

CREATE A CLASS

It's your turn to teach! Create a yoga segment. Be sure to include different movements of the spine: neutral, flexion, extension, lateral bends, rotations and inversions. Break out into groups and teach one another 3-4 posture sequence.

Name of class:

Posture #1:

Cues:

Qualities:

Modifications:

Posture #2:

Cues:

Qualities:

Modifications:

Posture #3:

Cues:

Qualities:

Modifications:

Posture #4:

Cues:

Qualities:

Modifications: