



## **Yoga Teacher Training**

# **Sequencing for Different Styles of Hatha Yoga**

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Sequencing for Different Styles of Hatha Yoga

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## Sequencing for Different Styles of Hatha Yoga

### Hatha (general)

#### Focus:

The focus is on helping students learn standard yoga postures and learn proper alignment and proper breathing techniques.

#### General Sequencing:

- Start lying on the back or sitting. Start with focused breathing either lying on back or sitting in easy seated position.
- Warm-Ups. Do some general warm up, then move into a modified vinyasa (modified plank, chaturanga, up dog, down dog) to prepare for Sun Salutations.
- Sun Salutations (or a modified version of sun salutations)
- Warrior Postures/Standing Postures. After completing sun salutations, come back to standing and do standing postures starting with Warrior Posture sequences then moving into standing balancing postures.
- Example of Warrior sequence: From standing, step left foot back and go into Warrior 2, Reverse Warrior, Extended Angle, and Warrior 2 all on one side and then coming back to standing (tadasana) before doing the same on the other side.
- Balancing/Standing Postures. After warrior series, come back to standing and do standing balancing postures (i.e. dancer, eagle, pyramid, tree). After completing standing balancing postures, fold forward, and step back to down dog.
- Forward Lying Postures (Prone Postures). From down dog come forward into prone postures (i.e. lying pigeon, cobra, locust, bow)
- Push back to child's pose or rabbit as a counter pose, then bring legs in front of you for seated postures
- Seated Postures. Do seated postures, such as seated forward fold, boat, seated twist, etc.
- Reclined Lying Postures (Supine Postures). After seated posture, recline back for supine postures such as knee to chest, plow, fish, reclined twist.
- Savasana. Take time to get students to relax each part of their body as they prepare for savasana.
- Meditation/Focused Breathing. After savasana, you can do a brief meditation or spend a few minutes of focused breathing.
- Namaste. Close class with "Namaste."

## Sequencing for Different Styles of Hatha Yoga

### Example of Warrior Sequences for Hatha Yoga Classes



1) Start in Warrior 1  
With right leg forward



2) Open arms and chest to side for Warrior 2.  
Look over right fingers.



3) Reach right hand up, and  
left hand down back leg  
for reverse warrior.



4) Drop right hand to floor, next to right foot.  
Bring left arm next to ear for extended angle.



5) Come back to Warrior 2.



6) Straighten both legs and come into Triangle.

Come back to standing and repeat on the left side.

## Sequencing for Different Styles of Hatha Yoga

### **Hatha Flow/Vinyasa**

Focus: The focus is on connecting breath and movement and creating seamless transitions from one posture to the next. Standing postures are not held long and typically flow from one to the next. Seated and lying postures towards the end of the practice are held longer and focus is on using the breath to stretch deeper in each posture. Vinyasas are done between warrior sequences.

#### General Sequencing:

- Start in Child's Pose or Standing. Do focused breathing in child's pose or standing in tadasana.
- Warm-Ups. After general warm-ups and down dog, move into vinyasa (plank, chaturanga, up dog, down dog – and add in lunge. Do a few rounds, then step forward to standing forward fold and come up to tadasana.
- Sun Salutations
- Warrior series. Do warrior series with Vinyasa in between each posture (i.e. plank, chaturanga, up dog, down dog). For example, from down dog, step right foot forward, windmill arms up to warrior 2, then reverse warrior, extended angle, and warrior 2, then windmill hands back to floor, step back to plank, chaturanga, up dog, down dog. Repeat on the left side. Example – From down dog, step right foot forward and come up to warrior 1, humble warrior, and lunge with twist, then step back to plank, chaturanga, up dog, down dog, and repeat on left side.
- Step forward to standing forward fold and come back up to standing.
- Connected balancing postures. Do a sequence of standing balancing postures that can be connected together on one side and then do the entire sequence on the other side. For example, you could do Eagle then without touching the foot down, kick back to warrior 3, then go into half moon, and into standing split. Then do the same on the other side.
- Fold forward
- Step back to plank, chaturanga, up dog, down dog
- Prone Postures. Do prone postures with vinyasa in between. For example, locust, cobra, plank, chaturanga, up dog, down dog, then another prone posture.
- Come into child's pose or rabbit after prone postures series
- Seated postures
- Reclined (supine) postures
- Savasana

