

EFFECTIVE CUEING IN ASANA PRACTICE



YOGA IS THE CALMING OF THE MIND

- Cueing should be precise and simple enough, allowing the student to easily follow and stay in a calm frame of mind.
- The teacher needs to speak to the level of their nervous system.
- We want to avoid having students think too much.
- Too many words complicate or crowd the student's mind, impeding their ability to drop into their body and experience their breath and their inner experience.
- Allow for the mind to quiet down in the practice.
- Give the students time to experience their own essence.

WAIT...WHY AM I TALKING?

- Ask Yourself... Why am I talking right now? Can I offer more silence?

COMMON CUEING MISTAKES

- Too many words - fillers - i.e. "We are going to..." "And now..."
- Complicated Instruction - Less is more
- Little Space to Integrate - Give time for response and inner experience.
- Assumed Experience - "This feels so good!"

EFFECTIVE CUES

- Speak directly to body parts by using single action verbs

In example:

LUNGE your left foot back

LIFT your back heel high

REACH your arms overhead

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YOGAMOTION'S SIX STAGES OF A POSE – A CLEAR SYSTEM FOR CUEING

- Foundation - Root down for stability
- Alignment - forward bend, backward bend, side bend, neutral?
- Intention - what is the quality of the pose/ what is the purpose of the practice?
- Refinement - deepening or lessening the effort/experience
- Modification - shifting the form to match the individual's needs
- Breath - the key to balancing stability and ease

ANNOUNCE the Pose first giving your students a mental idea of where they're headed

TRANSITIONAL CUES - simple directions moving in or out of poses from the core

REFINEMENT CUES - helps refine the pose with just 3 – 4 cues then pause for experience

SUPPORT CUES

In example:

- | | |
|----------|--|
| Breath 1 | a. Foundation – Physical Support |
| Breath 2 | b. Alignment –Physical Support |
| Breath 3 | c. Intention – Emotional Experience |
| Breath 4 | d. Refine/Modify – Mental Support (note details /notice attitude) |
| Breath 5 | e. Breathe – how and when - Breath Support |
| Breath 6 | f. Silence is golden - without abandonment - Essence - Spiritual Support |

EXIT CUES

In example:

Enjoy a final breath

Exhale - engage your core Inhale - lift out of the pose

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CHOICE OF VERBS

Direct action verbs and using the progressive verb of -ing words

Step your feet together. Inhale - **Raise** your arms overhead.

Inhale **expanding** your chest, exhale **hinging** forward from the hips into Uttanasana

CUEING THE BREATH examples

Breathe in - Breathe Out / Inhale - Exhale / NOT “don’t forget to breathe”

Simply suggest - Return to your breath

Count the breath – 5 breaths here ...Inhale 1 exhale Inhale 2 exhale inhale ...
now 3 more on your own. (make sure you don’t abandon them)

REFINEMENT OF ANATOMICAL DIRECTION

- Up verses Extend – raise your right arm up vs extend your right arm
- Teach the meaning of extension of the spine - flexion of the spine
- Tilt the pelvis forward from the hip bones (anterior tilt)
- Rotate your pelvis back by drawing your tailbone down (posterior tilt)

REFERRING TO THE EIGHT LIMBS OF YOGA

- Hatha Yoga is Asana, Pranayama, Pratyahara
- Then allow for concentration, meditation and Samadhi to unfold
- Offer silence from a place of support vs abandonment
- Our mind is a reflection of the state of our nervous system
- If our nerves are tense, over active, our mind will be over active
- When our breath slows and the body calms down, the nervous system and the mind will calm down
- Bring awareness to feelings – notice how you feel in your body
- Notice how it feels to slow down and a pay attention
- Speak to the essence of the practice - speak to the essence of Yoga