrender, as they navigate the challenges and opportunities of each pose. It invites them to explore the interconnectedness of body, breath, and mind, leading to a deeper sense of integration and wholeness.

In essence, flow is a metaphor for the continuous flow of life itself, reminding students to embrace the ever-changing nature of their practice and to move with grace and resilience both on and off the mat.

Vinyasa

In Sanskrit, "Vinyasa" means "to place in a special way," reflecting the intentional and mindful sequencing of poses in this practice.

Vinyasa yoga, often referred to simply as "Vinyasa," is a dynamic and fluid style of yoga that synchronises breath with movement. Vinyasa classes typically focus on linking breath with movement to create a continuous flow of poses, cultivating strength, flexibility, and mindfulness.

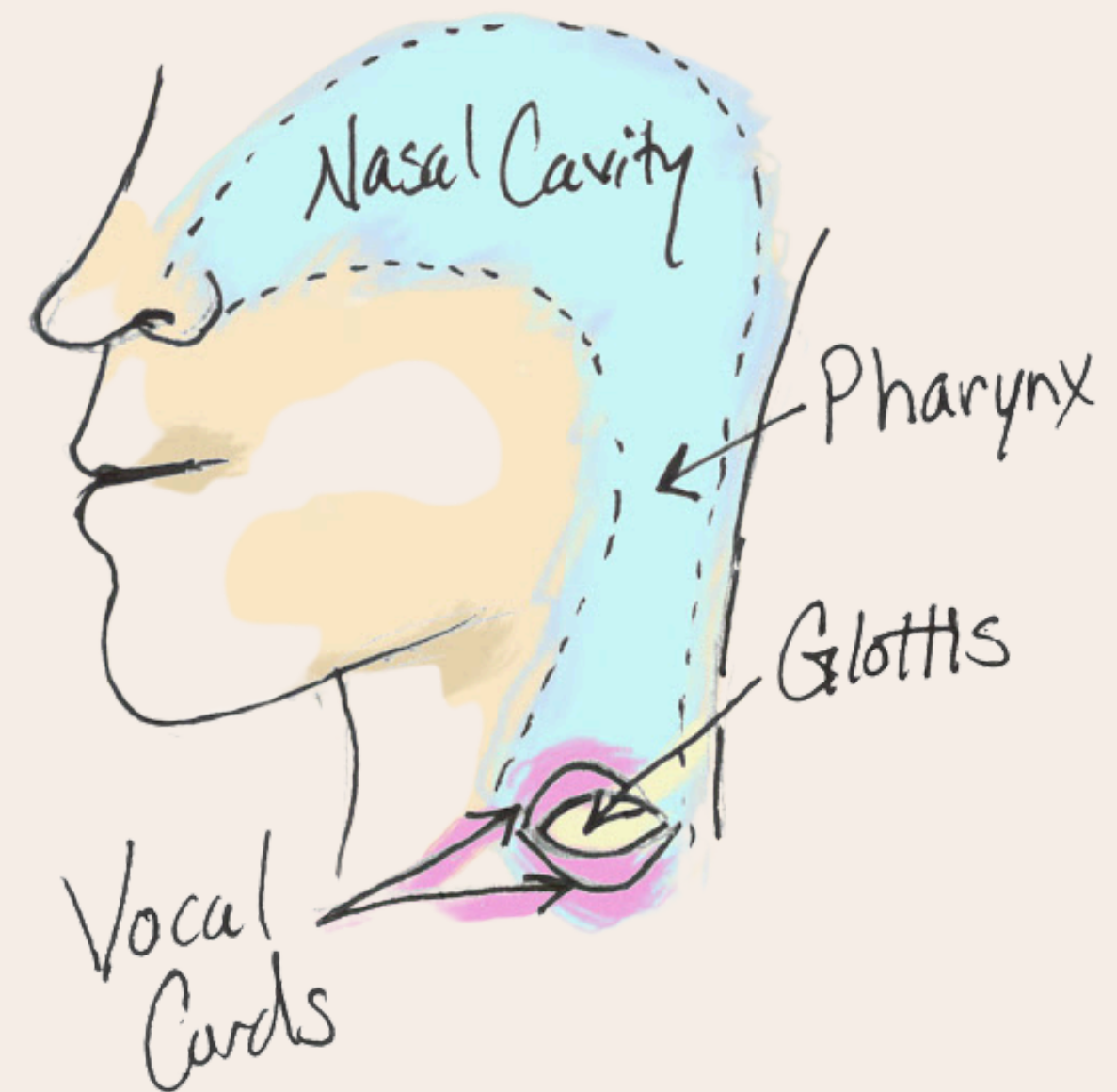
Components of a Vinyasa Class

- **Breath-Centered Movement:** Central to Vinyasa yoga is the emphasis on breath awareness and synchronisation. Students are guided to coordinate each movement with the rhythm of their breath, creating a seamless flow from one pose to the next.
- **Dynamic Sequencing:** Vinyasa classes feature dynamic and creative sequences of poses that flow together in a fluid manner. Poses are often linked together in a series of "vinyasas," or flowing sequences, which may vary in intensity and complexity.
- **Sun Salutations (Surya Namaskar):** Sun Salutations are a fundamental component of Vinyasa yoga, serving as the cornerstone of the practice. These sequences typically involve a series of fluid movements that flow together with the breath, including variations such as Sun Salutation A and Sun Salutation B.
- **Transitions:** Smooth and mindful transitions between poses are emphasized in Vinyasa yoga. Students are encouraged to move with grace and intention, maintaining a continuous flow of movement and breath throughout the practice.
- **Ujjayi Breathing:** Ujjayi breath, also known as "Victorious Breath" or "Ocean Breath," is a foundational pranayama (breath control) technique used in Vinyasa yoga. It involves breathing in and out through the nose while constricting the back of the throat, creating a subtle whispering sound like the ocean waves. Ujjayi breathing helps to deepen the breath, cultivate inner heat, and focus the mind.

Ujjayi Breath

