

Test, test test, test

SPEAKER:

What you think of when you think of yoga? Poses on a mat? Perfect alignment? Reaching far beyond your toes? The beauty of yoga is that it is much more than a sequence.

SPEAKER:

Thanks so much for joining us.

SPEAKER:

Yoga is asana, and also activism. Yoga is about a quiet internal journey, into growing powerful outward voice. Yoga is action, curiosity, empathy. Join us as we celebrate yoga. The diversity of the millions who practice it in the power it gives us all.

Because we are all for yoga, and yoga is all for us.

KEVIN KARAS:

Alright, welcome Yoga Alliance members, my name is Kevin Karas, and I'm so grateful to welcome you altogether today for this very special continuing education workshop. To begin, for folks watching live you will see we have the location poll popping up.

So, you're welcome to go ahead and take a moment to just participate in that. We love to know where folks are tuning in from, and just great to hear from you, in fact.

So whilst you are doing that, and if one is sort of showing up here in the room, I would like to introduce myself. My name is Kevin Karas, I use he/him his pronouns, and my role at Yoga Alliance is managing the Board of Directors, and we really do believe that the more folks who are doing yoga, the better the world becomes.

Just one let you know from all of us here at Yoga Alliance, if there's anything you need feel free to reach out, my contact information is on the Board of Directors website. And also whether you are watching this program live or is recording, I want to do now that today's workshop is available for your continuing education.

So, some great credit hours, you are welcome to apply especially in the teaching methods section, and whilst we are going to today's program, you will see Cybil is popping into the chat, just some guidelines, so feel free to read those for a little bit of guidance. If you have any Q&A questions, go ahead and drop those in their.

But without further ado I'm very excited to welcome our special guest today, it's Hayley Winter going to share some wisdom with us today. Hayley

Is the founder for yoga sport science, she's British but lives in New York, for the last 15 years she's been an educator and worked as a yoga sport scientist, Richard internationally as a specialist in your field and serve doesn't really Pioneer of online education.

Especially serving here is a member of the Yoga Alliance online education working group. And Hayley, I really like hearing about your story, when you 20 years ago found out about yoga and its benefits for athletes and it's just incredible.

Working at the English football Association to perform instructors for the British Association, sounds like you've done number of incredible things, of love your work and your teachings. At all halves and over you.

HAYLEY WINTER:

Thank you so much, Kevin, thank you so much for the yoga alliance for having me. Thank you for having me back, and all of you attending today live or watching, it's always great connecting with this wonderful community.

As Kevin said, I've been on a long journey, and that journey has led me to where I am today, and would've liked to doing this session is share with you some of the successes of sequencing, and I really want to make this session as organic as we possibly can, and supportive for you as you possibly can.

We have quite a lot to get through, so if that's OK with you guys I'm going to make start, and share my screen. So, let me do that now. OK, so Kevin, can you see my screen OK? Brilliant, thank you very much.

So yes, this session, 75 minutes is around Sequencing for Success. How to sequence your yoga classes to achieve success for you and your students. And I think one of the biggest things that I'm hearing at that moment from yoga teachers around the world is some anxiety around the economic recession coming into 2023.

How, as yoga teachers, and we continue to grow in our own practice, in our own continuing education, and also help our communities and support our communities? Essentially, what the essence of today's session is around that, and also looking at ways in which, while the economy may be shrinking, it's an opportunity for us, for you, to grow, and to grow your skills and to learn how to expand those skills, and reached you communities in a way that feels relatable.

So we will get to that, let's make a start. What we are going to cover in this 75 minute session is to look at the-- identified the benefits of yoga pose that speaks to what your students seek. That's the kind of pivot peace, how can we as yoga teachers understand what our community needs, and really know the benefit that they are looking for, and speaking to them in ways that are meaningful, relatable.

So we're going to be looking at that. And then also looking at how to take this knowledge, and how this knowledge then informs your yoga sequence design. How you take that and Design sequence around. Then we are going to look at how to deconstruct asana. Any asana is designed to help your students and we will do that hand-in-hand together, and would also want to do in the session is have a moment of affection for you, to take a moment and say to yourself and share with us, what is your biggest sequence challenge right now? What are you feeling that you need as you think about the year ahead?

What is it you're looking for, but I have said I am absently open to anyone in the space who wants to share an asana with me, and say, "Hayley, can you sequence this for me?" And utilize what we work with. So I will be prompting throughout the session into the chat box, I think Kevin and Cybill have the chat brilliantly organized, and put your request in the chat and I will sequence it for you live in the chat.

And at the end of the session I want to share with you something that I really really wish I had had when I started 30 years ago, even 20 years ago, even 10 years ago. I really want to share with you something that I'm very excited about, and I really feel it's going to help me serve you, serve you in a way that's going to serve your growth and serve the growth of your students and your community and your practice, and wherever you are in the world today, something for you to take away work with.

OK, now as Kevin said at the top, I've been in this game a very long time, so I just wanted to give you a quick snapshot, for those of you who haven't yet got to meet me. But, I have been sequencing over 20 years. From the playground, and by that I mean working with Junior athletes and youngsters, to the podium, to Olympic athletes, and taking all this knowledge to an online classroom and also providing evidence throughout this journey of 20 years that yoga works.

So when the snapshot on the timeline from 2001 when I had this crazy hypothesis, like how can yoga be working in a strengthening and conditioning environment, how can it ever work to athletes? To the journey of anatomy and biomechanics, and then 2009 with the world pivoted in its last major shift, that's when the inception of yoga sports science started online company continuing education, coming to the US, working with fitness professionals, working with everyday athletes and also agile aging.

