

Dianne: Hey, everybody. Here's the last piece, or maybe the first piece, depending on where we set this up, in creating your Yoga for All class. In your bonus materials, you will see, I'm going to show you this, your class planning or your progressive class planning template, in which I've created this hand drawn flat simulate of it. You can tell I'm not a school teacher by my writing, but this is in your notes, in your extras or your bonuses. People often ask me how to use this template, so I recreated it on a dry erase board. I printed mine off. I had a stack of 30 of them, I just send them to Staples and print them all off at the same time, and I have a binder full of these. I print on one side the class planning template and on the other side, the Pose Component sheet, which is just what poses am I going to teach, or what pinnacle pose do I want to teach, and what are the warmup or the prep poses for it.

That's all it is. In these boxes right here, you'll have prep pose, what the pinnacle pose is, or what the prep poses are, what the pinnacle ... Sorry, what the pinnacle poses, what the prep poses are, and what variations or modifications do I want to do for those poses. That's how I do it. Then when I have all the poses that I'm going to use, then I can come to my class planning template and use the poses. Again, you can find this in your bonus materials. One is called the Pose Component sheet, which we'll see it's just a bunch of boxes on the page, and then the other one will be the class planning template with a pacing wave here. What I'd like to do is I'll start with showing you how to use the pacing wave. I love my drawing of the pacing wave.

This just goes to show you, if you're teaching mostly a Vinyasa class, how you want to start out slow and build your intensity, come to your peak pose in here where you spend maybe, I would say, five or 10 minutes, maybe 15 minutes even in Yogi playtime. Then you want to do your cool down poses and then you want to work your way to Savasana. Let's make this a 60 minute class, so right off the bat I'm going to just fill in 60 minutes for the class. Of course, you can do as long a class as you want, it doesn't really matter, but 60 minutes is how long the class is going to be. In a 60 minute class starting at zero, how I always build my classes, I start from seated or laying down, supine positions, up to a standing position, balance, the pose that I want to teach, then the cool down.

I always do in a 60 minute class, about a 10 to 12 minute warmup. This might be where you do your sun salutes, where you do any warmups that you've done in the first series on the floor, that's where you want to do that in the first 12 minutes, right? To get everybody warmed up. 12 or even 15 minutes I would say to warmup, right? You're going to come to class, you're going to have them seated, you're going to be like, "From zero to five do your grounding," and then from five minutes to 15 minutes, so a full 10 minutes, at the very least, do your warmup. Then when you get to your warmup, when your warmup's done, you want to do your prep poses. The poses that are going to prepare you, so these are prep poses. Sorry, my writing is not the greatest. These are your prep poses and that's where you probably have pulled your prep poses from this sheet, right?

This is where your prep poses are going to come into play for whatever your pinnacle pose is. Then from here to here, which can be your Yogi, it can be your ... I'll call it apex pose. This can be where your apex pose ... Can you tell I was an Anusara teacher? Where your apex pose can be and Yogi playtime. My printing's horrible. Yogi playtime, I hope you can read it, this is where you can

spend ... With your prep poses, you can spend another 15 minutes, so now we're at the 30 minute mark. Then at the 30 minute mark, give yourself 10 minutes for Yogi playtime. Zero to 15 is your grounding and your warmup, 15 to 30, so an additional 15 minutes is where you're doing your preparatory poses. If I want to teach half moon as a pinnacle pose, what would my preparatory poses be? Hip openers, right?

I would also want to do something to stretch the front of the body, to stretch my quads. Perhaps something to stretch my abdominals. Maybe the prep pose would be something ... One of the prep poses would be something like spinal balance, open to the side, or variation of side plank, right? As preparatory poses, I want to make sure ... Sometimes it can be a little bit of a back bend, if people lean back into it. Maybe I warm up my back and I certainly want to warm up my shoulders, because there's an external rotation going on, so there's an external rotation going on in the hip, there's an external rotation going on in the shoulder, we are standing on one leg and balancing, so we might want to do tree pose, we might want to do standing pigeon. These are all the preparatory poses that I want to do.

