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“Yoga Sequencing addresses fundamental questions that yoga teachers face in designing classes. While making clear that the ultimate source of guidance comes from one’s own yoga experience, Stephens untangles the interrelations of yoga postures and provides insightful mapping principles for linking them into effective classes.

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“Yoga Sequencing is a  
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yoga community as it covers the power of sequencing that all teachers can benefit from, as intelligent sequencing is the embodiment of the elegant design and unfolding of nature which Stephens understands and loves.” —Shiva Rea, founder of Prana Vinyasa Yoga

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book offers sixty-seven  
model sequences of  
yoga poses ( asanas)  
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experience, including  
multiple sequences for  
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intermediate, and  
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cycle, and seniors;  
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The worksheet and concepts presented on this page come from the brilliant work of the highly regarded, teacher of teachers, Mark Stephens. You can find this and much more essential info in his book, Yoga Sequencing: Designing Transformative Yoga Classes. This definitive resource should be in



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“Yoga can help perfectionists as well as those who tend to be self-critical or lack self-confidence,” notes Dr. Locker. Marla Apt,

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