



Sequencing Yoga Classes from Welcome to Namaste

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Welcome!

**Take a seat where you can see
and meet your neighbors.**

General Orientation

- Parking, bathrooms, classes, and amenities
- Sit or stand, please don't lie down during lecture
- Drinks covered; no food trash in the room
- Photos and videos OK w/permission; silence phones
- wifi: carrboroyoga/9199332921 #sequencingyoga
@sagerountree sageyogateachertraining.com
- Start and end on time ("We start on time to honor the teacher,
we end on time to honor the student" —Judith Lasater)

Schedule Preview

- **Lecture, practice each morning**
- **Workbook, group teaching, and discussion in the afternoons**
- **Long lunch with open studio; schedule set daily**
- **I'll send slides at the end of the week**

Content Preview

- **Today: Theoretical Structure and Overview**
- **Tuesday: Opening, Centering, Warmups**
- **Wednesday: Standing Sequences**
- **Thursday: Mat Sequences**
- **Friday: Finishing Sequences, Closing, Transitions**

A Word on Digesting Workshops, with a Food Analogy

- There's more than one way to prep tofu
- It's OK to try things different ways
- You've been doing your best
- Cook the recipe before you serve at a party: try these out at home before teaching to your students

Welcome

- **Name**
- **Hometown**
- **Line of work**
- **Yoga school/style/lineage**

My Background

- PhD/radio
- Long holds, partner yoga: big turnoffs in my first experiences
- Marathon training complemented with Anusara class
- Ecumenical YTT 2003–2004
- Erich Schiffmann, Shiva Rea, Sarah Powers
- Leslie Kaminoff, Paul Grilley, Gil Hedley
- *Everyday Yoga* is my personal approach to sequencing

Theoretical Structure

- **Prana Vinyasa Flow approach: go in waves**
- **Alignment approach: go by categories**
- **Iyengar: investigate a pose or action**
- **Kundalini: kriyas targeting organs/meridians**



juin

prix fixe - \$35

Choose one line from each group:

Romaine, Lardons, Cherry Tomatoes, Red Onion, Forme d'Ambert, Croutons, Creamy Buttermilk Dressing

Bibb Lettuce, Tomato, Cucumber, Comté, Dijon Vinaigrette

Chilled Cucumber Soup with Crab Timbale

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Mushroom and Duck Confit Tart

Smoked NC Trout Brandade, Creamy Potatoes, Pea Shoot Salad

Risotto, Prosciutto, Parmigiano Reggiano, Cherry Tomatoes

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Sautéed NC Monkfish, Ratatouille, Orange and Fennel Vinaigrette

Duck Confit, Sweet and Sour Tomatoes, Pommes Boulangere, Oil-Cured Olives

Beef Short Rib Pot au Feu, Cabbage, Potato, Carrots, Beef Marrow, Cornichon

à la carte

Hors d'Oeuvres

Plateau de Fromages - 14

Savory Beignets - 8

Ratatouille, Fried Egg, Goat Cheese - 8

Beets, Crème Fraiche, Blue Cheese - 6

Asparagus, Fried Egg, Béarnaise - 8*

Entrées

Steak Frites, Sauce Béarnaise - 32*

Poulet Rôti (allow 25 minutes) - 19

1'Escalope de Saumon - 19*

Coq au Vin -16

Moules Frites - 12*

Vegetarian Crêpe - 12

Assiettes

Gratin Dauphinois - 6

Pommes Frites - 5

Sautéed Greens - 5

Sautéed Asparagus - 6

Fresh Beignets

Half Dozen - 5

Full Dozen - 8

Charcuterie

House Made Sausage - 10

Jambon de Bayonne - 10

Chicken Liver Paté - 10

Pork & Duck Country Style Paté - 10

Pork Rillettes

All the Meats - 28

Soupes et Salades

Soupe a l'Oignon Gratinée - 6

Salade Verte - 6

Salade Frisée - 9*

Salade Niçoise - 12

Flip Book/Prix Fixe Menu Model

- *Kriya*: a ritual, a set, a piece of clothing, a dish, a piece of content
- *Krama*: stages, the context and presentation of the content

Whole Outfit/Meal

- **Welcome and opening (head/first course)**
- **Standing (top/second course)**
- **Mat (bottom/third course—or dessert!)**
- **Finishing and closing (shoes/dessert—or truffles) Namaste.**

Single Piece/Dish

- **6 moves of the spine**
- **4 lines of the hip**
- **2 core modes**

Seasoning for Balance

- 6: 4 walls + floor + ceiling
- 2: push and lift
- 2: asymmetrical and symmetrical poses
- 4 states of muscles

