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Yoga Sequencing: Designing Transformative Yoga Classes presents the essential principles and methods for planning and sequencing yoga classes. Addressing one of the most popular topics in the yoga profession, this book offers sixty-seven model sequences of yoga poses (asanas) that cover the broad range of yoga student experience, including multiple sequences for beginning, intermediate, and ...

Yoga Sequencing: Designing Transformative Yoga Classes ...

DESCRIPTION. Yoga Sequencing presents the essential principles and methods for designing yoga classes. Offers sixty-seven model sequences, including multiple sequences for beginning, intermediate, and advanced students; for kids, teens, women across the life cycle, and seniors; classes to relieve

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depression and anxiety; and for each of the major chakras and ayurvedic doshas.

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—Stephen Cope, director of the Kripalu Center and author of *The Wisdom of Yoga* “Yoga Sequencing addresses fundamental questions that yoga teachers face in designing classes. While making clear that the ultimate source of guidance comes from one’s own yoga experience, Stephens untangles the interrelations of yoga postures and provides insightful mapping principles for linking them into effective classes.

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