There's a real similarity between athletes and agile aging, and all this links into sequencing. All of this experiences, how can you take Sequencing make it efficient, effective, and in a way that they love you for it and come back for more, that's my objective. To help you today.

And all the way through to working with the wonderful Yoga Alliance, their online standards into to developing online courses, and having a global faculty. We have students and graduates in 17 countries around the world, and today, 2022, we still have the largest research database on yoga for athletes.

So in this research is 20 years of sequencing science, and that's what I want to share with you today. So, let's just take a quick look, before we come to the reflection point, because after this I want to get to know about you. So, what I'm finding, and I've done really since supporting yoga teachers since COVID since 2021 when I started teaching online, I've had a lot of yoga teachers talking to me online about the problems they face.

Here are a few have brought up, and am wondering if any of this might resonate with any of you today in the space. Teachers asked me, they want to grow in confidence as a teacher they feel their sequencing skills are letting them down, and some say 200 hours is not enough and they don't know what courses to take.

In this quite a lot actually, which saddens me, some feel very disheartened that student numbers are dropping. And that's obviously because of economic challenges. But also, as teachers we still show up, do we? We still give that hundred and 50 million%, even if it's one person in the room, we still deliver.

So, teachers are disheartened, and often come away feeling undervalued. And also sadly, falling out of love with their teaching which is also a great sadness. Then also I get questions about wanting to be more creative. Take the lid off, get more fresh ideas, how to get more ideas, and the more creative in the space to give students classes that they absolutely love?

And we all know if somebody loves what they do they will go until their friends, and that's the best way to market it and sell what you do. But often, teachers are stuck repeating what they know, and I can be frustrating.

And then of course another big thing for now is that a lot of teachers are worried about the future, and economy, and sadly the last thing, I can also resonate with this, as a teacher you feel stressed and challenged, and also classes can supplement incomes as well.

So there's a lot of pressure it's a bit of a bottleneck right now and I'm hoping today I can help you in some way. So let's take a moment for reflection, and Kevin & Cybill, I believe we are going to open up the chat, because we would love for you to share with us is, what is your biggest sequencing challenge right now?

I put out a few things, take a look at the screen, you can pop in the chat number one, or number three or number 10, whatever you independently want to let us know about. So we're just going to have a couple of moments, Kevin, if that's OK with you and Cybill and just let people read the screen, reflect, I'm going to have a sip of tea and let's give it a minute or two.

Maybe under a minute. And perhaps, give me a thumbs up if you see anything coming into the chat box. I can see-- oh, lovely, thank you so much for engaging, seeing your responses, we really appreciate it. Thank you.

We will take another moment. Wonderful, Kevin, if you have any observations on anything you would like to share.

KEVIN KARAS:

Yet just reading everyone's responses, a lot of us here today, and I see a lot of people wanting it for special populations, areas where they are feeling challenged, whether they are wanting to work with certain injuries or some folks work maybe with a certain style of yoga and they are wanting to really try another, trying to stand out.

HAYLEY WINTER:

Thank you everyone for taking the time and I think it's important when we come together as a community like this, it's such a sick part of community with Yoga Alliance, and I think just take time to be in the space, we don't always have to fire lots of things that you. Just sort of be here together and have this point of focus and take a moment to reflect.

So, just another couple of seconds, then we will carry on. I also want to say as well at this point that, again, don't forget if you have something in mind you would like me to work on live in the session, there will be an opportunity to pop it in the chat box.

But also, Kevin, I'm wondering, are we able to capture the chat and the Q&A? Can we have a way of capturing that? OK, wonderful. Thank you so much. Well, I think let's make a start and let's get into some of the practical stuff now, in terms of practical, I mean let's look at how we can start helping to address some of these points.

So I think where I would like to start is to look at how to identify the benefit of a yoga pose, and that is any yoga pose. Whatever your teaching, whatever you want to teach, I don't know about you but sometimes it's just easy to turn up, be on the mat and I was going to autopilot.

But also, thinking about how can I think about this posture a little bit more? But am also, not quite sure

what I should be thinking about. It leaves a little bit of confusion. And I think also the power what we are talking about in sequencing, how can it really speak to what your students seek.

So let's get there. I think what's also coming through quite a lot is that the yoga teachers dilemma is that there are so many benefits of yoga, isn't that a blessing? There's so many things yoga can do to help us. But often it's like this one post, there's multiple, multiple benefits end which one do you choose, why are you choosing it? And as a teacher, the teacher can be left feeling confused by the multiple benefits of yoga.

And if you're confused, imagine how your students feel. So we want your students to go "got that, understood that, felt that, amazing. Going to my friends, come back for more, sign up, see you next week, love it." Right? That's what we want. So how do we get there?

I think what we sense is, how do you feel as a teacher when you have so many benefits to choose from? And what I did was I did a Google search example on warrior 2, and one kind of -- listicle of the 11 benefits of warrior 2, so I pop them all here. So which ones, how, why?

So when you are a teacher, wanted to come up with ideas, I want to have something fresh, I want to do something specific, there's so many things to look at. The danger is that you have to teach all them, right? And then you get exhausted, then the cueing goes completely out the window.

In the real benefit of what yoga could be getting to your students is really not laid out, and when I did do my class, I don't want to talk for you but I speak to a lot of teachers and these are based on those conversations. So how do we simplify it? And also, I think the interesting thing is, OK, Hayley, that's brilliant, identify the fit of the yoga pose that speaks to what your students seek. But I don't know all of my students that come, I don't have opportunities to speak with them all in person. How am I going to know what somebody really wants?

