

Unit 4 – Sequencing your Practice

By now, you should be holding a practice of Yoga across 6 days of the week. This will include a mix of attendance as yoga classes (or audio recordings), led practices and at least 3 self directed practices. This Unit provides you with the opportunity to create your own sequences within your practice. Refer to the Structure Practice Guide for how to structure your practice.

Led Practice

If you are an internal student you will continue to be allocated to a led practice session, this may include an allocation to lead the practice sessions. External students associated with a school should also continue to participate in led practice programs where available. For others, continue to follow a led practice sequence from the sadhana booklet. You may rotate between the different syllabus levels each week.

Plan your Practice

Continue to plan your practice for the week, use the practice plan template if you find it useful.

Record your Practice

Continue to record your practice, you should do this for each class you attend or audio recording you listen to. You should also record your self directed practices and led practice sequences.