At my warmup, maybe I do an accessible sun salute. In my prep poses, I want to do hip openers, I want to do a quad stretch, I want to do a shoulder stretch, I want to do a back bend, and I want to do a balance in order to get people ready. Then at the apex pose, which will be around 10 minutes, I'm going to give people 10 minutes to play with the pose. We'll do half moon, just because I mentioned half moon. That means, we'll play with maybe half moon at the wall with one leg on the wall doing our half moon. Maybe we'll do half moon leaning back into the wall. Maybe we'll do a spinal balance half moon where we're kneeling. We'll give people a good 10 minutes to explore in Yogi playtime and then that brings us up to 40 minutes. The last 20 minutes are going to be our cool down and then our Savasana. Then we'll spend 10 minutes here with cool down poses and re-grounding. Then the last 10 minutes for Savasana and meditation.

That's how I use the class planning template or the class pacing curve. Zero to 15 is your grounding, setting your ... If you like to set your theme happening, okay? And your warmup. That's what's happening in the first 15 minutes. The second 15 minutes, taking us up to 30, preparatory poses, figure out what you want to open up in order to get to your apex pose. Then give your students 10 or 12 minutes to play in the apex pose, another 10 minutes to cool down, 10 to 12 minutes to cool down, and then another eight minutes or so for Savasana and perhaps meditation. Whenever I start my class planning template, I decide how long the class is to be, and then I plan out how long each section of my class is going to happen. Then I pick an inspiration or a theme. Once again, can you tell I was a former Anusara teacher?

My inspiration or theme is always, as of like, "Come as you are." That is always my theme. Use what you have, okay? Do what you can. This is always my theme and it has been my theme for the past five years. You can also do all kinds of other themes. You can do a gratitude theme, right? You can also theme your class around a body part, so maybe you want your class to be about hip openers, right? Maybe you want your class about being finding balance, right? These are all themes that I like to do. I like to create a theme for my class and that way, my class has, I feel, more resonance and more connection. If I can

find a universal theme or a connection that everybody can relate to, then people who are more engaged in the class are more apt to have a positive experience.

Often even doing a hip opening class, I will often say things like, "I want to let go. I want to release," because I hold a lot of tension in my hips and a lot of tension in my low back, sometimes my neck. The theme of that class, the hip openers, will be something like, "Open heart, happy hips," is one I've used. Releasing and letting go, loving your hips, things like that. Gratitude I think is pretty straightforward, right? You can find ways to be grateful. I always theme a gratitude class around gratitude for my body, gratitude that my body shows up in whatever ways it shows up for me. Balance is a big one for me, finding how to balance all the plates I have spinning. I honestly feel like that most of the time, that I have all these plates spinning and how do I keep them all balanced, myself balanced, including my self care practices, taking care of my children, my career, all those kinds of things.

I'll often do that, but my most favorite theme is to come as you are, use what you have, do what you can, because I think that allows people autonomy over their own practice and allows them to do whatever it is that feels best in the moment. You can always pick up inspiration and theme. If you look on the top here, we've also said anecdotes, if there's a story you want to share. We talked about muscle groups with hip openers, or if there's a quote that you like. This is a quote. I don't know who said this, I think my friend Jackie said it quite frankly. You can always use that as your theme to kind of set the grounding or the tone. Then the next thing I want to figure out is what am I working towards? There's a lot of mixed feelings I found around sequencing your practice to a pinnacle pose, that we're maybe building expectation, or not everybody's going to be able to do the pinnacle pose, or are we leaving people feeling left out.

I have my ideas around that. The reason that I like to sequence to a pinnacle pose is that it allows me to open up the body in all kinds of different ways, so that people can have their own experience of what that pinnacle pose is. I'm really clear about that. I may be setting an expectation by creating a pinnacle pose, but I also temper the expectation with, "We're going to do three different kinds of pinnacle poses. We're going to do a mild version, we're going to do a medium version, and we're going to do a spicy version." If I come back and do this class several times a month in my teaching, people can actually see where they progress, right? Perhaps they were doing this pose, and now they're doing this pose, and now they're able to do this pose, but just it really aligns itself with the bus stop method, which is why I like to sequence to a pinnacle pose. You don't have to.

