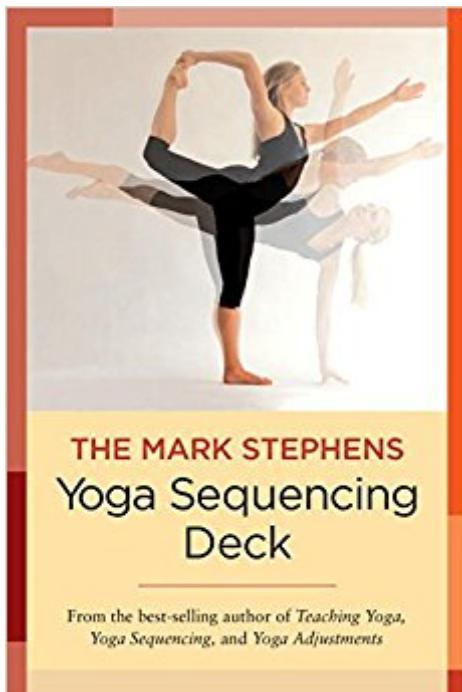


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# The Mark Stephens Yoga Sequencing Deck



## **Synopsis**

Based on Stephens' best-selling Yoga Sequencing, this deck is the perfect companion or standalone for creative yoga students and teachers. The Mark Stephens Yoga Sequencing Deck empowers yoga students and teachers to be their creative best in designing yoga classes. With a 92-page booklet covering the principles of sequencing yoga classes and providing clear guidance on arranging postures in the most effective ways, the deck includes 100 yoga flash cards color-coded by pose family (Standing, Core, Arm Support, Back Bends, Seated Twists, Forward Bends & Hip Openers, Inversions, and Savasana). The cards feature clear color photos of postures with the corresponding English and Sanskrit names on side one and detailed information on how to put postures together in sequences that work for unique students and special class intentions on side two. The perfect companion to Yoga Sequencing or for use on its own, this deck is a hands-on way for readers to gain knowledge and skills for planning and designing yoga classes. The booklet and cards come packaged in a box approximately 4 inches wide, 6 inches tall, and 2 inches thick—perfect for easy storage and travel.

## **Book Information**

Cards: 52 pages

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## **Customer Reviews**

An esteemed yoga guide who has trained over a thousand yoga teachers, Mark Stephens conducts classes, workshops, retreats, and teacher trainings worldwide. He has practiced yoga since 1991, taught yoga since 1996, and has trained over 1,500 yoga teachers since 1998. Stephens has sought out complementary approaches along his path as student and teacher, studying Ashtanga

Vinyasa, Iyengar, Yoga Therapy, Vinyasa Flow, Tantra, functional yoga anatomy and bio-mechanics, traditional yoga philosophy, and modern philosophies of being and consciousness. The author of three international bestselling books on yoga: "Teaching Yoga, Yoga Sequencing," and "Yoga Adjustments," Stephens has taught at conferences, in traditional studios, and in alternative settings (inner-city schools, juvenile institutions, treatment centers, prisons, and mental hospitals) across the United States. In 2000, he received "Yoga Journal's first annual Karma Yoga Award" for his non-profit work with Yoga Inside Foundation. He has written for or been featured in "Yoga Journal, Yoga International, Mantra, Elephant Journal, Yoga Teacher Magazine, New York Times, LA Times," and other media.

Excellent set of asanas that describe what parts of the body are targeted. Also has descriptions for counter poses and good preparatory poses. The deck groups asanas according to standing, core, hips/legs, and inversion postures. It has both English and Sanskrit names. I bought these to help inspire sequencing since I'm a certified yoga teacher and it has been pretty helpful. There are even poses in this deck that I didn't learn in my training so that's awesome! I think it's very useful for someone very familiar with anatomy vocabulary otherwise one would need to look up some of the muscle groups on the cards. Definitely good for the yoga teacher looking for new inspiration but has a solid background with yoga and anatomical terms.

A good reference for yoga teachers. I agree with most of the guidance, and it is always nice to refresh one's thinking about the importance of sequencing. A little more discussion of the importance of transitions would be great in the next edition.

Gorgeous cards. Lots of physically advanced poses you do not generally see in decks. Great sequencing ideas.

Very informative cards! Super helpful when studying sanskrit, asanas, etc.

So organized! I love it! I can make my own sequence easily!

Very helpful to put together a sequence, learn the Sanskrit names, and know what other yoga shapes help with each pose. Highly recommend.

printing is too small, photos are too small.

I'm in yoga teacher training and this deck along with the Mark Stephens book have become essential items for my practice.

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The Mark Stephens Yoga Sequencing Deck Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga Sequencing: Designing Transformative Yoga Classes Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) The Art of Yoga Sequencing: A Hip Opening Practice Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) The Best of the Best: The Yacht Designs of Sparkman and Stephens Freeland, Lathrop, Lind and Stephens' Fundamentals of Federal Income Taxation, 17th (University Casebooks) (University Casebook Series) Jungle of Stone: The Extraordinary Journey of John L. Stephens and Frederick Catherwood, and the Discovery of the Lost Civilization of the Maya The Lady in the Lake (BBC Radio Full Cast Drama starring Toby Stephens)

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