

Yoga Class Map

Advanced Vinyasa Flow Sequence

Opening: Centering and Breath Awareness

Begin in a comfortable seated position (Sukhasana or Padmasana).
Close your eyes and take several deep breaths, focusing on the inhale and exhale.
Set an intention for your practice, such as strength, balance, or surrender.
Connect with ujjayi breath (ocean breath) to create heat and focus throughout the practice.

1. Sun Salutation A (Surya Namaskar A): Repeat 5x

Start at the front of your mat in Mountain Pose (Tadasana).
Inhale, sweep your arms overhead, and exhale, fold forward into Forward Fold (Uttanasana).
Inhale, lift halfway for Flat Back (Ardha Uttanasana), and exhale, step or jump back into Plank Pose.
Lower down in Chaturanga Dandasana on an exhale, then inhale into Upward-Facing Dog (Urdhva Mukha Svanasana).
Exhale, lift your hips into Downward-Facing Dog (Adho Mukha Svanasana).
Hold Downward Dog for 3 breaths.

2. Sun Salutation B (Surya Namaskar B): Repeat 5x

From Downward Dog, inhale, step your right foot forward into Warrior I (Virabhadrasana I).
Exhale, lower into Chaturanga Dandasana, then inhale into Upward-Facing Dog.
Exhale, lift your hips into Downward-Facing Dog.
Inhale, step your left foot forward into Warrior I.
Repeat Chaturanga, Upward Dog, and Downward Dog on the other side.
Hold Downward Dog for 3 breaths.

3. Standing Sequence: Repeat the mini sequence 5x

From Downward Dog, step or jump to the front of your mat into Forward Fold.
Inhale, rise into Chair Pose (Utkatasana).
Exhale, twist to the right into Revolved Chair Pose (Parivrtta Utkatasana).
Inhale, return to Chair Pose, then exhale, twist to the left.
Flow between Chair Pose and Revolved Chair Pose for 3 rounds on each side.

4. Standing Balances: Repeat the mini sequence 5x

From Chair Pose, transition into Warrior III (Virabhadrasana III) on each side, holding for 5 breaths.

Flow from Warrior III into Half Moon Pose (Ardha Chandrasana) on each side, holding for 5 breaths.

Return to Downward-Facing Dog.

5. Core Strength:

Flow into Plank Pose and hold for 5 breaths.

From Plank, transition into Side Plank (Vasisthasana) on each side, holding for 5 breaths.

Return to Plank and lower down into Four-Limbed Staff Pose (Chaturanga Dandasana) on an exhale.

Inhale into Upward-Facing Dog, then exhale into Downward-Facing Dog.

6. Hip Openers:

Step your right foot forward into Pigeon Pose (Eka Pada Rajakapotasana).

Hold Pigeon Pose for 5 breaths, then transition into King Pigeon Pose (Eka Pada Rajakapotasana variation) if available.

Repeat on the left side.

Return to Downward-Facing Dog.

7. Backbends:

Flow into Camel Pose (Ustrasana) or Wheel Pose (Urdhva Dhanurasana), holding for 5 breaths.

Transition into Bridge Pose (Setu Bandhasana) or Bow Pose (Dhanurasana) for 5 breaths.

Return to Downward-Facing Dog.

8. Cool Down:

Flow into Seated Forward Bend (Paschimottanasana), holding for 5 breaths.

Transition into Head-to-Knee Forward Bend (Janu Sirsasana) on each side, holding for 5 breaths.

Return to a comfortable seated position for a brief meditation and final relaxation.

Closing: Rest and Surrender

Lie down in Corpse Pose (Savasana) for 5-10 minutes.

Allow your body to absorb the benefits of the practice, letting go of any tension or effort.

This advanced vinyasa flow sequence challenges both physical and mental strength while promoting flexibility, balance, and mindfulness. Remember to honor your body's limitations and modify as needed. Enjoy your practice!