So here's the thing. One of the best ways of considering the benefit of what someone needs is to first answer, well, who are your students? What's the population, what's the demographic, what's the age group? Think about the lifestyle, who are your students? In the next question, hello, having a moment. The next question is to say to yourself, what are their pain points?

Pain points as a marketing terminology, but it also means what's their discomfort? What do they need? So, who they are, do they need, and how can I be a part of that solution? Who, what, how? That's a really important piece of work to consider.

Taking a step back and saying, OK, I want to be able to understand my population, or if you're wanting to go out and market your classes more, these are really important things to structure out.

But I want to do is help support for this process for you, it's very broad, isn't it? And we don't have enough time today on this topic. But stay with me. It's very broad. Who, what, how? And now what we're going to do is think about, OK, what do we know right now?

We know that posture is increasingly becoming a problem. There's a postural epidemic occurring as a consequent of too many devices, and I'm sure you're all staying up on the research.

So posture, it issues with posture is one way to start sort of thinking about a benefit. OK, how can I hone in on the postural benefit? I will give you examples in a moment, how can I own in the postural benefit to the demographic, speak to their pain points and be a part of the solution that they need?

What else is going on in the world right now with students? What's going on in the world right now is overloading movement patterns. However we are moving through life, whatever our common denominator of movement is, it is shaping us. So are movement patterns, this is what the students are very into the classes, whether in person or online, students are bringing in their life, being on your Mac, and I think this is a great opportunity for you to go "Hmm, OK, how can we address those moving patterns?" And I will give you an example in a moment.

The other thing is, if you're asking OK, Hayley, how do I take what you're doing and make it bite-size? Posture, patterns, push. Posture, lifestyle patterns, and pushing too hard.

One of the things I've seen a lot is, as the world has lifted up out of COVID, people have obviously, rightly so, wanted to get out there and get fit and be really, really much more active. The promise they push themselves too hard and in doing so created injury.

So there's a mindset and an element of pushing too hard to try and achieve results, and also that is something that you can look at when you're thinking about, OK, how do I take into consideration all my demographic and start going to this sequentially in terms of thinking? And I will provide you with some examples.

Here's an example. This is how you take the knowledge of the benefit to help you start to think about your sequence design. So here's an example. Poor posture creates poor movement, so no matter what type of yoga class you teach, poor posture is going to affect the style of the flow, whether to restorative, chair, whatever is happening in your class, poor posture is going to create poor movement.

And here is an idea for the intention of your sequence. And I have an example to show you there in a moment, here's another example that might speak to your students and help you think about how you

design your class. So, overloaded movement patterns, lifestyle habits create patterns that shape us, so maybe the sequence intention of the class is to counter those life, right?

When you think about, I'm going to counter pose my demographics lifestyle patterns, OK, that's a great way for me to start in terms of thinking about how to deconstruct the sequence flow.

And then, the other thing to think about in terms of ideas classes, when we push too hard, we are pushing physical limits in order to get closer, often, getting fitter has a tendency to get you injured.

So the sequence attention for a class might be what I want to focus on his structural alignment of strength, because whatever that person is trying to achieve, yoga can actually help them get the results, as long as you understand what you're doing, and we will come to the science, in a way that surprises them, and also is injury prevention strategy.

So those are things you can take away today and go, OK, posture, how can I speak to that? Counter posing life, pushing too hard in life, three things there I can start playing with. And then, let's take a look. Also, I want to bring to focus today, because this session is around Sequencing for Success.

Yes, it's about you successfully sequencing design, but it's also successfully being able to in vertical list, sell and promote your classes, so by understanding these fundamentals, it's going to help you really start to get your marketing message, like where you're thinking about your social media posting or wherever you are trying to get yourself out there, the language that you use becomes much more accessible to your audience.

Kevin, I'm just going to touch base with you for the moment and see if there's anything you want to bring in. I'm going to have a glut of tea before we get into the nitty-gritty.

KEVIN KARAS:

Now, I think the posture patterns and pushes a beautiful way to articulate how we can kind of meet the common challenges of the folks are facing these days. As a yoga teacher myself, I think these are all very true, wonderful sequences steps here.

HAYLEY WINTER:

Great, wonderful. I will keep going, and if the chat box open? We inviting any questions at this point?

KEVIN KARAS:

Yeah, so we have-- the Q&A is open right now.

HAYLEY WINTER:

Right, OK, wonderful. Alright. I will continue because we have a bit to get through and I really want to make it about you guys too. Alright, so this is what I want to kind of introduce, really.

This is like 20 years with knowledge coming into the space about one of the keys to successful sequencing is to prepare the physiology, to prepare the mind, the body. The physiology to be able to deliver the benefit. This is the sequential flow of the sequence, and what you start with is the sequence intention.

We just looked at a few slides, the sequence intention, so what is the intention, what is the objective? Then you consider that and think, that and needing to prepare the anatomy, the functioning movement, the circular system, muscular system, and the asana you're going to choose to focus this all around.

Preparing the physiology ensures your students remain safe, gives you a chance to really hone in on your queuing skills and understand some of the science, and really feel like you've got a really nicely framed sequence that you are excited to teach, and they are really excited to see.

This is for you, I'm just going to take us through this. The slides, I am going to make available. To feel free if you want to screenshot the slides, because I just want to go to these points, then I'm going to show a practical example for you in terms of visuals, of what I mean, and then I'm going to open it up for anybody that wants any single post to be dealt with in the same way, OK?

