

# Teaching Techniques: Cueing Poses & Sequences

- Guiding into a pose typically will be cued: Breath, Action(s), Pose - focusing on the anatomical movement.

Ex: inhale, lift your arms overhead, warrior 1 or inhale, step your right foot forward, knee bent, lift arms, warrior 1

- Once in the pose, you have the option to count the breath and/or guide students to explore the pose - typically 3-5 breaths. Here you can start to layer on additional cues, including physical refinement, energetic & mythical/poetic. You'll always cue upward, expansive cues with the inhalation and downward, grounding, rooting cues with the exhalation. It is possible to cue both in one breath cycle, or choose one cue on either the inhalation or exhalation. Inhale...., Exhale, press feet down and engage muscles in the leg or Inhale, lift chest up, heart expands...Exhale, *root your feet down to the earth*

Ex. downward cues: ground, root, press down, root to rise

Ex. upward cues: lift, lengthen, expand, open, float

- Keeping/linking language - keep legs strong, lengthen through your spine
- Try the English name of the pose first, then reinforce Sanskrit
- Typically no more than 3 cues - exceptions if you are workshopping a pose... or setting a foundation in Tadasana
- Make space for - space/silence - try not to over-cue
- Counting breath & offering cues within the breath cycle is fine. It is also fine to say- take 3 breaths here and then add a few helpful cues. **If you are teaching vinyasa, cue breath during the movement, but not always while "in" the pose.**
- Try to stick to one or two concepts per pose- too many directions are confusing and will be ignored.

## **Practicing Cuing:**

Downdog to Warrior 2

Warrior 1 to Warrior 2

Warrior 2 to Side Angle Pose

Choose a few on your own.

Now practice cues you can offer once someone arrives in:

Warrior 1

Side Angle Pose

Downward facing dog

Try 1st cue: Anatomical, 2nd cue: Energetic, 3rd cue poetic/mythical/imagery (rise like the phoenix :).