



# Yoga Sequencing: Designing Transformative Yoga Classes

*Mark Stephens*

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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 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.

## Yoga Sequencing: Designing Transformative Yoga Classes Details

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# From Reader Review Yoga Sequencing: Designing Transformative Yoga Classes for online ebook

**Amanda says**

Great for yoga teachers

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**Mary says**

I have Mark Stephens other book, which I owned even before I began teaching yoga, and cherish the information in that one. I love this book as a resource for my yoga teaching now, as I have evolved and gotten more confidence, and am ready to play with class sequence more. This book gets in depth on class flow and how to sequence for a variety of students and populations. It's precise, easy to read (plus you can jump around easily, if you need to reference something!), and full of information.

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**shan says**

Great reference book that will be a 'go-to' for me.

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**Robin says**

Well-organized guide for yoga teachers.

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**Cherie says**

This book is a must for every yoga teacher. I have used lots of the sequences from here already, or modified. Lots of great ideas, lots of basics. Wish I had read this in my teacher training; it is that good!

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**Dani Neaux says**

I love this book. I can't believe this book wasn't required reading for my YTT, it was THAT good.

Yoga teachers, you need this in your library. It gives you Beginner, Intermediate, and Advanced sequences with themes like Back bends, forward bends, standing balance, inversions...

It also provides a clear format to follow for creating your own sequence, and well as basic and advanced cues for a sequence. A nice refresher if you learned it during your TT but misplaced your notes ;)

My favorite part of the book is that it includes pictures of the asanas and clearly describes the anatomy that is, what asanas it prepares you for, and counter poses.

The only reason I didn't give it 5 stars is because some really awesome and intermediate-advanced asanas are pictured, and I wished there was technique described (as a refresher) But instead, I had to get off by butt and get up and dig out Light On Yoga for Iyengar's how to.

Knock yourself out, yogis!

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### **Mari Shirley says**

Wonderful book, excellent advice. Should be required reading for any yoga teacher.

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### **Beth Honeycutt says**

Well, as I read the assigned parts of this book, I kept thinking "Oh my, can I do this? Can I plan classes with all the different asanas geared toward the level of class I am teaching?"

I am excited (and a little scared) but I can. Yoga has so many benefits. Breath and movement - that's the basis and what I believe I can do.

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### **Smooth says**

Un must pour les profs de yoga, jeunes et peut être même moins jeunes. Je relis régulièrement ce livre et ses conseils inspirants

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### **Shannon says**

This a fabulous book to have if you are serious about yoga (which I never thought I would be) and want to be able to do your own thing with confidence. My yoga teacher suggested it and I refer back to it often. I have no doubt this book will get continual use.

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### **Tameeka says**

This book gives focused sequences for body parts, age groups, and doshas too! Helpful for the beginner yoga teacher. Great reference point for yoga teachers of varying levels of expertise. I will be turning to this book often to help when designing a class.

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### **Lisa Hazen says**

I will likely be flipping through this book for years. My only suggestion is to add ideas for helping transition students from beginning to intermediate, and then to advanced. And also, deconstructing more difficult poses, especially head and handstands.

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### **Erika says**

I highly recommend the two Mark Stephens books I've read - He not only touches on the traditional approaches to yoga sequencing and how a teacher can adjust a practice to a wide variety of students, but he also addresses specific practices to the gunas, chakra specific practices, age specific practices and principles on how to create your own structured classes.

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### **Carol says**

I ordered this book looking for ideas for creative yoga sequencing. I got ideas but not necessarily ideas I will use. It was good to read a different philosophy and approach to yoga and be able to compare to what I have learned. While there was some overlap and consistency, there were differences of opinion. I will use bits and pieces but the majority of my students could not approach yoga the way it is laid out in most of the 65 sequences he provides. That is not to say there are not many people out there who would not love Mark Stephens' approach. He is definitely Level 2/3 in his methodology. What I liked most about the book is it pushed me on my Sanskrit. The best parts of the book for me are actually the glossary, the constituent elements of asanas, and the yoga class sequencing worksheet. The challenge now is to see what I can incorporate into what I do.

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### **SarahYogaH20 says**

This book is invaluable! I refer to it ALL the time! The sequences illustrated for beginners are good if you take out all the sun salutations, most beginners that I encounter are not ready for them.

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