So here are some steps to consider in thinking about Sequencing for Success. We're looking at here is, first of all, what is the intention? What is the objectives of the sequence? When I say sequence, and talk about the sequence of your class. What is the intention? The second point to consider, what are the physiological requirements, like what does the body need to have happen in order to make sure I can achieve that sequence benefit?

So what is involved? You're having to do a little bit of thinking about the science here, and not anything sort of major, but really start to consider, what's involved. The next step is to select imposter, select an asana, and this asana basically drives your sequence design.

What it does is focus your sequence, so all the techniques and postures that come before this may impose your design your class around basically fuels the physiology. And why think about physiology I'm saying not forgetting the consideration of breath, and all the things to come after it helped to release the benefit.

Then the fourth thing I want you to consider is, you want to identify a benefit that really speaks, the benefit of the posture that really speaks to what your students need and aligns to the intention of the sequence. Worry not, I have an example, so hopefully this will start to piece together to make a little bit

of sense.

And then, finally number five, is to learn how to deconstruct the posture, deconstruct the asana, I have to tell you this work is really really interesting and really exciting and it helps you get some fantastic fresh ideas about how to take the postures that you've loved, that you are maybe going "I know there's more here", or opening up a whole new repertoire for you.

In deconstructing the asana you are learning to build a backup in a way that speaks your sequence intention, it gives you a brand-new skill set, and it gives you great ideas to modify, and also no matter what style of yoga you teach, you can take any posture in the index and breathe new life into it for you and your students.

And of course let's not forget other thing support for the class type, was the length of the class, is it online or in person, where's the location of the class? OK, Kevin, just going to pause there for a moment once we start to get into some stuff. Are we good?

KEVIN KARAS:

Now, are you wanting to hear general questions or postures?

HAYLEY WINTER:

You know what, yeah, let's take a couple questions now, and I'm going to make note of them, then I can hopefully speak to them as we go through. So go ahead and select, please.

KEVIN KARAS:

So just reading them From the Top-Down, one is talk about how to sequence for private clients, discomfort from sitting at a job too long, that's a relatable sort of thing.

HAYLEY WINTER:

Absolutely, yes. What is the name of the person that has popped the question?

KEVIN KARAS:

Nelly Navas DeRentas.

HAYLEY WINTER:

OK, perfect. Hopefully what you can start to see, Nelly is that posture and poor movement is one of those sequencing intentions that you can think about. Yes, private clients have a lot of back issues, and we can think about that, we can think about what pose they can help speak to that client.

Let me take another couple questions, then we will read into some practical. Thank you.

KEVIN KARAS:

Yeah, this one has a lot of thumbs up, that's a great way for you tall look at the Q&A, there's a way to kind of rank them. This one says my biggest dread is remembering sequence. I bring a piece of paper with me and rely on it, but wonder if there are ways to simplify a sequence for an organized order? Everyone is very excited to know about that question.

HAYLEY WINTER:

Was the name of the person who put that in the box please?

KEVIN KARAS:

Sadalia.

HAYLEY WINTER:

You've obviously read my presentation because I get to that point for you and a few slides, that's a really great question. And I think on top point I'm going to crack on we can open up and take my questions, is that OK? OK, brilliant everybody.

Let's start to take an example out and get this to a position where we are like yeah, theory, understood. Now what do we do, how do we bring it together, how does it work? Alright, let's go back to the deconstructing part.

So basically, this is how to start deconstructing, stripping back your asana to create sequences that you can build back so your students receive the benefits. Here's an example.

So, what I've chosen to focus on in this example for you is the posture slide. And to create a sequence around sequence intention for me and a point of focus is to create postural stability. So that is point number one, step number one.

And if you remember, the next step in this thinking is to consider what are the elements, what's involved, what is required for postural stability? We know that postural stability needs active feet, four grounded connection. We know the abdomen needs to be soft and open so that the diaphragm can be unrestricted, so the breath can move and support postural stability.

In the belly- focused breath helps how to improve pelvic stability. It also helps us move more into the parasympathetic nervous system as opposed to up into the shoulders with the sympathetic nervous system functions. Belly-focused breath has a much more pelvic oriented, connected to the ground. Another quote we need to think of with postural stability is a length and spine, we want to build a find

that extension, find that extension, that's the biggest gift you can give to any of your students.

To find that macro fine tuning through the vertebrae for that length of the spine. And then another part of postural stability is the postural stance, like how you stand, however you stand on the mat or in life needs to be active. And when I say active I'm not talking about pushing too hard, as active, present, without trying too hard.

I use the term balanced buoyancy. Basically, balanced buoyancy between feet and fingertips. You've just got this whole body movement, that is postural stability, and the balanced buoyancy helps the body organize itself over the base of support, which is essentially the feet, or if you're working in a posture that's on the ground, whatever that contact point is will be the base of support.

And then of course, posture stability is about how can we align back to the center of gravity initially? Those of the step two considerations. And then, so the next question is, OK, now I'm going to choose a posture. I'm going to choose an asana that I can start focusing on is my anchor for my sequence, and I'm going to take these elements and consider how to work with them.

So the main posture is going to be a warrior 2, asana 2, in the next part is, what's the benefit? What do I want to know? What I know about the -- science of postural stability, how can I take the science and consider the benefit? So I just want to focus on the benefit here.

And that one benefit is to teach this pose in a way that it develops greater spinal extension, more connected to pelvic stability, focused on the pelvic stability in this pose by using posture of warrior 2 to widen the base, which challenges the center of gravity. And the spine needs to be maintaining act of extension, plus breath.

