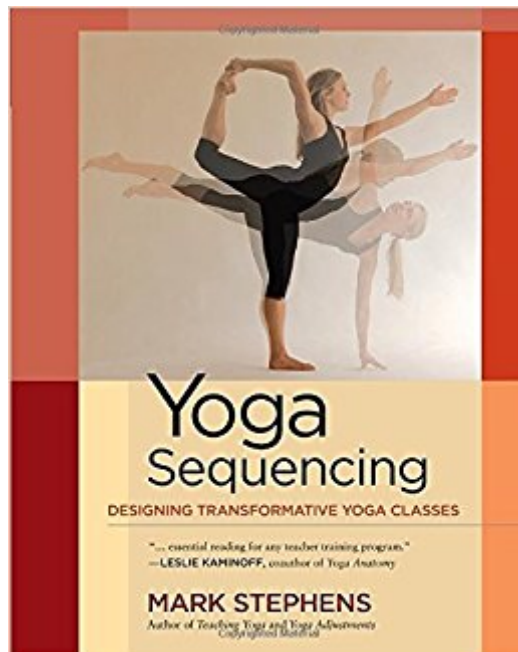




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Yoga Sequencing: Designing Transformative Yoga Classes



Synopsis

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 advanced students; yoga for kids, teens, women across the life cycle, and seniors; classes to relieve depression and anxiety; and sequences for each of the major chakras and ayurvedic constitutions. Each sequence provides guidance for teaching the different breathing (pranayama) and meditation techniques that give yoga its transformative power. Enhanced with over 2,000 instructional photos and an elaborate guide to the constituent elements of over 150 yoga asanas, the book draws equally from ancient yoga philosophy and contemporary insights into functional anatomy, biomechanics, and kinesiology. The nuanced interrelationships among asanas within and between the seven asana families are explored and the anatomy of opening and stabilizing each pose is explained for sequences designed around specific needs and intentions. A comprehensive appendix includes a glossary of yoga-related terms, an alphabetical asana index with thumbnail photographs of each asana, a class planning worksheet, representative sequences from several popular styles of hatha yoga, and a list of resources for further exploring sequencing and the larger practice of teaching yoga.

Book Information

Paperback: 528 pages

Publisher: North Atlantic Books; 1 edition (September 18, 2012)

Language: English

ISBN-10: 1583944974

ISBN-13: 978-1583944974

Product Dimensions: 8 x 1.2 x 10 inches

Shipping Weight: 2.7 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 304 customer reviews

Best Sellers Rank: #8,100 in Books (See Top 100 in Books) #17 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #149 in [Books > Education & Teaching > Schools & Teaching > Education Theory](#) #371 in [Books > Textbooks > Education](#)

Customer Reviews

“A must-have for any yoga teacher. Offering terrific insights on philosophy, practice

and pranayama (the three big *Āṅgās*), Yoga Sequencing - while keeping an emphasis on asana practice - nicely compiles these three subjects in an authoritative way.

• Yoga Teacher Magazine "Mark Stephens has made another enormous contribution to the field of yoga teaching. This book is a deep well that will nourish aspiring as well as seasoned yoga teachers and students. It provides a wealth of practical techniques and invaluable insights, filling a vast gap in the yoga literature. I highly recommend using it as a resource."

• Ganga White, codirector of White Lotus Foundation and author of *Yoga Beyond Belief* "Yoga Sequencing is a great service to the yoga community as it covers the power of sequencing that all teachers can benefit from, as intelligent sequencing is the embodiment of the elegant design and unfolding of nature which Stephens understands and loves."

• Shiva Rea, founder of Prana Vinyasa Yoga "Yoga Sequencing is going to be very helpful to a lot of people, both teachers and students alike. Sequencing is an art. It is one of the most interesting and most important elements in class and practice in terms of safety, creative class design, and effectiveness. It plays a pivotal role in terms of orchestrating the kind of experience the practitioner will have. Ultimately you learn to be sequenced from within, but familiarizing yourself with the strategies in this book will go a long way toward promoting that end."

• Erich Schiffmann, author of *Moving into Stillness* "A comprehensive, timely, and much-needed work on the important art of sequencing. Mark's well-researched and systematically laid-out book is certain to become an instant classic and a reliable resource for all teachers of yoga asana, both beginning and experienced. It is essential reading for any teacher training program that wishes to be considered state-of-the art."

• Leslie Kaminoff, yoga educator for thirty-three years and coauthor of *Yoga Anatomy* "Mark Stephens, a master teacher of teachers, has given us a wise, practical guide that should be in every yoga maven's library."

• Sally Kempton, author of *Meditation for the Love of It* "Moving from philosophy and principles to methodology and technique, *Yoga Sequencing* gives yoga teachers and students alike a rich resource for designing wide-ranging classes for different intentions, needs, and aspirations."

• 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. This unique, practical book empowers yoga teachers to be their best in working with a diverse array of students."