### Example of Sequence for Hatha Flow

- Start in Child's Pose
- Focused Breathing
- Hip Hinges
- Down Dog – Warm Up
- Walk the Dog
- Vinyasa (plank, chaturanga, up dog, down dog)
- Step forward and Fold Forward
- Come up to Tadasana
- Sun Salutations (3 or 4 rounds)
- Down Dog
- Step right foot forward – Warrior 2, Reverse Warrior, Extended Angle, Warrior 2
- Bring hands back to floor, step right foot back to plank, chaturanga, up dog, down dog (vinyasa)
- Step left foot forward – Warrior 2, Reverse Warrior, Extended Angle, Warrior 2
- Bring hands to floor, step left foot back to plank, chaturanga, up dog, down dog (vinyasa)
- Step right foot forward – Warrior 1, Warrior 2, Triangle, Warrior 2
- Vinyasa to Down Dog
- Step left foot forward – Warrior 1, Warrior 2, Triangle, Warrior 2
- Vinyasa to Down Dog
- Step right foot forward – Lunge, then add twist
- Vinyasa to Down Dog
- Step left foot forward – Lunge, then add twist
- Vinyasa to Down Dog
- Walk feet forward and fold forward
- Come up to standing
- Eagle (with right foot up), then keeping right foot off the floor, move into Warrior 3, then standing split (one leg forward fold).
- Forward fold and come back to standing
- Eagle (with left foot up), then keeping the left foot off the floor, move into Warrior 3, then standing split (one leg forward fold).
- Step feet out a little wider than the mat. Turn to the right for pyramid, then revolved triangle. Turn to the left for pyramid, then revolved triangle. Turn forward for straddle back bend, then straddle forward fold.
- Step back to down dog
- Come into plank, then drop down (so lying on belly)
- Locust, Bow, push back to child's pose
- Bring feet forward for one leg seated forward fold, reach back arm for counter pose, cross foot over for seated twist. Then repeat on the other side.
- Lie on back
- Extend leg for hamstring stretch, knee to chest, one leg twist (then other side)

## Sequencing for Different Styles of Hatha Yoga

- Plow, fish, twist
- Prepare for savasana

### **Ashtanga/Power Yoga**

**Focus:** Postures are held for a predefined number of breaths. The focus is on the breath and the movement between postures, rather than having perfect alignment in a pose. Ujjayi breath is used for most of the practice in Ashtanga or Power Yoga. In Ujjayi breath, you slightly constrict the back of the throat while breathing through the nose, which creates a slight hissing sound. The steady cycle of inhales and exhales is meant to provide the student with a calming, mental focal point. Ashtanga yoga also incorporates bandhas (muscle locks), which focus the energy of the body.

#### General Sequencing:

- Start Standing. Do focused breathing standing in tadasana.
- Warm-Ups. After a couple standing warm-ups, fold forward and move into vinyasa (plank, chaturanga, up dog, down dog – and add in lunge. Do a few rounds, then step forward to standing forward fold and come up to tadasana.
- Sun Salutations. Include Sun Salutation B or other more vigorous forms of salutations.
- Warrior series. Do warrior sequences with Vinyasa in between each sequence (i.e. plank, chaturanga, up dog, down dog). For example, from down dog, step right foot forward, windmill arms up to warrior 2, then reverse warrior, extended angle, and warrior 2, then windmill hands back to floor, step back to plank, chaturanga, up dog, down dog. Repeat on the left side. Example 2 – From down dog, step right foot forward and come up to warrior 1, humble warrior, and lunge with twist, then step back to plank, chaturanga, up dog, down dog, and repeat on left side. Do at least three different warrior sequences. Often a double chaturanga is included as part of the vinyasa.
- Step forward to standing forward fold and come back up to standing.
- Connected balancing postures. Do a sequence of standing balancing postures that can be connected together on one side and then do the entire sequence on the other side. For example, you could do Eagle then without touching the foot down, kick back to warrior 3, then go into half moon, and into standing split. Do a vinyasa (fold forward, jump back to plank, chaturanga, up dog, down dog, jump forward, fold forward and come back to standing). Then do the same on the other side.
- Fold forward
- Step back to plank, chaturanga, up dog, down dog
- Prone Postures. Do prone postures with vinyasa in between. For example, do locust, then come to plank, chaturanga, up dog, down dog, then another prone posture.
- Come into child's pose or rabbit after prone postures series

## Sequencing for Different Styles of Hatha Yoga

- Seated postures. Do a seated posture, then do a vinyasa (place hands down at sides and jump back to plank, chaturanga, up dog, down dog, jump feet through back to sitting).
- Reclined (supine) postures
- Savasana

### **Gentle Hatha or Basics Class**

#### Focus:

The focus of gentle hatha yoga is to gently stretch and move the body. After the muscles are warmed-up and stretched, you can more fully relax.