So when you move the body in any way, shape or form, away from the gravity line, and you take it out, you are challenging the center of gravity. And what you want to try and do is make sure that, where possible, everything is aligned into the center. So the benefit is to help your students develop this postural stability through this pose, and then the fifth step is to deconstruct it.

Say, OK, alright, so how my going to teach it? So what I've got here is an example. You can see the blue vertical line represents the gravity line, the blue horizontal line represents the pelvic stability.

You will see underneath the feet that there are little dotted lines, that represents creating - these are various techniques that can be given to help get this sensory sensation in the feet - but underneath the feet, you want to create a proprioceptive friction so that the brain to the feet relationship is set up.

I've decided to take the arms away and bring the arms, hands, down onto the hips, and this is because

I actually wanted to be more grounded, and less challenged. Because you want to be able to progress this pose. So let me show you an example of what I mean by that.

Well, that's the deconstruction, but now we have to sort of design a sequence around it and helping to open up and answer my questions around the thinking behind this, but OK, I thought about warrior, I've modified because I'm thinking about rounding and pelvic stability at the feet and keeping the spine aligned to the center of gravity.

Now what you need to think about is, well, was going to come before it and what's going to come after it? And how can you take that thinking back to your building up to the benefit?

Here's the thing, you're going to consider the science of the intention of the sequence, and from the moment your student arrives in the space, you're going to pair the nervous system, engage the respiratory system, mobilize the anatomy at a low level, by that I mean get everything mobile so that the body is better able to be prepared for this main purpose, OK?

And we can come back into more this discussion but to visit Sadley's point, the last question we had Kevin about the sequencing, here's how it works. But I'm sharing with you now is an example taken from our yoga sequence playbook, and what you've got is an overall view of the overall sequence plan.

So this post, warrior, I've positioned it at that point in the sequence design 2 because I want to do a few techniques in the early stages, play around with a few other things is going to get me to the point where I want to be able to use the kind of mid point of the session, where the physiology is prepared, to really start to get the student body ready to feel the benefit of this pose.

So I thought about the intention behind the class, postural stability, and of thought about what I really want to trying to hear is the poster becomes sequentially before the main posture is going to be the *Urdhva Dhanurasana*, standing with hands on hips, I'm just going to give you an example playing around with the design.

And then the student will move into warrior 2 position, then the sequence after that is to move into a slight lunge. Keep the hands on the hips, press the ground away, and actually try eccentrically, and you may say that looks easy but in order to develop the benefit of postural stability we know that standing is the hardest posed to do of all.

We have the Lewis base of supporting highest center of gravity of any creature on the planet. Even giraffes, we've got four, we've only got two. So standing is really tough, let's not overlook that.

When you start to move the body in this intentional direction and then you get the pose after warrior 2, as your student having to actually work backwards, you are challenging all the small muscles closest to the spine, and breath and focus, so it might seem simple but it can be a really great way to mix things up.

OK, so then this is how those techniques fit in the over sequence level, our yoga sequence playbook. But in terms of your sequence, hopefully you can say I've chosen posture, it's aligned to the design, aligned to the intention, this is the benefit and these are the poses, and then of course what you will do is think about technique and postures, nervous system preparation, breath, mobilizing other elements, to hear, and then also how you started to close the session so the body really starts to move in with more ease so the benefit starts to get released.

And then, another part to the success of what you do is connect the and if it of the sequence to life. So how you speak your students about what they are doing and why, and here's an example, is to talk about the benefit on the mat connecting to the benefit in life.

This is something you might want to say a reminder, as you go through-- as you move through your day - so, widening our base of support in shifting your center of gravity, like whatever you're doing - in the spirit of a warrior, remain present and alert. Ask yourself, how do I feel?

Because the feeling of tiredness, discomfort, will be an indicator to help switch and make those micro changes that they learned with you on the mat. So make those minor adjustments, what we've learned together to help you on the mat, to lengthen and out of discomfort, and into your postural power, OK?

So those pieces can become marketing messages, how you start to promote your classes, but also how you really own what you do. The point about drawing and thinking is that the relationship to brain to actual tangible, authentic ownership is that it is setting up your own neural pathways so when you get to teach you've got your sequence plan playbook there but you are less reliant upon it because you've actually engaged with the process of thinking about it, drawing it, obviously practicing it, then teaching it.

OK, so let's open up, Kevin, for some questions, and I would love to get anybody that's obviously wanted to go into what I just talked about in a bit more depth. Or, what I would love is for an asana pose, someone to look at.

Choose imposter, any posture, think about something, maybe you've got to teach tonight and you are like "I don't know what I need to teach but I want to focus on strength". So, hit me.

KEVIN KARAS:

Yeah, well, Hayley, maybe I will hit you up later. So something I've seen in the chat, sorry come in the Q&A, not necessarily a specific question for one person but maybe something for five and six people, they are asking, are you considering this sort of post sort of sequence, is that how you are-- when you talk about this main asana and peak pose, there's a lot of questions around that.

HAYLEY WINTER:

Is different language, isn't it? In my background I may be referring it to one thing, but yes peak pose is another way of looking at it. Yes, it is that sort of-- it is the direction, the driving lien, emphasis towards that pose.

In that peak pose can be positioned anywhere in the sequence. Let's go back, I will bring up the sequence playbook. That peak pose doesn't have to sit exactly where placed it, not all those boxes have to be completed. It's really just how you organize and understand what the body needs to do and readiness for the place in which you say your comfortable, you are confident, you're safe, the students are safe.