States of Muscles

	Engagement Sthira	Release Sukha
Shortening	Concentric movement	Slackening
Lengthening	Eccentric movement	Stretching

Sage's Cooking School

- Learning a *kriya* is like memorizing a recipe
- Test your recipes at home before serving
- Don't be shy to show me how you like your dishes seasoned—expression of chef's taste

Sage's Cooking School

- **Consistency and variety: nutrition**
- **Home cooking/practice vs. restaurant cooking/led practice**
- **Table manners**
- **Gristle**
- **Condiments**

Teaching = Producing Content

- Yoga column for *Endurance*
- Slideshow podcast called Sage Yoga Training
- *The Athlete's Guide to Yoga* and DVD
- *Runner's World, Yoga Journal*
- More books
- YogaVibes, Core Strength for Real People
- YTTs, online courses at Sage Yoga Teacher Training

Content Is King

- Online > print
- Blog post: 1-5 paragraphs with graphic (sequencewiz.org; consider Canva for easy design)
- SM post: 50 words or less, with image and hashtags
- Video: less than 3 minutes, upload directly to each platform
- Funnel: point from your content to your newsletter or hashtag, or better yet a revenue source

How to Collate Your Playbook

- **Visual, verbal, kinesthetic**
- **Paper vs. cloud**

Simplicity Is Elegant

- You're the only one who's heard it all
- Beginner & advanced students like simplicity
- Classics in your wardrobe vs. trendy pieces
- Salsa vs. tomatoes

Morning Practice 1

- Riff on Whole Body Balance, *EY*
 - Six moves, supine, 2 legs
 - Tall mountain flow
 - Balance prep
 - Dancer, Tree, Pigeon, Eagle 3 ways
 - Cow-face/cobbler

Workbook 1

- **Consider your approach**
- **Catalog your current sequences**
- **Prepare for discussion**
- **Cookie swap**

Teaching Feedback

- Please KEEP: What was especially good?
- Please DROP: What was unclear, or filler words?
- Please ADD: What can be even better?

Welcome Back

- **Name**
- **Last movie you watched in full**
- **Where you usually begin class (e.g.,
lying down, seated)**

#Hashtag!

- **#sequencingyoga #carrboroyoga
#carolinayogacompany**
- **@sagerountree**
- **sageyogateachertraining.com**

Opening Class: Welcome & Goals

- **Welcome: be a good host**
- **Opening: create consistent container**
- **Who, where, when, what, why, how**

Centering: Intention

- Intention
- Form
- Breath
- +: Theme, quote

Recipe for a Warmup

- **Six moves of the spine**
 - **Flexion/extension (sagittal plane)**
 - **Lateral flexion (frontal plane)**
 - **Rotation (transverse plane)**
- **Articular, dynamic, progressive**

Home Base for Warmups

- **Six moves of the spine**
- **Seated (subsets), standing, supine (subsets), prone (subsets)**
- **Asymmetrical/1 leg**
- **Symmetrical/2 legs**

Home Bases

- Seated
 - Cross-legged
 - Kneeling
 - Knees Up
 - Chair

Home Bases

- Standing
 - Mountain
 - Forward Fold
 - Wide stance (how wide can vary)
 - Staggered asymmetrical stance

Home Bases

- Face Down/Prone
 - Belly (support optional)
 - Child's pose (support optional)
 - Hands and knees

Home Bases

- On the back/supine
 - On your back (support optional)
 - Knees bent (feet up or down)
 - Legs up the wall

Warmups Prime the Palate

- **How will this prep for what comes later?**
- **Consistency and variety: prepare without creating redundant movement**
- **Outfits combine colors and textures to avoid monotony**

Morning Practice 2

- Centering: pratyahara
- Inchworm w/6 + 4 + 2
- Pinup warmup
- Warrior I and II flows w/arms
- Christina's World

Workbook 2

- **Consider your standard opening spiel**
- **Prepare four warmup routines**
- **Half-group teaching at 2:50**
- **Discussion**

Extra Credit Workbook 2

- **Six moves of the spine**
- **Conference room, business attire
(button downs and skirts)**
- **Chairs and round tables available**

Practice Teaching Notes

- **Our greatest blind spot is our strength**
- **Articular, dynamic, progressive**
- **Power of the gaze**
- **The kindness of feedback!**

Names

- **Name**
- **TV Show**
- **Favorite and least favorite pose**

Recipe for Standing Sequences

- **Four lines of the hip**
 - **Front/back; inside/outside**
- **Neutral, internal, external rotation**
- **Two legs vs. one leg**
- **Symmetrical vs. asymmetrical**

