

Sample Class #1

The sample class below includes warm-ups, sun salutations, standing/ balance poses, kneeling and front lying postures, seated poses, reclined/supine poses, relaxation and illustrates basic ways that postures can be sequenced together.

Breathing Exercise

- Students start in seated position
- Complete breath

Warm Ups

- Seated flowing twist
- Seated arms side to side
- Chest and Shoulder stretch
- Sun Worshipper
- Spinal flexes
- Spinal balance flow
- Down Dog
- Extended Child's Pose
- Hip Hinges
- Down Dog
- Forward Fold
- Tadasana

Sun Salutation

- Half Salutation
- Sun Salutation A

Standing Postures

- Standing Back Bend/Forward Bend (repeat twice – first with arms over head in back bend, then with fists on back in back bend)
- Warrior 1 (from forward fold, step one foot back, turning back foot out, then come up to Warrior 1)
- Warrior 2 (from warrior 1, open to the side and drop arms to shoulder height, coming into warrior 2)
- Extended side angle (from warrior 2, drop forearm to thigh of bent knee, sweep other arm around next to ear for extended angle)
- Lunge (from extended angle place hands on either side of front foot, drop back knee to floor, coming into lunge pose)
- Forward Fold (from lunge, step back foot forward and come into forward fold)
- Repeat on other side – repeat warrior 1 through lunge/forward fold on the other side

Balance Postures

- King Dancer (forward fold between each side)
- Tree (with hands at heart, then overhead)
- Eagle / Warrior 3 – start with Eagle with the right leg crossed over left, then release the right leg and kick it back into Warrior 3, come back to standing and repeat on the other side.
- Down Dog

Kneeling Poses / Front Lying Postures

- Gate (from down dog, come to kneeling to prepare for gate)
- Camel – modification first
- Child's Pose
- Camel
- Child's Pose Prone Poses
- Locust (two different variations – rest back between by lying on belly with cheek turned to the side, breathing into the back)
- Bow
- Child's Pose (counter the arching of locust and bow with child's pose)

Seated Postures

- Seated Staff Pose
- Seated one leg forward fold/head to knee (on one side)
- Seated twist (from seated one leg forward fold bring foot of bent knee to the outside of the opposite leg to prepare for twist)
- Repeat on other side (other leg)

Reclined Postures

- Bridge / option for wheel
- Knees to chest
- Reclined hamstring Stretch / Reclined spinal twist – start by bringing straight right leg up and towards chest, stay there for a few breaths, then bend the right knee and twist, holding onto the right knee with the left hand and bringing the right knee toward the floor to the left.
- Happy baby

Savasana

Meditation

- Breath counting meditation