The anatomy of Ujjayi breath involves engaging specific anatomical structures to create a distinctive sound and deepen the breath

- **Throat Constriction:** Ujjayi breath begins with a slight constriction at the back of the throat, particularly at the glottis. The glottis is the part of the larynx where the vocal cords are located. By gently narrowing the passage of air through the glottis, you create resistance to the airflow, which produces the characteristic whispering sound associated with Ujjayi breath.
- **Controlled Inhalation and Exhalation:** With Ujjayi breath, both inhalation and exhalation are controlled and deliberate. The breath is lengthened and regulated, allowing for a smooth and steady flow of air in and out of the body. This controlled breathing pattern helps to calm the mind, focus attention, and cultivate a sense of presence and mindfulness.
- **Auditory Awareness:** One of the distinctive features of Ujjayi breath is the audible sound it creates. As you breathe, you may hear a soft, whispering sound resembling ocean waves or wind rustling through leaves. This auditory feedback serves as a focal point for concentration, anchoring the mind in the present moment and deepening the connection to the breath.



Vinyasa & Chaturanga

In the context of a Vinyasa class, the term "vinyasa" also refers to a specific sequence of poses that involves transitioning from Plank Pose to Chaturanga Dandasana (Four-Limbed Staff Pose), and into Cobra or Upward Facing Dog.

The use of the phrase "take a vinyasa" is often cued by a yoga instructor and interspersed between poses in certain yoga classes. These poses originally came from Patabi Jois's Ashtanga system of yoga, which utilises vinyasas between poses through the thread of the sequence.

There are many reasons to do a Vinyasa. Ashtanga, Vinyasa flow, power yoga, and other similar styles are all part of Hatha yoga. In Hatha yoga, whatever we do on one side of our body, we also do on the other side. This brings balance to the central channel and to the spine.

It is often nice to do a Vinyasa after a sequence of postures on one side of the body, to clear the slate and bring the body back to equilibrium, before going on to the other side. It helps the body absorb the information from the first side and clear out any misalignment that might have arisen.

When students start to feel overheated or tired, they should be encouraged to opt out of a few Vinyasas, to prevent over-exhausting the body.

