

Rules for Safe Sequencing

You are here because you want to share your love of yoga with passion and purpose. The last thing that you want to do is hurt your students in the process. This guide will help you sequence smartly, safely, and simply so you can teach with confidence, injury-proof your classes and change lives.

FACTORS IN THE MOVEMENTS OF THE SPINE

There are 4:

- Flexion ("forward bending")
- Extension ("backward bending")
- Lateral Flexion ("side bending")
- Axial Rotation ("twisting")

SAFE SEQUENCING COMBOS

- Flexion (forward bends) + Rotation (twists)
- Flexion (forward bends) + Lateral Flexion (side bends)
- Lateral Flexion (side bends) + Rotation (twists)
- Flexion (forward bends) + Lateral Flexion (side bends) + Rotation (twists)
- Extension (back bends) + Rotation (twists)
- Extension (back bends) + Lateral Flexion (side bends)
- Extension (back bends) + Lateral Flexion (side bends) + Rotation (twists)

UNSAFE SEQUENCING COMBOS

- Extension (backbends) + Flexion (forward bends)

Rules for Safe Sequencing

FACTOR IN THE PLANES OF MOVEMENT

There are 4:

- Coronal (door plane)
- Sagittal (wheel plane)
- Transverse (table plane)
- Combination

MOVE SAFELY BETWEEN THE PLANES OF MOVEMENT

Ask the following questions to help determine if this is a safe transition:

- What plane of movement are you doing right now? (hint: look at the direction are you facing, hip & foot placement)
- Can you move to the next pose without a hip & foot reset?
- If not, then reconsider OR pause and cue the hip & foot reset.

UNSAFE TRANSITIONS

- Sagittal plane > Coronal plane
 - Warrior 1 > Warrior 2
 - Warrior 1 > Peaceful Warrior (Reverse Warrior)
- Coronal plane > Sagittal plane
 - Warrior 2 > Warrior 1
 - Warrior 2 > Warrior 3
 - Triangle > Revolved Triangle
 - Extended Side Angle > Revolved Extended Side Angle