



Learn the #1 secret ingredient
to sequencing a powerful,
life-transforming yoga class!



Welcome! I'm Yogi Aaron



You will:

- Learn the #1 ingredient to creating a life-transforming yoga sequence
 - Receive my *AYAMA* Master Plan — the sequencing recipe that I've developed over my 30+ years of teaching
- Gain practical tips to make your classes accessible for ALL levels
 - Get a chance to ask me questions!





What is the #1 ingredient to creating a life-transforming yoga sequence?

INTENTION



Using Intention

- Choose ONE clear intention.
- Weave it throughout the class.
- Allow it to be a point of focus for students to use to help them build concentration and take their practice deeper.

A group of people are sitting on yoga mats in a bright studio, listening to an instructor. The instructor is standing on the right side of the frame, facing the class. The room has large windows and a wooden floor. The text is overlaid on a semi-transparent white banner.

AYAMA MASTER PLAN

For Sequencing a Yoga Class

The *AYAMA* Master Plan empowers
students to end class stable
— in body-mind-spirit.



AYAMA

Master Plan

1. CENTERING

- Chanting OM
- Watching the breath

2. WARM-UPS

- Involve dynamic movement with the breath
- Use AYAMA techniques to prepare the body
 - Ensure students are connected to their core strength
 - Make sure all the muscles are awake and properly activated
- Postures: Practices on all fours, downward dog, salabhasana, dynamic bridge, arm raises, plank pose

3. VINYASA FLOWS*

- Sun and/or moon salutations
- Dande kriya

**Optional and not necessary*



AYAMA

Master Plan

4. STANDING POSTURES

- Warriors, triangles, standing balances, standing twists

5. TRANSITION TO FLOOR POSES*

- Arm balances, standing balances, agni sara, postures at the wall

6. INVERSIONS*

- Shoulder stand with a block, instant Maui, viparita karani

7. BACKBENDS

- Cobra, locus, bridge, bow, wheel, fish

8. TWISTS*

- Lying and seated
- Use AYAMA principles - no passive stretching

**Optional and not necessary*



AYAMA

Master Plan

9. FORWARD BENDS*

- Lying and seated postures
- Use AYAMA Principles - no passive stretching

10. FINAL MUSCLE ACTIVATION POSTURES

- Hip extension or hip flexion engagement, etc.

11. Savasana

- Guided relaxation and time for silence
- 10 - 20 minutes (longer if possible)

12. Pranayama

- 1:1 breathing and Nadi shodhana

13. Meditation

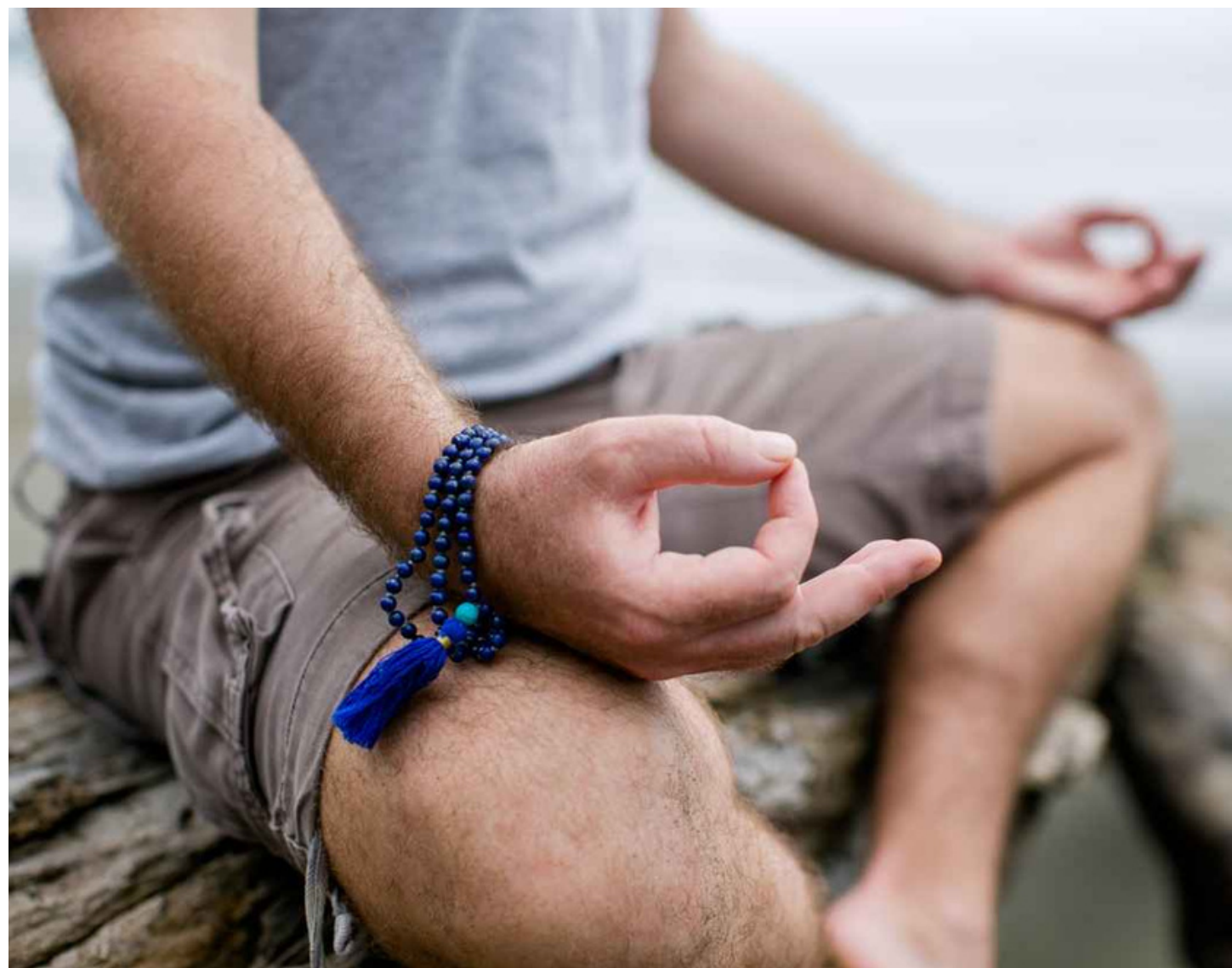
**Optional and not necessary*





SEQUENCING TIPS

Never stop learning...



- Include these 3 AYAMA practices in every class: Bridge, Shalabasana, Plant
- Don't feel like you have to give everything away at once
- Not everything has to be a transition
- Always teach to the stiff Biffs of the yoga class
- There is no such thing as an advanced yoga class - advanced yoga is sitting still
- Stop a lot to allow students to feel and go inward (pratyahara)





[CLICK TO PRACTICE](#)

AYAMA MASTER CLASS

Be sure to subscribe to my channel:
[YouTube.com/YogiAaron](https://www.youtube.com/YogiAaron)

I'm releasing new classes all the time!





THANKS FOR JOINING!