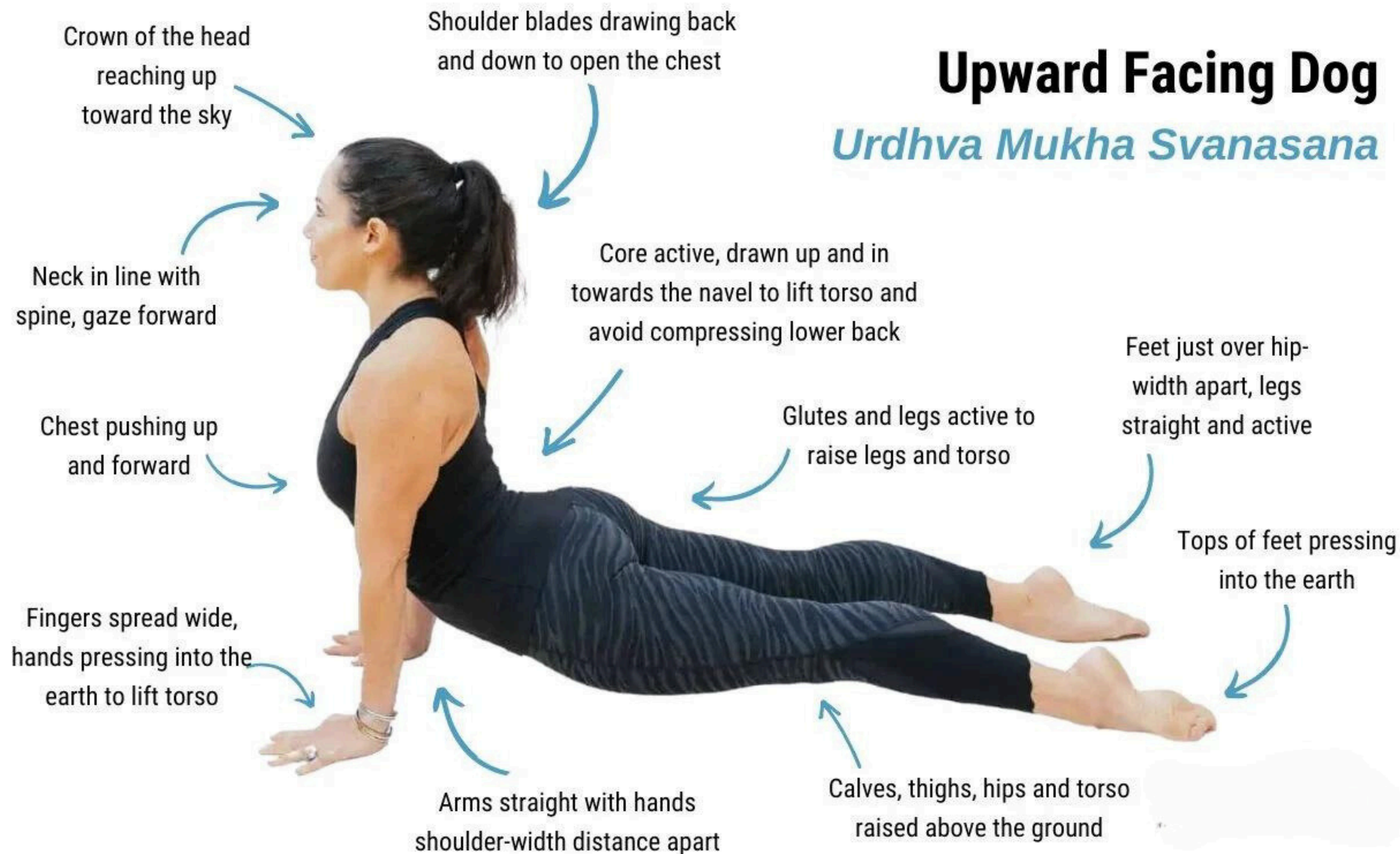
Four Limbed Staff Pose

Chaturanga Dandasana



Upward Facing Dog

Urdhva Mukha Svanasana



Benefits of a Vinyasa

- **Strengthens the core:** Performing a Plank and Chaturanga requires, but also develops core stability – the more often you do it, the stronger your core gets.
- **Prepares you for advanced yoga poses:** Inversions and arm balances get easier when you practice vinyasas a lot because they help with core, arm and wrist strength.
- **Strengthens arms and wrists:** The combination of contracting the arm muscles in a Chaturanga and lengthening them in Upward Facing Dog helps build strength and stretch. It also puts weight on the wrists, which might be intense at first, but eventually helps build wrist strength and makes arm balances easier.
- **Makes the back stronger and more flexible:** Holding a Chaturanga requires back strength and a full Upward Facing Dog is an intense backbend. The combination of both makes for a flexible, strong back.
- **Stretches your shoulders, core, legs and back:** Upward Facing Dog stretches your legs, core and shoulders while Downward Facing Dog lengthens your hamstrings and back, so a few vinyasas can really give you a full body stretch.
- **Breaks up a sequence:** A Vinyasa can be a great time to reset between flows & sides. Giving you the opportunity to reset mind and body between sequences.

Modifying Vinyasas

Transitioning from Chaturanga to Upward Facing Dog is hard and requires a lot of strength, especially after holding a Plank in the middle of a yoga sequence.

Vinyasa modifications:

- Knees-Chest-Chin
- Cobra

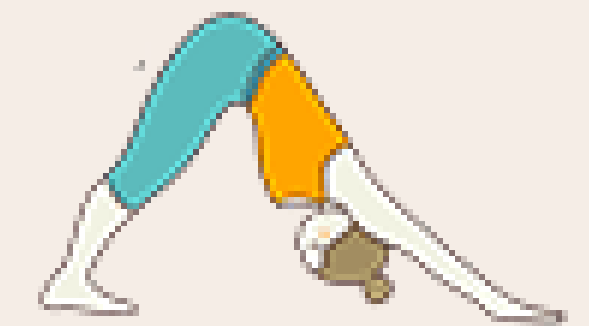
Vinyasa modification for weak wrists:

