Creative Sequencing Guide

BY CLARE ALICE YOGA





WELCOME

Hi, I'm Clare — a 500-hour trained yoga teacher, mama, and lover of creative sequencing. I teach 4–6 unique classes each week, often incorporating ladder flows, themed Dharma talks, and purposeful transitions. While I adore the creative process, I also know how time consuming and overwhelming it can be to continuously plan fresh, meaningful classes.

That's why I created this little book — to support and inspire you when time is short but you still want to teach from a place of depth and authenticity.
At the start, you'll find some of my favorite tips and insights for planning effective classes — breaking things down into simple, actionable steps to help you stay focused and inspired.

To bring it all together, I've included two full class plans at the end — complete with Dharma talks, teaching tips, and cueing suggestions you can use or adapt right away.

Let it be a springboard for your own magic. ✨

Clare Alice

HOW TO BE CREATIVE IN YOUR SEQUENCING

- **Organise your poses**

One of the most effective ways to build a well-rounded and purposeful class is to organise your poses into categories — think: core, hamstrings, hip openers, heart openers, twists, and balancing postures. This helps you stay intentional with your theme and ensures you're offering the body a holistic experience.
Once you've chosen your focus (e.g., Heart Opening), ask:
What categories support or complement this?

For example, include hamstring and hip openers to prepare the lower body, core work to create stability, and gentle backbends that gradually build to your peak pose.

- **Choose a Peak Pose and Work Backwards**

Pick a peak pose you want to explore — maybe it's Dancer, Pigeon, or Camel.
Break it down: Does it require hip mobility? Back strength? Hamstring flexibility?
Then design your sequence to gradually open, strengthen, and prepare the body step by step.

- **Foreshadow the Peak Pose**

Drop hints early in class. Introduce simplified shapes or muscle activations that will later support the full expression.
Example: If building to Pigeon, explore gentle external rotation in the hips from tabletop or figure 4 in standing. Give the body (and mind) a preview.

- **Layer in Variations**

Use subtle variations of the same primary pose.
Example: In Crescent Lunge, add heart-opening elements like cactus arms, a steeple grip, or a gentle backbend to deepen the theme.

ORGANISE YOUR POSES

I've outlined a few areas of the body below which you can use to organize your poses. Fill out the boxes with poses that stretch or strengthen that area of the body. It's okay if a pose is in multiple categories! Feel free to add your own categories as well.

HIPS

HAMSTRINGS

TWISTS

SIDE BODY

HEART OPENERS

CORE

PICK YOUR PEAK POSE

What is a Peak Pose — and Why Does it Matter?

You might be wondering, *"What exactly is a peak pose, and why is it such a big deal in sequencing?"*

A peak pose is typically the most challenging or complex posture in your sequence — the high point of the journey you've been guiding your students through. Every movement, breath, and transition leading up to it is intentionally chosen to prepare the body and mind for this moment.
Here's why the peak pose is so important:

✨ It gives your class direction and purpose. Your sequence becomes more than a random collection of poses — it becomes a thoughtful progression where every shape serves a role.
✨ It creates a sense of journey. Like a good story, there's a beginning, a build-up, a climax (your peak), and a resolution.
✨ It empowers your students. Their bodies feel open, strong, and ready to explore something deeper or more challenging. Even if they don't reach the "full expression," they understand the path to get there — and can explore a variation that's right for them.
✨ It encourages progress over perfection. With proper preparation, students can access a version of the pose that suits their level, while feeling supported and confident.
When taught progressively, the peak pose becomes less intimidating and more like an invitation to explore possibility.

Peak Pose

Muscles to stretch and strengthen

FORESHADOWING YOUR PEAK POSE

This is honestly one of my favorite ways to play with creative sequencing — I could write a whole book just on this technique!

Foreshadowing means dropping little hints throughout class that quietly prepare your students for the peak pose — both physically and mentally. It's like giving the body and nervous system a whisper of what's coming, so that when the moment arrives, it feels familiar, empowered, and accessible.
You don't need to be obvious — in fact, I love when it's subtle. You might introduce a simplified shape, an isolated muscle engagement, or a breath cue that mimics the peak pose in disguise.

Pick one of your favorite peak poses and brainstorm 3 ways you can foreshadow it in your warm-up or early flow. Ask:

- What muscle groups or actions are key here?
- What's one way I can sneak that in, without being obvious?
- How can I make my students feel like, "Ohhh, I've been here before," when they get there?