• Joel Kramer, coauthor with Diana Alstad of *The Guru Papers* "A contemporary yoga

classic. As a yoga educator and teacher trainer, the deficiencies I see in trainings nationally and worldwide are largely one of substance. There's no lack of heart and spirit in the field, but there is a notable lack of depth and educational content. This text should be required reading in all yoga teacher training schools and by all serious practitioners. Needless to say, Stephens is driven by an intense passion to enrich the transmission between teacher and student with new clarity and a three-dimensional understanding of the yoga body that is unequalled. Thank you Mark.

•James Bailey, LAc, E-RYT 500, health educator

“A thoughtful, detailed, and unique treatment of the art of sequencing and the power held within each living expression of this practice of yoga.”

•Janet Stone, yoga teacher, Yoga Tree, San Francisco

“Mark Stephens provides a comprehensive map for the creative exploration and construction of yoga classes that cover a breadth and depth of options. This meticulous matrix will certainly advance any yoga teacher's service to their students' practice.”

•Jill Miller, creator of Yoga Tune Up®

The author of *Teaching Yoga: Essential Foundations & Techniques* (North Atlantic Books, 2010), Mark Stephens has practiced yoga for over 20 years and has taught yoga full time since 1996. The founder of Yoga Inside Foundation, L.A. Yoga Center and Santa Cruz Yoga, Stephens has trained over 1,000 yoga teachers. At Yoga Inside Foundation, he trained and supported yoga teachers in over 300 alternative settings across the U.S. and Canada; he received Yoga Journal's 1st Annual Karma Yoga Award in 2000 for this work. Prior to teaching yoga, Stephens was a doctoral fellow at UCLA in comparative and historical sociology and taught for many years in college (UCLA, L.A. City College, UC Santa Cruz) and alternative education. His writings, interviews, commentaries, quotes and quips have appeared in Yoga Journal, Yoga International, New York Times, Los Angeles Times, USA Today, People, Health, Huffington Post, Elephant Journal and other online and print media. Stephens conducts yoga teacher training programs worldwide and produces instructional materials for yoga trainers, yoga teachers and yoga students.

A nice companion for instructing yoga classes, includes names of poses, instructions on how to get into poses and progress into the following poses. Pleasant language and insights, and a very thick read- plenty of material to sit on and digest.

Sequencing in yoga is important but even more important is adaption and this book falls short in that area. It also does not take into consideration body types. And as a yoga teach I can affirm I have a

lot more body types in my classes than this book pictures. Good as far as it goes but for what it is trying to encompass it does not go far enough. Hope sometime in the future Stephens comes out with Yoga Adaptations because his writing is good and good writing in yoga books is hard to find.

Really well put together! I like the background he gives to yoga and the variations of surya namaskars he shows the teacher/student. I always come back to the book anytime I need to review or make sense of something. This is a great book for a new or more seasoned teacher if you have the time to read thoroughly or you need some quick tips. Kindle version (instead paperback) lets you google terms you don't understand, which is awesome. Can't really say anything bad at this time.

I draw a lot of inspiration from this book. As a yoga instructor, I am constantly working on coming up with themes and approaches for my classes. This book has been very helpful with that. I would not say that it's beginner friendly though. The vocabulary (particularly the Sanskrit) may be a bit intimidating for some people. However, if you're serious about your practice, or you're an instructor, or in the process of becoming an instructor, this is a good book to add to your library.

The information in the beginning is good, but most of the sequences just seem like the same poses repeated - not much variety or inspiration here.

I am a yoga teacher who is always looking for sound sequences for my classes. I attend a friend's classes and she has great sequences for the classes. She told me she gets many of them from this book so I bought it. This book is awesome. He not only gives good suggestions but he also gives the theory behind his sequences. Every yoga teacher should have this book.

Very detailed book on how to build and design various yoga classes for different populations (ages, physical ability, stage of pregnancy) and for different intentions (balance, energizing, forward or back bends, arm strength, etc). I would not recommend this book as an introductory piece, as the poses are mostly given in their original names without the English equivalent. The book also describes why certain progression of poses are done in a particular order, and why certain poses should be avoided if a certain destination is trying to be reached. There is also a section in the beginning that does a nice job on describing the mentality and concept behind yoga and how to convey that to your students in a digestible manner. Though not for those just starting to get into yoga, but a solid read for those looking for a stronger understanding of this life-style.

As a Yoga Teacher this book helped me so much. Is easy to understand and straight to the point. Have great information if you're new to yoga and also if you practice for years.

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(Meditation and Yoga by Sam Siv 3)
The Art of Yoga Sequencing: A Hip Opening Practice
The Mark Stephens Yoga Sequencing Deck
The Heart of Yoga: Four Guided Classes
Combine Yoga with Chant and Ecstatic Dance to Liberate Your Vital Energy
Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1)
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