You could sequence to a group of poses that you wanted to do. You could sequence to even a song, if that's something you want to do. For those of us who may have a dance background, that might be something that's interesting to you. We are playing with poses, right? We are playing with how we get the body into these poses. We were just talking about it, so we'll make it Ardha Chandrasana, or half moon pose will be the pose we sequence to. For those of you who are not familiar with half moon pose, I'm just going to get right here in front, I don't have my block with me so it's going to look a little collapsed. It's this pose, right? That we're sequencing to, okay? In just showing

you that particular pose, can you already start to figure out or show ... Figure out what parts of the body that we need to sequence to that pose? It's half moon pose, so I think if people are having trouble with half moon pose, what are some of the other poses we could do?

We could do half moon from spinal balance, so on the floor, okay? You know what spinal balance is? Hands and knees, one leg out, one arm out. We could just do spinal balance kneeling, right? We can do kneeling, right? Another one, is we could do it at the wall, right? Half moon at the wall. We could also do standing split, right? Or we could do any kind of one legged balance if we wanted, so we could pick a one legged balance, right? This is what we're going to do. We're going to do a half moon. We could do a half moon from kneeling, which is like a spinal balance variation. We could do a half moon at the wall, so a half moon could be with foot at the wall, or against the wall, right? Or we could just do a one legged ... Or we could do a standing split. Having said that, what else are we going to have to warmup? We're also going to have to warmup hamstrings if we're going to do a standing split. Then a one legged balance pose.

I'm going to go over here to notes' section on there. You have a notes scratchpad note section. Let's figure out the muscle groups from our post component sheet, if you chose to do that. What muscle groups do we need to warmup? Well, we need to warmup shoulders, right? We need to warmup hips. We need to warmup ... We need hip openers, we need shoulders, we need hamstrings, okay? We need side rotation in the torso. What else do we need? Think about it. We did shoulders, hips, hamstrings, rotation in the torso. We need quads. I'm trying to think, what else do we need? I think that's it. I think we're good there. Balance, we need balance. As you're thinking about your poses, these are all the things that I need to incorporate in my warmup, okay? What I did here is I did the pinnacle pose, but all of these are my variations, so those could go over to that side if I wanted, okay?

Now in my variations, I'm actually ... You know what I'm going to do? Just so I have it written down here, my variations, I'm going to say, component poses right here. Just because I didn't ... We're not using the component sheet. What could I do as component poses for shoulders? What openings could I do for shoulders, right? I could do hands clasped behind the back, so I could do a forward fold with the shoulder opener, right? With hands clasped behind the back, right? Like you guys are going to say, "Right." I know you're saying right at home, right? With hands clasped behind the back. What else could I do? Could I do a shoulder opener? I think down dog, right? Down dog or puppy pose could be a shoulder opener, or down dog. How else do I want to open our shoulders? We could also do a variation of eagle arms, right? Which opens more of the back and less of the shoulders, so anything that's opening us ... Cobra would be a shoulder opener, right? Or a heart opener.

What's another heart opener? Maybe half bow, which would really be good. We could do half bow on the floor, that would open the front, and the quad, and the shoulder. That's like my favorite. All right. What else do we need? One legged balance, so maybe we could do a tree pose so that we get people used to the balance when we do a little bit of a tree pose, right? What else could we do? Maybe a dancer variation on the floor. You saw dancer variation on the floor in one of the videos, so we'll do dancer variation. I think we should do a pigeon

for hips and we should do an Ardha Hanumanasana, so like a ... We'll do a lunge, right? Maybe a lunge and you sit back in a modification or variation of Hanumanasana, which is splits pose, okay? All right. I covered shoulders, it's a forward fold with shoulders, clasped behind the back, puppy pose, also for shoulders.

Cobra, also with shoulders. Tree, for the one legged balance, tree and dancer variation. Pigeon for the hip openers, right? Lunge poses with splits. Also, got the hamstrings, balance, and quads. We've covered all of these things that we need to open in our preparatory or our pose component. Now, we're ready to sequence, right? I always sequence from either a supine, laying on the back, to seated, to standing. Do all the standing poses together, back down to seated, back down to laying down. I'm going to start seated, I think, for this one. No, let's start laying down. We'll start from Savasana with breath, so that's the grounding, will be Savasana for grounding. Then we'll do Apanasana, or knee into the chest alternations, so that we're starting to warmup the back and the legs. Let's do knee into chest, okay? We'll just alternate that, right? Knee into chest. Then reclining twist. I'm going to teach this class tonight, actually.