Trust me — when you start layering in foreshadowing, your sequencing goes from good to magic.

Peak Pose

How can I foreshadow this pose?

LAYER IN VARIATIONS

Another one of my favorite ways to keep my flows interesting and creatively charged is by playing with familiar poses. Take something classic like Downward Dog or Chair Pose — and add your own twist. Maybe it's a pulsing movement, a change of arm position, or a playful transition in or out. Small shifts like these keep your sequences fresh, fun, and full of your own creative expression.

Pick 1 yoga pose and see how you can move within that pose.

- can you add a twist?
- can you add a side bend?
- can you add an arm variation?
- can you close your eyes to challenge the pose?
- can you add pulsing?
- can you add circling?
- can you add repetition?
- can you add active flexibility? (this is a super one for imporving flexibility)
- How can you play within that 1 pose?

Pose

Ways to layer and add variations

Welcome to your Two-Part Vinyasa Class Plan Guide — a thoughtfully curated resource to support you in creating meaningful, creative and inspired yoga classes. Whether you're a newly qualified teacher looking for structure or a seasoned facilitator seeking fresh ideas, this guide is designed to give you everything you need to bring your classes to life.

Inside, you'll find two unique class themes, each with a matching dharma talk, creative ladder sequencing, cueing guidance, and modification tips to help make the flow accessible and empowering for all levels.

HOW TO USE THIS GUIDE

- Print it or keep it on your device for quick reference when planning classes.
- Use the themes and dharma talks as inspiration and feel free to personalize them with your own voice.
- Teach the flows as written or adapt them to fit your students' needs, class length, or energy levels.
- Layer in music, breathwork, or meditation if that's part of your teaching style.
- Come back to this guide anytime you need a spark of creativity or a class that's already done for you

OS: Other side
TT: Tabletop
B2M: Breath to movement
CP: Childs Pose

CLASS ONE

FRONT SPLITS

Welcome to the first class in this series, where we begin the journey toward front splits (Hanumanasana)—with patience, presence, and a sense of play.

The theme of this class is *Padam Padam,* a beautiful Sanskrit phrase that means “step by step.” It’s a reminder that all transformation happens gradually—on and off the mat. There is no rush, only rhythm.

This phrase honours the time it takes for the body to open, for the breath to deepen, for strength and trust to grow.



Dharma Talk:
Padam Padam

Padam Padam — a Sanskrit phrase meaning “step by step.”
This is our theme today—not just physically as we approach front splits (Hanumanasana), but also in how we meet ourselves on the mat and in life.

In a world that constantly pushes us to do more, be more, move faster—Padam Padam is a gentle rebellion. It reminds us that real growth unfolds gradually, like breath, like seasons, like healing. Step by step.

The journey to front splits is a slow, humbling one. It asks for patience, presence, and devotion to the process—not perfection. It requires us to soften into resistance, to listen to the body’s wisdom, and to let go of rushing toward an end goal.

This pose is a practice in trust. Trusting that where you are today is exactly where you're meant to be. That every small shift matters. That your effort, your breath, your awareness—are enough.

Some days you’ll feel open and expansive. Other days, tight and restricted. That’s part of it. There’s no failure here. Every time you return to your mat with care and curiosity, you're already moving forward—step by step.
Let Padam Padam be your mantra. Let each breath be a step toward softness, each shape an invitation to explore rather than achieve.

Affirmation: "I trust the process and embrace each step of my journey.“

Close with this reminder:

You don’t have to arrive anywhere today.
Your work is to show up, stay present, and honour the process.
Padam Padam.
Step by step. Breath by breath.
You are already enough.

LESSON 1- HANUMANASANA

Warm Up

Child's pose - Settle- quick body scan - breath awareness - Read Dharma talk
Ripple forward and back CP- Updog X3 (option: curl your foot towards your glutes)

Lie on the belly, extend arms forward point toes back
Lift the right arm and left leg. Alternate legs and arms x5

Bend the heel towards the glutes and hold for 5 breaths. *"A lot of time in split focused classes. We are only focusing on hamstring flexibility which is important but so is quad and hip flexor opening for the back leg."*
Half Bow pose. (Using the same leg) OS

Downward facing dog Hold and cue. Ripple forward to plank. x3
(option to come to knees like before) Walk feet to FOM
Forward fold (wrist warm up/ interlace fingers and circle wrists)
Malasana. (reverse prayer hands to warm wrists)