Variables to Control

- **Intensity: how hard**
- **Frequency: how often**
- **Duration: how long**

Krama

- Spiral: 1 / 1 + 2 / 1 + 2 + 3, etc.
- Pulse and hold/hold and pulse
- A-B-A-B, B-C-B-C, etc.; A-Z
- abCdeFghI
- One side vs. alternating back and forth

Origin of Standing Poses

- **Front of the mat**
- **Back of the mat**
- **Back of the mat, hands down (down dog, table)**
- **Facing long edge of the mat**

Morning Practice 3

- **Standing six moves from chair**
- **Parking Lot Yoga**
- **Table/Boat/Folds**
- **Reclining Twists**

Workbook 3

- **Consider**
- **Create**
- **Collaborate at 2:45**
- **Come back together**

Test Kitchen Notes

- **Around-the-world keys**
- **Careful with facing back if you're unprepped**
- **Complexities of side demoing**
- **"Just," -ing**
- **Attention words, redux**

Master Recipe for Mat Sequences

- **6 moves of the spine**
- **4 lines of the hip**
- **2 core modes**
 - **Articulation**
 - **Stabilization**

Master Recipe for Core

- 2 core modes
- Core box
 - Front: 4 layers of abs
 - Back: big and small back muscles
 - Top: breathing diaphragm
 - Bottom: pelvic floor
- Push and lift

Master Recipe for Hips

- 4 lines of the hips
- Rotation
 - Neutral
 - External
 - Internal
- Abduction/adduction

Accessorize/Season to Taste

- Change relationship to gravity
- Change pace: slower/faster

Home Bases for Mat Work

- **Upward facing**
- **Downward facing**
- **Side facing**
- **Forward/seated**
- **Backward/inversion**

Morning Practice 4

- Six moves, kneeling, leg extended (*EY*)
- Moon Salutations (*APGY*)
- Dynamic Core (*APGY*)
- IT Band Flow (*APGY*)

Workbook 4

- **Create**
- **Convert**
- **Convene at 2:45 for practice teach**
- **Reconvene at 4:30 if not sooner**

Test Kitchen Notes

- Engage/release
- Self-saucing dishes
- Contingencies of visuals for mat work
- Mother-May-I?
 - Julie's wild cross-legged to jump through

Transitions

- Front of mat
- Sitting (cross-legged, kneeling, V-sit)
- Belly
- Supine
- Squatting
- Table
- Long side of mat
- Back of mat

Finishing

- **Free play (variety)**
- **Ritual (consistency)**
- **Explanation for the uninitiated**
- **Recognize and manage expectations, especially around savasana**
- **Satisfaction = expectations – perception**

Closing

- **Helps announce arrival at the end**
- **Captive audience for promotion**
- **Please collect your personal items**
- **Can contract/expand for time**

Sequencing to Yield an Effect

- **Intensity, frequency, duration**
- **Orientation and arm expression**
- **Energy (brhmana, langhana; rajasic, tamasic, sattvic)**
- **Action/body part**
- **Special populations: who, what, when, where, why, how**

Morning Practice 5

- Six moves, supine, 1 leg
- Rolling like a ball to tall mountain
- Karate Kid/Sugarplum
- Table Core
- Head-to-Knee Flow

Workbook 5

- **Long-form content**
 - **Workshop**
 - **Series**
 - **Class**
- **Short-form content**
- **Next steps**

Workbook/Playbook

- **Notation systems and resources**
 - **Evernote**
 - **Google Docs/Sheets**
- **Boilerplate**
- **Things for *Mac/Getting Things Done***
- **Collaboration: Trello, Base Camp**

Long-Form Content

- **Workshop: one-time offering**
- **Series: 3–16 weeks**
- **Class: set time weekly**
- **Videos of the same**
- **Books**
- **Podcasts**

Short-Form Content

- Online > print
- Blog post: 1–5 paragraphs with graphic (sequencewiz.org; consider Canva for easy design)
- SM post or series: 50 words or less, with image and hashtags
- Video: less than 3 minutes, upload directly to each platform
- Funnel: point from your content to your newsletter or hashtag, or better yet a revenue source (long-form content)

Content Capturing Resources

- **Camera, microphone, tripod, computer**
- **Editing tools (Canva, iMovie, Garage Band)**

Content Delivery Resources

- **Delivery platform (SM, YouTube, Vimeo, iTunes, Amazon Createspace)**
- **Funnel capture platform (hashtag, newsletter, paid revenue sources)**

What Now?

Goal and First Next Step

- 1 month
- 3 months
- 6 months
- 1 year
- 3–5 years