They are ready to actually receive the benefit of the posture.

KEVIN KARAS:

Yeah, that's wonderful. So it's kind of about building up that safety to get into this more challenging, and that may lead in some of these other sort of questions, I'm trying to group everyone's questions, but some folks are talking about sequencing for folks with stiffer bodies or an older population, or for men that may be tight.

For special populations or even a multilevel class. Anything you want to speak to about all that?

HAYLEY WINTER:

Yes, absolutely. I think that the key for you as a teacher, as you confidently embrace, whether it is different demographics, different people, different styles, is that when you understand the principles of this, and obviously I will share more as we go into this towards the end of the session, the key for you is to understand something of the nervous system regulation requirement, the entry levels into your sequence, it doesn't matter.

When you understand the science and the physiology - and you don't need to be a physicist, you don't need to get scared about science - you need to understand, one, two, three, to kind of help you go if I do that then this is going to happen.

We shouldn't be frightened of science, science about inquiry and exploration and play. So I think when you think of some of these bigger question, I think the important thing is it doesn't matter what body

type, it doesn't matter what age.

When you know the common denominator, the fundamentals of the human body, you can then work from the inside out, and actually this is where it gets exciting, you can become confident in teaching your sequences to anybody.

I mean, in the past I've worked with Paralympic athletes, one particular athlete was wheelchair-bound, really had feeling only in there for portion of the chest, shoulders, neck and hands, and when you think about the way the brain works, nervous system, the Paralympic nervous system, the breath, it can guide you to open up your repertoire, it helps you go, oh, wow, I never thought about it like that.

So, it empowers you, if that makes sense. If I had more time I'll be able to drill into that a wee bit deeper, but hopefully what I want to say to you all is these things are all possible. And it takes a little bit of time, not much, to start to get your head around it, but as we move into 2023, this level of skill set that hopefully you want to embrace will change the way you teach it will change the lives-- your lives and the lives of others.

KEVIN KARAS:

That's just beautiful, learning about this core knowledge, the different systems of the body and how you can translate that. Very short summary, it's very beautiful.

There is-- I know that you are really excited to actually show folks examples with specific poses, so I'm wondering if you would like to dive into some of those.

HAYLEY WINTER:

Yeah, I think that might be helpful for you is perhaps to see me demonstrate those three postures, the sequence of that. Perhaps from a teaching point you are looking at it and saying that makes a bit more sense now.

And as I'm doing that, please feel free to throw an asana, throw posturing there, asked me to deconstruct it in any way. So what I'm going to do is I'm going to bring it up so I've got it clear in my intention of what I'm doing, and -- there we go, OK. That's my visual reminder.

And I'm going to share my screen now. Kevin, if you then let me know that this is coming through, OK? And actually, what I think I need to do is stop sharing, perhaps. Can we go to fullscreen with that be OK? Are you able to spotlight me so people can see? I think that would be helpful.

Let's see if I can do that.

KEVIN KARAS:

I think Cybill may already be working on in the background. She may already have it spotlighted.

HAYLEY WINTER:

OK, there we go, fantastic. Hopefully, you can all see me clearly, Kevin, can you still see me and hear me?

KEVIN KARAS:

Sounds great, looks great.

HAYLEY WINTER:

OK, great. So I'm just going to bring in my colleague here, Monty, just to show you, I think it's a really helpful reminder of structural integrity. I'm going to basically focus all the energy down this midline, and use warrior 2 modified, deconstructed, to play around with challenging the nervous system, challenging the musculoskeletal system, altar designed to give the feeling of postural stability.

So I'm just going to make sure he's standing OK. So, I'm going to do the entry part into-- so I'm standing in the first part into the asana standing, I'm not going to spend too much time on the cueing from the feet, but I do want to just bring in balanced buoyancy.

Balanced buoyancy as I mentioned is about connecting the whole body from the feet to the fingertips. And then bringing the hands onto the hips, and just taking the energy down a little bit. Also, the fingertips here can connect to the abdomen, which connects to breathing practice that you would've done earlier on in the sequence.

So you will perhaps a thought about, OK, hands on the abdomen, focusing the breath there, taking the breath into the pelvic bowl, then reconnecting, sequentially, back to that teaching point, at this point here. So fingertips on the body, always really helpful to get people in their bodies and out of their heads, rather than listing to too many cues.

Taking it down, soft through the feet, knees soft, fingertips into the abdomen, or on the abdomen, rolling the shoulders back and down, chin parallel to the earth taking a breath in, on the out breath just sinking down, shifting the weight.

As I shift my weight I am shifting my center of gravity and challenging my base of support, looking to the feet. Don't want to spend too much time here because I want you to feed in with some postures, but I just wanted demo why this becomes a deconstructed version.

And all the time from here to here is a slow transition maintaining that spinal integrity. As soon as you

start to lift the arms up it plays around with the center of gravity, so to begin with I would just have the hands onto the hips, then move it from warrior 2 into a pivot.

It becomes a bit of a lunge, turning the body, breathing. Soften the knees, pressed the ground away and come back into the asana standing. Then come back again, play with the arms, trying to find that postural alignment, making sure that as you move and breathe and change and shift that there is an intentional reason you are maintaining the whole time, the challenger putting the body under is a very simple way will actually have a strength component at the skeleton.

So that's just me moving around, giving a little bit of an example there, but I would love for any more questions to come in.

KEVIN KARAS:

Yes, so are you wanting to do the postures? Because we've had-- I've been sort of capturing, I know you're excited, some folks are really excited. And I've got, like, about 20 poses. So, we've got everything from child's pose, pigeon, King pigeon.