Reclining twist, I think that's always good, because a reclining twist will also open the shoulders, right? That could be a reclining twist. We'll add that to these notes here, twist, in my terrible handwriting. Okay. Reclining twist, I hope you can read that. [inaudible 00:19:21] back and forth and then we'll have people come to seated, so that ... We started laying down, so now we're going to come to seated. What poses do we need to do in seated? We need to do a hip opener in seated, so maybe Baddha Konasana, or butterfly pose, okay? Butterfly pose. From seated, what else could we do? We could do a pigeon, right? From seated. Pigeon, Baddha Konasana, pigeon. We could do an S pose, or a [Zed 00:19:56] pose, okay? We could also do a wide legged forward fold if we wanted, right? Fold. Then, let's go from there to cat cow with spinal balance.

Then you can move from that to a side plank variation, so we're ... I don't know if you'll be able to see this on camera, but we'll go ... I don't know if you'll be able to see me, but a side plank variation, so that's kind of like half moon. We'll go from spinal balance to side plank variation. Good. We'll do it on both sides and then we can either go from that, we could go back and forth, and we go to puppy to down dog. I'm just doing lots of poses here. You might not teach all these poses, but I'm giving you as much opportunity to create progressions and variations. That's why there's a lot of poses there. You might not teach all these poses. Puppy to DD, that's DD for down dog, and then we can do forward fold. I'm just going to go FF for forward fold. Oo, let me just erase that. We'll go FF for forward fold with hand clasps, so you can do a bit of a shoulder opener there, right? A forward fold hand clasp, shoulders back, like this, right?

We could also do it at the wall, right? A little shoulder opener, or an opener at the wall. Forward fold with shoulder opener, okay? Then if you want to do some kind of a sun salute, if that makes you happy, so shoulder opener and then you can do forward fold to lunge pose, maybe to a lunge twist, right? To lunge [inaudible 00:22:11], come back to the top of your mat and you can do a tree pose, right? Then I would do tree pose both sides and then, now that we're in our ... These are our prep poses, so I would do this cat cow spine [inaudible 00:22:27] as the warmup, make this side plank as the warmup. Then puppy

pose to shoulder opener and the lunge can be your flow of prep poses. I'm going to put PP here for prep poses. I'm going to do WU here for warmup. Here are your prep poses, puppy, down dog, forward fold with the shoulder opener, forward pose to lunge to perhaps lunge twist, tree, maybe standing pigeon from tree, right? Standing pigeon for a tree maybe? Standing pigeon from tree, yeah.

Then I would do the warrior dance, so now I go warrior to side angle. You see me do this, I love this pose, I love this warrior dance. Side angle and then add a block with a block, okay? There, those are your prep poses. Now we get ... You're going to do these on both sides. You can put them into a little flow. Then now we're ready, we're here at our apex pose. I would come to Ardha Chandrasana, or half moon pose, from triangle. You can either triangle or a side angle pose, anything that is lateral facing. This is where you could take your students to the wall and have them check it out on the wall. This is your Yogi playtime that's happening here. If you want, you could take people to the wall and do it leaning back on the wall, right? I would start that off as bus stop one, leaning on the wall, okay? Then, bus stop two, foot on the wall out, right? Your foot will be on the wall, this way your body will be out toward the center of the studio. That will be the second bus stop, so wall, one foot, okay? At the wall.

Beautiful, okay? From that one. Then perhaps with the one foot away from the wall, you can start to move away from the wall, and take the foot off the wall, or even bend the knee and pull it off the wall, okay? If people want to play with being on the floor, you can even say, "We can now take it to the floor." You can take it to the floor as you're moving towards your cool down, right? Maybe we play with this on the floor in different ways. When you go back to your play variation, and you play with maybe taking a bind, or using a strap, and from there you can do a pigeon on the back. You can take it to the floor and then move onto the back, do a pigeon on the back, and then do your cool down poses, right? I'm just going to write cool down here, because you can pick whatever cool down poses you want. Then you're ready for Savasana and then meditation, or meditation or both, right? Okay.

