



THE ART OF CREATING SEQUENCES

A 30-hour Yoga Alliance Professionals Accredited Course

SYLLABUS

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The Art of Creating Sequences

30 Hours of Creating Yoga Sequencing

Special Four-Day Immersion Course in person in Valencia or Online Livestream

We are excited to announce a transformative four-day immersion course designed to enhance your sequencing skills. This course is ideal for yoga teachers and dedicated practitioners who wish to deepen their understanding of creating structured, balanced sequences that truly reflect their unique teaching style.

What is The Art of Creating Sequences?

Imagine following a well-designed map that guides you in crafting intelligent, safe, and creative yoga sequences. As yoga teachers, it's common to feel pressured to create new sequences for every class. The Art of Creating Sequences equips you with the tools to overcome this pressure. You will learn how to select poses based on different objectives, utilise transitions to create the illusion of a brand-new sequence, and adapt your teaching to meet the needs of your class in real time.

The course covers both individual class structures and the development of multi-week programmes with specific goals. You will also learn how to adjust a single class to suit different styles, always ensuring it feels fresh while maintaining repetition and continuity to help students improve and perfect their yoga practice.

Why Choose Us?



Led by Esme Lopez, the director of Blackhall Court Yoga and the School of Yoga and Healing, this course is born from her personal experiences with burnout and the desire to create a sustainable, creative approach to teaching. Esme has a deep understanding of the body and excels in making complex concepts accessible.

The course, available both on-site in Valencia, Spain, and via live stream, equips you with the tools to design intelligent, anatomically safe sequences while cultivating a confident and

practical teaching style. With small group sizes, you'll benefit from personalised guidance, allowing for hands-on experience and real-time adjustments.

With locations in both Valencia and Edinburgh, the School of Yoga and Healing prioritises community and connection, offering not just a course, but a supportive environment where you can grow both personally and professionally. You'll also have opportunities to practise at the studio and even teach, further enhancing your skills in a welcoming, non-discriminatory space.

Who is This Course For?

This course is ideal for teachers who:

- Are not confident with sequencing
- Are new to teaching and struggling to plan their classes
- Want to understand how to transform one class into many, always feeling fresh while maintaining continuity
- Seek guidance on teaching multi-level classes
- Want to inspire and support their students' progress
- Need fresh ideas to revitalise their teaching style
- Are feeling burnt out and in need of rejuvenation
- Want to learn how to cue properly for different abilities
- Want to understand the family of poses

Dedicated practitioners looking to develop their own private practice will also benefit significantly from this course.

What Can I Expect from This Course?

Under Esme's guidance, you'll learn to create intelligent yoga sequences that are anatomically safe, promoting the uninterrupted flow of energy throughout the body. Using her foolproof mapping technique, you'll modify sequences in advance, allowing you to prepare class plans for weeks or even months ahead. These plans can then be tailored for various workshops and series. Additionally, you'll receive a comprehensive list of transitions and modifications.

Creating community and sharing resources is essential to the School of Yoga and Healing. The course concludes with each group designing a class template that can be adapted to different styles which everyone on the course can utilise.

Example Schedule

Thursday:

- 5pm – 6pm: Introduction
- 6pm – 7.30pm: Identify Sequencing Obstacles
- 7.45pm – 9pm: Sequencing Map

Friday, Saturday, and Sunday:

- 9am – 10.30am: Practice Session
- 11am – 1pm: Break Down the Class
- 1pm – 2pm: Lunch
- 2pm – 3.30pm: Workshop
- 3.30pm – 5pm: Sequencing Teaching and Adjusting
- 5pm – 6pm: Practice

PLEASE NOTE: Times are subject to change, depending on how the group progresses through the course.

Accreditations

For yoga teachers, this course qualifies for 30 hours of Continuing Professional Development (CPD) with Yoga Alliance Professionals. A certificate will be awarded upon the successful completion of all course elements.

PLEASE NOTE: 100% attendance is required to qualify for certification.

Dates

Join us for this enriching experience and enhance your teaching skills while connecting with fellow yoga practitioners.

Spaces are limited, so secure your spot today!

We are currently offering three four-day immersion courses, each held on-site in Valencia, Spain, and simultaneously livestreamed.

- 7th to 10th August 2025
- 16th to 19th April 2026
- 17th to 20th September 2026