HAYLEY WINTER:

What's the question around child's pose, please?

KEVIN KARAS:

These are just folks interested in seeing the sequencing around these postures.

HAYLEY WINTER:

Great. I'm going to throw it back to you all. For those of you who have sent in your pose, ask yourself, why am I doing it? What is the intention? Right? So, here we go. I'm going to design a very small sequence for Nelly. Based on your private client who sits all day, probably suffering from Zoom-itus - technical term - so I'm going to take the child's pose and I'm going to create the sequence and hopefully you will start to see the thinking.

Because the reason why I'm coming back to you all and saying "Great, thanks for the posture, what are we going to do with it? What's the benefit we want to give? What do we want to do with it?"

OK, so I'm just going to get my stuff up. Bear with me and I will share my screen in a moment. OK, have I got screen sharing? Yes I do. Can you see my screen now? OK.

So these are the other examples in lifestyle and pushing to get a visual, but these are just a couple of ways you can take the pressure in the sequence to get the benefit. But the one I want to focus on child's pose, with Nelly, I do hope I'm saying your name correctly, with your objective in mind, let's do

this.

Yeah, perfect, OK. Alright. So what I'm going to focus on child's pose here. Can you see that alright? Not a particularly brilliant visual representation of child's pose but you get the idea. That's the focus, OK?

We're going to get a sequence around child's pose but what we know about the client? Well, what we know is that the clients is sitting all day on the computer. OK, so what we see here is a lot of issues in the lower back, and the neck, and actually very disconnected from the ground, right?

That would be the thinking, I'm choosing a sequence, but what would the intention be? Relieving back pain from sitting at the computer all day. So, what we can do here is say, OK, we're going to get into-- this is going to be our main pose, but let's consider that if somebody's been sitting all day, we can't get them into this straight away.

And the reason why we can't get them into this straight away is because this posture, and this posture, actually look very similar, don't they? If you turn child's pose up, it's a similar relationship on the spine. But we've got here in child's pose though is the ability to rest the head and use it restoratively.

But what we have here from a position of sitting in gravity and stress working, you don't have the relaxation. So what I would encourage you to do and given this is a one to one on one as well, you can actually bring in - let's see if I can do this - you can have your client - let's go back - you can have your client sitting in their chair so you can bring the workplace into - that's a bit of a dodgy chair there - into the workplace.

So, let's have them sitting, perhaps feeling the back of the body against the seats and having the knees directly above the ankles. And then this becomes a sequence. So the hands around the hips, there's an inhale, then let's do this.

Now move this out of the way just to show you the sequence. So there's an inhale, and then the exhale is going to be - don't worry about that - inhale here, and directionally lifting up out of the hips, and the exhale is a softening forwards into a version of seated child's pose. And I would have the hands on the head here.

So this would be an exhale. And you could repeat that times three. So if we were to do this together, we are all sitting now, think about how you are currently at your computer, hands onto your hips, breathing in, feel the spine lengthening up.

Then as we exhale hinging forwards from the hip's, and depending on the severity, you can rest the

head on the hands, since the head is the size of an average bowling ball, when the head is jugged forwards it's about 60 pounds on the neck.

Imagine, that's approximately like having a microwave oven in the back of your neck, or a nine-year-old child. So, that's thinking about all that pressure going in your neck. So in order for your client to comfortably get into child's pose, you need to sequence inhale, exhale, hinge forwards, inhale with the sternum, ease back.

You just want to get that soft mechanics in, and what you are doing is you are observing how your client is moving, if there's any lower back issues. Because when you then move them, and this can be another sequence element here by the way, we design something that gets them down on the floor, if we had more time I would do that for you.

Fundamentally, what they do is they end up in child's pose, but I would have child's pose with head in hands, and padding underneath is, right? So there's less pressure under the head, the head is supported, breath flows, and now the restorative work and going to the back, as opposed to getting to there.

And it can be a heavy loaded posture for those who are rigid, it can be challenging. So, I hope that gives something of benefit there. Any comments on that coming in, Kevin?

KEVIN KARAS:

Umm...

HAYLEY WINTER:

Hopefully what you are all starting to see is there's a journey, there's a relationship. In the relationship is to do with the pose that you are choosing. Actually, let's just go back. The pose you are choosing gets deconstruct did, modified, to basically sort out the sequence objective, intention, right? Then, to make sure that what you are doing safely here is preparing the physiology, preparing the nervous system, the respiratory system, there is this beautiful sequence and arc of thinking that comes from the pose, why this person needs it, what injury requirements, what functional requirements of existing in that?

So hopefully, it's a very short time we have together, but hopefully that helps give you something to take away today.

KEVIN KARAS:

Now the last to see feedback of one's coming in, "oh, this is so helpful, I'm really enjoying this all the ideas". I think they are so captivated when you first asked, you know. Everyone is really excited to

hear.

HAYLEY WINTER:

And it's a lot of pressure because sometimes we don't know what we don't know. We don't know what we don't know until we start going, oh yeah, got it, actually if I start doing that, this might happen. It opened up a whole new world.

But I do want to do is share something with you all, because I know we are coming close to the end and I would love to take more questions. But I'm just going to come back to share my screen with you again and talk about something that I really wish I had had when I started out.

So, the course that I really wish I had early in my own teaching career, my colleague, the brilliant Annalise Ferrera, Senior Institute of neuroscience, she did a lecture with me last year at the Yoga Alliance on the anatomy of pain, we've designed a course for you. And it is how to sequence for success.

