

HOW TO PLAN A YOGA CLASS

SET AN INTENTION

What are you trying to accomplish?



YOUR INTENTION CAN BE

- Structural
- Energetic
- Mental-emotional
- Any other

EXAMPLE

To relieve shoulder tension

WHICH DIMENSION OF THE HUMAN SYSTEM DOES IT ADDRESS?

ANNAMAYA
THE PHYSICAL BODY

Physical strength, flexibility, stability, balance

PRANAMAYA
THE VITAL BODY

Energy, physiology, sleep, stress

MANOMAYA
THE INTELLECTUAL MIND

Attention, learning, memory

VIJNANAMAYA
THE PERSONALITY

Qualities of the 7 Chakras: stability, vitality, personal power, compassion, self-expression, wisdom, spirituality

ANANDAMAYA
THE HEART CENTER

Relationship with family, society, humanity, Cosmos

MAIN YOGIC TOOLS FOR EACH DIMENSION

Asana

Breath work, pranayama

Text study, chant

Meditation, self-reflection

Ritual, prayer

BASED ON THE DIMENSION, CHOOSE YOUR MAIN TOOL + 2-3 SUPPORTING TOOLS

EXAMPLE

Asana

+

Moving with breath

+

Visualization

MAKE YOUR SELECTIONS FOR EACH TOOL

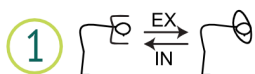
EXAMPLE

- Poses that strengthen the upper back and muscles that bind the shoulder girdle to the spine;
- Arm sweeping motion to mobilize the shoulder;
- External shoulder rotation motion to stretch the front of the shoulder.

Deep connection between breath and movement throughout the practice to minimize the risk of injury

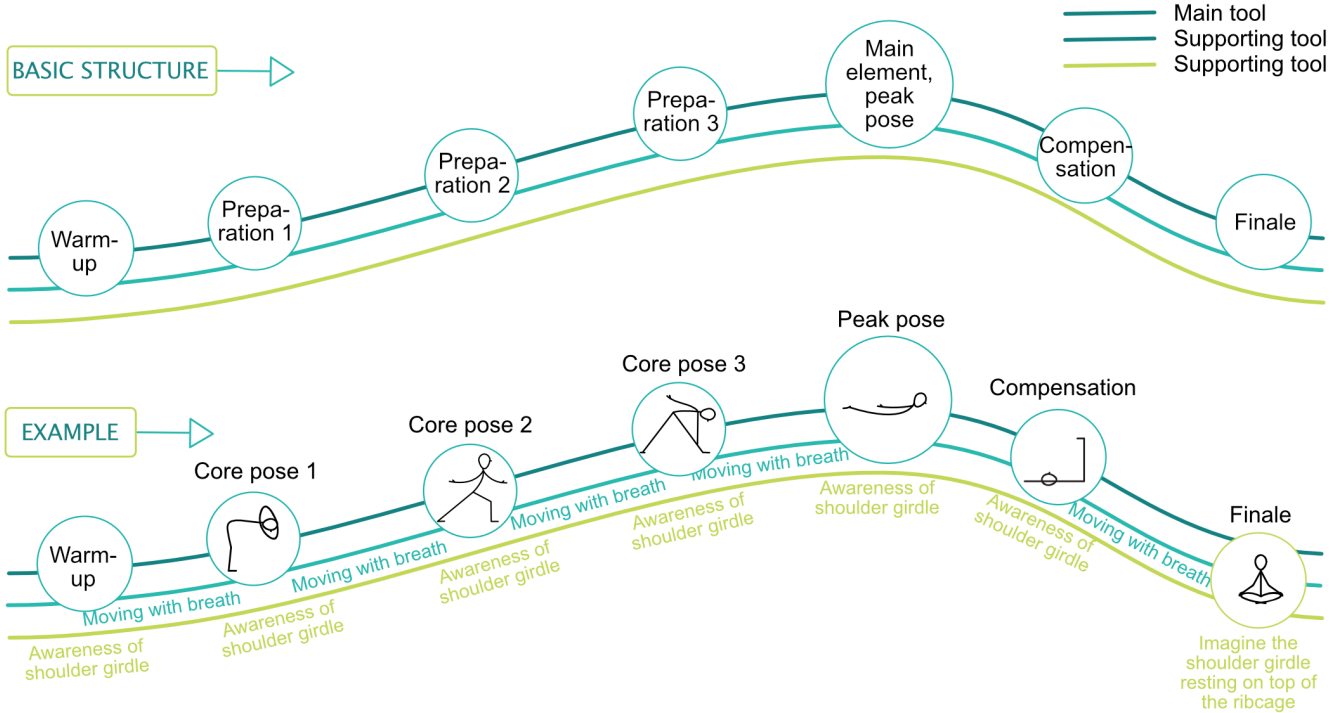
Visualization of the shoulder girdle sitting on top of the ribcage to increase awareness of the structures that comprise the shoulder girdle, and to relax the muscles that bind the shoulder girdle to the ribcage and spine

Choose 1-2 poses for each idea, and one or more poses that manifest several of those ideas at the same time.



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ARRANGE YOUR ELEMENTS ON THE BELL CURVE OF YOUR PRACTICE



Your supporting elements might be breath awareness and visualization. They need to run through the entire practice as an undercurrent to support and help manifest your main intention. In terms of breath, you can focus on deep connection between breath and movement to minimize the risk of injury. In terms of visualization, you can thread the idea of awareness of the shoulder girdle throughout the practice, and then bring it to its logical conclusion with the final visualization of the shoulder girdle sitting on top of the ribcage (to increase awareness of the structures that comprise the shoulder girdle, and to relax the muscles that bind the shoulder girdle to the ribcage and spine).

ADD APPROPRIATE WARM-UP + PREPARATION + COMPENSATION for more difficult poses/techniques



EDIT (avoid irrelevant fillers)

CHECK for consistency and flow