Surya Namaskar A x3

Main flow

1.) Downward Facing Dog→ Bend knee to stack the hips, knee to Elbow / Centre / Cross→ Fallen Triangle → Lower hips to mat→ Wide-Legged Fold (facing BOM) → 3-Legged Dog→ Walk to the back of the mat→ Standing Splits→ Criss Cross Forward Fold→ walk hands to FOM → 3 legged plank → knee to nose → Low lunge → Half Splits ×3

Vinyasa OS

2.) Downward Facing Dog→ Bend knee, hip to knee→ Elbow / Centre / Cross→ Fallen Triangle → Lift hips up and down (facing BOM) → 3-Legged Dog→ Walk to the back of the mat→ Standing Splits→ criss cross Forward Fold→ walk hands to FOM → 3 legged plank → knee to nose → Low lunge → Half Splits → Lift front foot (place blocks under the hands to modify→ Low Lunge Twist→ Pyramid → Warrior 3

Vinyasa OS

3.) B2M (Breath to movement)
Downward Facing Dog→ Bend knee, hip to knee→ Elbow / Centre / Cross→ Fallen Triangle → Lift hips up and down (facing BOM) → 3-Legged Dog→ Walk to the back of the mat→ Standing Splits (option: lift heel of standing leg) → criss cross Forward Fold→ walk hands to FOM → 3 legged plank → knee to nose
→ Low lunge → Half Splits → Lift front foot (place blocks under the hands to modify→ Low Lunge Twist→ Pyramid → Warrior 3 → Stork pose → Hand to big toe and release foot- HOLD

Downward Facing Dog→ Low lunge→ interlace hands on front thigh and lift back knee → Full splits → Hero pose (compress hamstrings)

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Cool Down

Bridge pose (dyanmic X2 → static)
Reclined twist
Hug knees to centre

Savasana

TEACHING TIPS

Setting the Tone

- Anchor with the Dharma Talk: Begin in Child's Pose and offer your Dharma talk on Padam Padam—step by step. Set the tone for patience, progress, and mindful unfolding.

CUEING & FLOW TIPS

Transitions

- Use strong directional language to help students move safely:

"Inhale, lift your leg. Exhale, guide your knee toward the elbow."
"Step to the top/back of your mat" (keep them oriented).

Breath Linking:

- Cue breath purposefully, especially in dynamic transitions like ripple flows, standing splits, and fallen triangle:

"Inhale to expand/open/lift; exhale to fold/twist/draw inward."

Verbal Previews

- Before new or unfamiliar sequences (like ripple to updog or 3-legged plank to knee to nose), give a short preview and reassure options.

MODIFICATIONS AND PROPS

- Standing Splits: Encourage use of blocks under hands or bend the standing leg.
- Half Splits: Pad the back knee or place blocks under the hands to support the hamstrings.
- Full Splits (Hanumanasana): Offer blocks under both hands or under the front thigh.
- Invite students to stay in Half Splits or Lizard instead if it feels better.
- Fallen Triangle: Allow knee-down variation or just do a cross-body knee tap.

CLASS TWO

EKA PADA RA JAKAPOTASANA (PIGEON)

Welcome to your next practice! Today, we're working toward one of yoga's most iconic (and, let's be honest, divisive) poses: Pigeon Pose. Some love it, some dread it — but one thing's for sure, it gets your attention.

Why pigeon? Because it's a beautiful blend of structure and surrender. It asks us to ground through the pelvis, align the spine, and stay steady... all while letting go of resistance in the hips, the breath, and even the mind.

And that's exactly what today's dharma talk is about: Sthira Sukham Asanam — the balance of effort and ease, strength and softness.



Dharma Talk: Pigeon
Sthira Sukham Asanam

Let's begin on our backs, notice the points of contact, the breath...

Today's theme is based on one of the foundational teachings of yoga from the Yoga Sutras — Sthira Sukham Asanam. Translated simply, it means: the posture should be steady (sthira) and comfortable (sukham). It's a reminder that in both our physical practice and our lives, we are constantly invited to find a balance between effort and ease, strength and softness.

This duality is especially clear in today's peak pose — Pigeon Pose: it asks for openness, grounding, and a deep inner listening. If we force, we lose the softness. If we collapse, we lose our structure. So the practice becomes one of balance — using just enough effort to feel supported, and enough surrender to release.

Off the mat, this teaching invites us to live from that same inner balance. Life will constantly challenge us — physically, emotionally, spiritually. But we don't need to harden. And we don't need to fall apart. We can root into our own sthira — our strength, our boundaries, our breath — while still allowing space for sukham — the softness, the letting go, the joy.