#### General Sequencing

- Start lying on back. Do focused deep breathing lying on your back.
- Warm Ups. Do gentle warm ups lying on your back. Then roll onto side and come up to sitting.
- Seated Warm Ups. Do seated warm-ups, such as arms side to side, or sun worshipper.
- All Fours Warm Ups. Come onto all fours and do warm-ups such as spinal flexes, spinal balance, hip hinges.
- Down Dog. Do warm up down dog and a modified vinyasa or easy lunges.
- Forward Fold. Step forward to forward fold.
- Tadasana
- Standing Postures. Do less active standing postures, such as triangle, modified pyramid, tree, and hand to knee.
- Fold Forward
- Down Dog. Step back to down dog
- Prone (forward facing lying) postures. Do simple prone postures such as sphinx, crocodile.
- Child's Pose
- Seated Postures. Bring feet forward to seated position and do quieting seated postures, such as cobbler's pose, butterfly.
- Restorative Posture. Bring bolster onto mat and do some restorative postures.
- Lying Postures. Move bolster and do gentle supine (back lying) postures, such as bridge, knee to chest, reclined twist.
- Savasana



## Sequencing for Different Styles of Hatha Yoga

### **Restorative**

#### Focus:

The focus of restorative yoga is to completely relax the muscles of the body, which will then help the student relax their mind. Props are used, so the body can be fully supported, while lying in a posture that gently stretches muscles or opens joints. Restorative yoga is used to completely calm the nervous system and relax the mind.

#### General Sequencing:

- Start lying on back. Do focused deep breathing lying on your back.
- Gentle Warm Ups. Do gentle warm ups lying on your back. Then roll onto side and come up to sitting.
- Seated Warm Ups. Do seated warm-ups, such as arms side to side, or sun worshipper.
- All Fours Warm Ups. Come onto all fours and do gentle warm-ups and stretches such as spinal flexes or thread the needle.
- Child's Pose
- Gentle Prone (forward facing lying) postures. Do relaxing prone postures such as sphinx or crocodile or prone twist.
- Child's Pose
- Seated Postures. Bring feet forward to seated position and do quieting seated postures, such as cobbler's pose, butterfly, or a simple twist.
- Restorative Posture. Bring bolster onto mat and do some restorative postures, such as reclined cobbler's, supported twist, or supported bridge.
- Lying Postures. Move bolster and do gentle supine (back lying) postures, such as knee to chest, legs in the air, and reclined twist.
- Savasana

### Heated Yoga

#### Focus:

The focus of heated yoga is to increase the body temperature, so that the student can sweat more and eliminate toxins, and to warm the muscles more so you can stretch further and get more from the practice. Bikram yoga is one form of heated yoga that includes the same 26 postures each time and follows a specific script. Other forms of heated yoga can follow any sequencing, but tend to follow the general sequencing listed below. \*\*Remember that heated yoga is not advised for pregnant women, children, or anyone with a heart condition.

#### General Sequencing:

- Start Standing or in Child's Pose. Do some focused breathing
- Active Warm Ups (vinyasa). From standing, fold forward and move into vinyasa (plank, chaturanga, up dog, down dog). From child's pose, push back into down dog and move into vinyasa.
- Sun Salutations. From down dog, walk feet forward to a forward fold, then come up to standing and prepare for sun salutations.
- Warrior Series (with vinyasa in between) After sun salutations, end a round in down dog. From down dog, step one foot forward and do a warrior series (i.e. warrior 1, warrior 2, reverse warrior, extended angle) on one side. Then bring hands back to mat on either side of front foot and do vinyasa (plank, chaturanga, up dog, down dog). Repeat the warrior series on the other side. Do 2-3 variations of warrior/lunge series).
- Standing/Balancing Postures. After warrior series, end in down dog, walk feet forward to forward fold, and come up to standing. Do a series of standing postures (i.e. Eagle, Warrior 3, Dancer).
- Lie on back, feet towards the back. After completing a series of standing balancing postures, have student lie on their back with their feet towards the back of the room. Do some gentle reclined postures (i.e. reclined legs in the air, knee to chest, etc.)
- Prone Postures. Roll over onto the belly facing towards the front of the room and do a series of prone postures, such as cobra, locust and bow.
- Child's Pose
- Down Dog
- Any kneeling or kneeling balancing postures (i.e. pigeon, arm balances, camel)
- Child's Pose
- Seated Postures. Do deep stretching seated postures such as one leg seated forward fold, turtle, seated straddle, seated twist with a bind, etc.
- Reclined Postures. Lie on back and do some deep stretching, such as reclined hamstring stretch, happy baby (or half happy baby), reclined twist (etc).
- Savasana

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