To get fresh ideas on how to safely sequence for successful classes, and happy students. And the reason this brilliant on so many levels is because Annalise is a physiotherapist, and Annalise, the cohort of people that come into Annalise's world are those postural patterns and push people, right? So, she's basically dealing with your demographics, you know?

In the US, she is like what you would call a physical therapist, in the UK were: physio- therapists. This course is a six week course, there will be material each week you can actually come in your leisure watch and we take you through each week the physiology, nervous system, respiratory system, mobilizing the anatomy, learning how to access a bit more power and strength.

And then, how you own it and you fall in love with it, and then share it, so you can promoted and sell your classes to your students. But on your journey there, you've also gifted yourself a whole new skill set that helps you grow in confidence as you grow your classes.

And then, what we give you in this course is our tried and tested the ideology We give you the video sequence playbook, week on week we build your playbook, we want to build your sequence for the next six months or even the three year, can you imagine having other yoga teachers around the year helping you figure out what to teach for the next year, that would save you a lot of time.

And you can focus on the things you love and growing your classes and sharing love with your students. The aim here is to help you design yoga sequences, so it doesn't matter what style of yoga you teach, doesn't matter whether you are a newbie to teaching or a seasoned teacher.

This science of sequencing, the sequence for success helps you take the lid off, get fresh ideas and feel confident as you move forward. The other thing that's coming off, of course I mentioned this, is that if you are anxious about what to teach next year or anxious about how the economy might be affecting and impacting your classes, don't worry about it.

You don't have to figure this out along. We've got your back. We have been doing this a really long time, and I've been working as a yoga sports science teacher and running my business through all these various changes, global shifts, so there's a lot of expertise in the space here to help you.

And I think, there's a link that I've given to the team, to Kevin and to Cybill. Basically, there's a waitlist if you're interested in joining us next year, and is more likely going to be February of next year, we will be opening up registration.

Just if you wouldn't mind, perhaps Cybill or Kevin popping in the link to the waitlist, and get on the list, and just let us know that you are interested, and you actually also want to secure the course fee which is-- the course is actually \$497, but the launch price is 297.

So you work with us, week on week for six weeks, then you've got access to the material for a whole year. So in terms of thinking about the time and money you are spending, all those things you're worried about, come to a space together and we will help shape your sequences to help shape your future.

It sounds like a lot of, wow, we can do this together, but we really really can come and have a lot of experiences in the space. That's something I'm really excited to share with you all.

So also just to let you know, if anybody is like I can't wait to next year I want to get started on this stuff, the science of sequencing plus biomechanics, plus other things are also in our 40 hour online immersion course, which you can start today. So that is again giving you years access into this course, and the 30 hour offer will expire at the end of this month.

So if you want to get in there is a community of experts in the space, and you can start to get to grips with designing sequences and using some of this thinking specifically around athletics, but it's all around exercise science.'s that will hopefully give you something to get started on today.

The link for that I believe has been popped into the chat. Is that correct, Kevin?

KEVIN KARAS:

Yes. All this coming and, as well as the discount code.

HAYLEY WINTER:

Fantastic, there's a discount code to take a look. And if you are not sure about any of it and you just want to pop us in email, please get in touch. info@yogasportscience.com

Do get in touch for any questions, and also follow us on Instagram at yoga sports science, because we been doing some-- take a look at it if you aren't sure of who we are what we do just look at some of the recent stuff we've been doing on Instagram, you'll get a bit of the flavor.

But the science of sequencing, how to sequence for success, between Annalise and I we are giving you about 50 years of experience we are giving you in a way that will change your life and the lives of those you work with.

So, that is it for me on that front, there's a few other minutes, I believe, for any of the questions that might come in.

KEVIN KARAS:

Yeah, well Hayley, we're so glad to have you here with us today. Is there-- I mean, I guess we can't get into anymore poses because we are down to the last few minutes.

HAYLEY WINTER:

Perhaps if there's a question that's come in I'm happy to see if I can address it in two minutes flat.

KEVIN KARAS:

Another thing people are asking a bit about his sort of counter poses, anything you want to speak to on that?

HAYLEY WINTER:

Absolutely, thank you for asking that question. That's one of the things we address in the course. Counter posing becomes a whole new exciting skill set when you understand about the anatomy of movement through the anatomical planes of movement.

So in how to successfully sequence course, look at anatomical planes of movement. When you understand a plane of movement, it helps you understand how to counter pose. So again, it's very quickly what I'm saying, but it really does-- counter posing is important because it releases the benefit of the posture, and allows you as you come back out of the counter pose to reestablish back kind of integral-- postural integrity, no matter what posture you are doing.

So the counter pose is really important, and we can go into more depth. Email me or join us on the course next year or take a look also, 40 hours, we cover that in the 40 hour course, so if you want to

get started today.

KEVIN KARAS:

And I think a lot of folks out there, I know you have specific questions about postures and things. And I think just knowing those courses are available to you certainly would encourage all of you to check that out. Hayley will also be getting some of the questions sent to her just for knowledge bases, so we're just posting that in the chat, but I guess it's a good time to sort of wrap it up.

And Hayley, I'm so grateful as always for your knowledge that you shared with us. It's just tremendously valuable to us and all the members at Yoga Alliance. I just want to thank everyone for joining together today, and we hope that this helps support your yoga education. We left many more of these to come, and while we shared engage in this process, the better the world becomes, so have a lovely rest of your day.

HAYLEY WINTER:

Thank you so much. Thank you everybody, thanks for the participation. Thanks Kevin and Cybill, bye-bye.

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