So as we move today, I invite you to tune in. Where can you bring more steadiness? Where can you invite more ease?

Let this be a living practice — not just a shape, but a reflection of how you meet the world.

Close with this reminder:

And as you move off the mat and back into your day, carry this balance with you: the steadiness to stay grounded when life feels uncertain, and the softness to stay open when things feel hard.

Let your breath be your anchor and your practice a reminder that you already hold the tools within you — to meet each moment with strength, grace, and ease.

LESSON 2- PIGEON POSE

Warm Up

Lie on back (supine) -quick body scan- breath awareness - dharma talk
Figure 4 to Figure 4 bridge HOLD OS
Rock and roll to table

TT- flip right palm- Cat cow with flipped palms (option: one at a time)
Right leg out (Gate but hands lowered)- Flex toes to the sky and sit back- rotate hip so toes point up, then forward x5. - Thread the needle with extended leg - return to Table with that extended leg - lift leg in line with hip and PULSE x 10 - cross behind Downdog criss cross - modified side plank - crunch elbow to knee - grab ankle.
OS
Hovering cat - Downdog -
2nd round- untuck toes, Hovering cat, then Downdog (foot and ankle stretch)

Surya Namaskar A x3

Main flow

1.) DD → Knee to right elbow → Centre → Left → Fallen Triangle → Low Lunge → Half Splits ×3 → L Shape (Warrior 3 assisted / hands on blocks) → Core Compression Kicks (foot taps wrist) → Forward Fold → Chair Pose (sweep hands up and down) → Stork Pose → Figure 4 →

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2.) DD → Knee to right elbow → Centre → Left → Fallen Triangle (LIFT LEG) → Low Lunge → Half Splits ×3 → L Shape (Warrior 3 assisted / option blocks) → Core Compression Kicks (foot kisses wrist) → Forward Fold → Chair Pose → Stork Pose → Figure 4 → Stork → Low Lunge Twist → Drop Back Knee → Modified Side Plank → Baby Wild Thing → 3-Legged Downdog → Fig 4 Downdog → Pigeon Pose (active / hands behind head and lift torso up and down) →

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3.) B2M (breath to movement)
DDD → Knee to right elbow → Centre → Left → Fallen Triangle (LIFT LEG) → Low Lunge (LIFT BACK KNEE) → Half Splits → L Shape (Warrior 3 assisted / option blocks) → Core Compression Kicks (foot kisses wrist) → Forward Fold → Chair Pose → Stork Pose → Figure 4 (OPTION FLYING PIGEON) → Stork → Low Lunge Twist → FULL Side Plank → FULL Wild Thing → 3-Legged Downdog → Fig 4 Downdog → Pigeon Pose FULL

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Cool Down

Windshield Wiper legs
90/90 Twist
Dynamic bridge then Hold

Savasana

TEACHING TIPS

- THEME-INTEGRATED TEACHING TIPS

Weave in "Sthira Sukham" cues often:

- "Can you find steadiness in your foundation, even as you soften through sensation?"
- "Notice where you're gripping — is there anywhere you can release without losing structure?"
- "Balance the effort of engagement with the ease of your breath."

CUEING & FLOW TIPS

Flow Tips

- Fallen Triangle: lift leg for challenge, keep grounded shoulder strong
- Half Splits: inhale lengthen, exhale fold x3
- L-Shape/Warrior 3: use blocks, keep hips square
- Core Kicks: lift from belly, playful energy
- Chair → Stork → Figure 4: balance with breath, wall support optional

MODIFICATIONS AND PROPS

- Core Compression Kicks (foot to wrist)

→ Bend standing knee; try just lifting foot without touching wrist.

- Flying Pigeon (Optional)

→ Skip or stay in standing Figure 4 with breath awareness.

- Pigeon Pose (Full)

→ Support hip with blanket or block; stay upright or fold with props.

→ Option: Reclined Figure 4 on back instead.

Stay Connected, I'd love to hear from you!

Thank you so much for reading — I hope this little guide has sparked ideas, saved you time, and brought more creativity into your teaching.

If you found this eBook helpful, I'd genuinely love to hear from you! Send me a DM on Instagram and let me know what landed, what you tried, or what you'd love to see more of.

And if you have any questions or want to chat about anything inside, my DMs are always open. Teaching yoga is a journey, and it's even better when we share it together.

Keep creating. Keep flowing.
With love,

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