

Ohra Yoga 200hr YTT
Home Enlightenment: Mini-sequencing
assignment

Create a 20-25 minute mini practice

Peak Pose: A twist (see Twists Asana section in Manual)

General guidelines:

- **Peak pose** - always know where you're going -
- Pick one that you are interested in sequencing toward.
- Music is yogi's choice
- You can incorporate a theme, a quote, and inspiration if you like

Sequencing Guidelines:

- *Have a starting pose*
 - o Incorporate breath (still or with movement)
- Warm up:
 - o 2-4 poses that are going to be building blocks for where you are going in your sequence (5 min)
- *Pick one basic sun sal variation* like Sun A, Sun B or Sun C (x1-2 times repeat the same one)
 - o First round - break down
 - o 2nd round - one breath flow (this round is optional - but consider it if teaching a more advanced practice)
- *Teach a sequence 4-5 poses* that lead to your twist pose peak! (get creative!) -
 - o Krama (level) up - easier poses before harder poses
 - o This sequence conditions you - transitions you towards the peak
 - o There can be 2 mini sequences here (second 1 either a faster pace or a level up)
- *Cool down (5 min)* - Think 2 -3 poses
 - o Counter poses to twists
 - o OR if your peak is a cool down style pose it goes here before the other poses
- *Shavasana* (mini 1-2 min)

We are here to love and support you!