- Forearm Plank
- Lower down to ground
- Sphinx

Remember, a Vinyasa may not be for everyone, if they serve no purpose for a student, they can skip entirely

Suggestions for those skipping Vinyasas:

- Cat/Cows
- Childs's Pose
- Pause in rest Pose (Downward Facing Dog or Table Top)



Advance Vinyasas

Advanced variation from Standing Forward Fold:

- Jump back to Chaturanga
- Upward Facing Dog
- Downward Facing Dog

1 Leg Vinyasa variation:

- One Legged Plank
- One Legged Chaturanga
- Upward Facing Dog
- Downward Facing Dog



Vinyasa Teach Backs

Building a Flow

A coherent flow refers to a sequence of poses that flows seamlessly from one to the next, guided by the rhythm of the breath and united by a central theme or intention.

As yoga teachers, the art of creating a flow is not just about stringing poses together—it's about choreographing a symphony of movement, breath, and intention that guides students towards a deeper connection with themselves and their practice.



Ladder Flow

A ladder flow in yoga is a dynamic sequence of poses that are structured in a progressive manner, often building upon a foundational pose or movement pattern. The term "ladder" refers to the sequential nature of the flow, where each pose or movement leads seamlessly into the next, creating a sense of continuity and progression. Ladder flows are commonly used in Vinyasa or Flow yoga classes to build strength, flexibility, and coordination while cultivating mindfulness and breath awareness.

Foundation Pose: The ladder flow begins with a foundational pose or movement pattern that serves as the starting point for the sequence. This could be a basic standing pose, a seated posture, or a simple transition such as moving from tabletop position to downward-facing dog.

Incremental Progression: From the foundation pose, students gradually add layers of complexity or intensity to the sequence by incorporating variations, modifications, or additional poses. Each step in the sequence builds upon the previous one, creating a sense of progression and challenge.



Ladder Flow

Repetition and Exploration: Students have the opportunity to repeat the sequence multiple times, exploring different variations or aspects of the poses with each repetition. This repetition allows for deeper engagement with the practice and offers opportunities for refinement and growth.

Cool Down: Towards the end of the ladder flow, students transition into a series of cooling down poses or movements to prepare the body for relaxation. This may include gentle stretches, twists, or restorative poses to release tension and promote a sense of calm.

Final Relaxation: The ladder flow concludes with a period of final relaxation, typically in Savasana (Corpse Pose), allowing students to rest and integrate the benefits of their practice. This final relaxation serves as an essential component of the practice, promoting deep relaxation and rejuvenation of the body and mind.

Creative Flows

In the world of yoga, creativity knows no bounds. Beyond the traditional sequences, there exists a realm of inventive and imaginative flows that elevate the practice to new heights.

360 Flows: 360 flows break the conventional boundaries of linear movement, encouraging practitioners to embrace circularity and fluidity in their practice. These flows offer a dynamic and liberating experience, inviting practitioners to explore new perspectives, challenge their balance and coordination, and cultivate a deeper sense of spatial awareness.

Transitions in Flows: Transition flows are like the building blocks of a yoga practice, paving the way towards the pinnacle—the peak pose. These flows focus on skillfully transitioning between poses, gradually building momentum, strength, and alignment as practitioners journey towards their destination. With each transition, practitioners deepen their engagement with the practice, refining their awareness, and preparing their bodies for the challenge ahead. Transition flows are not just about getting from one pose to the next; they are a deliberate and intentional process of building readiness and resilience.

Adapting Flow

Yoga is a practice that embraces diversity, offering a spectrum of styles and approaches to suit every individual's needs and preferences. Among these variations, Power Yoga and Slow Flow stand out as distinct expressions of the practice, each offering its own unique benefits and challenges.

Power Yoga: Adapted from the traditional Ashtanga Yoga system, Power Yoga offers a challenging workout that builds heat, tones muscles, and cultivates mental focus and resilience. Power Yoga flows are characterised by fast-paced and dynamic sequencing, with poses linked together in a continuous and fluid movement. Focus on incorporating challenging poses, such as arm balances, inversions, and dynamic transitions, to build strength, stamina, and flexibility.

Slow Flow: Slow Flow offers a gentle and meditative approach to movement, emphasising mindfulness, breath awareness, and deep relaxation. Slow Flow is ideal for those seeking a more gentle and introspective practice, focusing on cultivating presence and surrender. Slow Flow sequences are characterized by slow, deliberate movements that allow students to explore poses with mindfulness and awareness. Focus on gentle, flowing transitions between poses, giving students ample time to connect with their breath and sensations in their body. Slow Flow offers an opportunity for students to explore somatic awareness and embodied movement. Encourage students to move intuitively, listening to their body's cues and responding with compassion and curiosity. Offer opportunities for self-exploration and expression within the poses.

Class Planning Activity & Teach Backs