We started in Savasana, we ended in Savasana. We have all these as our warmup and you can pick and choose, or if you have time, you could do all of them. This, you could easily add up. Then these were the preparatory poses. We did puppy, down dog. You could do cat cow here if you wanted, forward fold with a shoulder opener. You could do a lunge pose, a sun salute if you wanted. We did a tree and a standing and then we did our warriors series. You might not do all the poses, but these are some ideas. Then we did our Yogi playtime. Then a little Yogi playtime and we went to the wall and we did half moon, leaning against the wall, foot at the wall. We just played with half moon of the wall, or actually you can play with any one legged balance, right? You could also say to people, "Hey, now do your favorite one legged balance." That might've been standing splits, right? Dancer. Just let people have fun, do a lot of stuff at the wall, walk around, and help people out.

Then come back to the floor, so you can come back to the floor and do your plank variation if you want, you can take it down to pigeon, and then start incorporating your cool down poses. Then when you're ready, you can take them to Savasana. This is how I use the class planning template. This is often

kind of what it looks like. I should've taken a picture of it before and after. What it looks like, so being creative, these are just ideas to help stimulate your imagination and your ingenuity. I think to be a yoga teacher, you have to have a little bit of ingenuity, just because everybody shows up to Yoga class and it's sometimes hard to find something that pleases everybody, but at least we can have some options. That's my big thing, I always just want options.

This is kind of how I go through my class to get the juices flowing in my brain. I might not always write it out on a piece of paper like this, but I certainly start thinking about it in my brain, and maybe ... I've been doing this for a while, so maybe maybe 15 or 20 minutes before I leave to go to teach my class I'll write this out. I'm actually going to teach this class tonight. I have a class tonight and this is exactly what I'm going to teach. I'm going to take a picture of this and this is what I'm going to teach. We're going to work on half moon pose and what I'm actually going to add to the half moon pose, because I do have some really flexible people in my class, is Chapasana, where you take the bind in half moon, so I'm also going to incorporate that so people could either do half moon pose at the wall, on the floor, or if somebody has the flexibility that they want to take the bind, I'll give them the bind.

That's what you want to do. Just to recap really quickly, this is in your bonus materials. You get this page, which is the class planning template, which is basically what I recreated here. Then on another page within the bonus materials, we'll have these component sheets. If you want to write out the component poses, if you just want to make sure you have enough component poses, I often like to use a book. I'm actually going to grab it off my desk right now. Back from when I was an Anusara teacher, I invested in this yoga resource book. Keeping in mind, that Darren Rhodes has some pretty great proportions, right? So that everything looks really pretty, because his proportions are such that he ... All the poses look picture perfect. Not to get caught up in all of that, okay? Because sometimes we have that genetic ability to have a certain proportion.

What I do like about this book is there's 400 poses in here, so if I get stuck or repetitive with all of these poses, he's got this book organized really well from forward folds and hips. Look, you can just go and actually get an idea. There's no description on how to do the poses, it's just more of an index on ... Of course, I flipped to one of these difficult poses. Index. There you can see that spinal balance here so that you can get an idea on how things look and where you can go next. What I like about this book is it's progressive, right? Now this would be, for me, if we were doing Chapasana, a variation of Chapasana you could do on the floor. There's all kinds of ... That's reverse table, so we're now going in a whole different direction. It just gives you some tools to look at the poses so that you can figure it out.

I find it helpful for me to look at these poses here and go, "Okay. How might I create a variation for my body, or for my students?" I found this to be an incredible resource. Just go online and Google Darren Rhodes yoga resource book, or I'm sure he's got a website. I know he's got a yoga studio in Tuscan called Oasis, I think, but you can just Google this and find this book. I'm sure they sell it on Amazon or anywhere else, if you're interested in that. I found it really helpful for just flipping through and trying to figure out, "Hmm? How do I

want to mix it up, or spice it up, or change it up?" That's how I use the class planning template.

If you have any questions, please post them in the Facebook group, I would love to hear from you. If you were feeling it, and you want to share your class planning template, it would be great. You're handing in something similar to this for your final. You can write it out however you want to write it out, you don't have to use the class planning template. Often I'll drop my own on my phone so that I always have it on me, but this is the class I'll be teaching tonight. Thanks very much everybody. You're in the final stretch, module five. Thank you for being here and I'll catch you in the next video. Namaste.