

Yoga Class Map

New Beginnings Power Yoga Flow:

Opening: Centering and Intention Setting

Begin in a comfortable seated position (Sukhasana or Padmasana) at the top of your mat.

Close your eyes and take several deep breaths, focusing on the inhale and exhale.

Set an intention for your practice, focusing on new beginnings, fresh starts, and embracing change.

Visualize yourself stepping into a new chapter of your life with courage, openness, and excitement.

Warm-Up: Dynamic Movement

Cat-Cow Stretch: Flow between Cat Pose (Marjaryasana) and Cow Pose (Bitilasana) with each inhale and exhale, warming up the spine and engaging the core.

Sun Salutations: Flow through several rounds of Sun Salutations (Surya Namaskar) to generate heat and energy in the body, linking movement with breath.

Standing Poses: Grounding and Stability

Mountain Pose (Tadasana): Stand tall at the front of your mat, grounding down through your feet and lifting through the crown of your head.

Warrior I (Virabhadrasana I): Step your right foot back and bend your left knee, extending your arms overhead. Feel grounded and stable in your foundation as you reach upward.

Warrior II (Virabhadrasana II): Open your hips and arms wide, gazing over your front fingertips. Embrace the strength and courage of a warrior as you face new challenges.

Extended Side Angle Pose (Utthita Parsvakonasana): From Warrior II, lower your left hand to the mat or a block and extend your right arm overhead, creating a side stretch.

Reverse Warrior (Viparita Virabhadrasana): Lift your left arm overhead, reaching back as you lengthen through your left side body.

Transition through a vinyasa flow (Chaturanga, Upward-Facing Dog, Downward-Facing Dog) and repeat the standing poses on the other side.

Balancing Poses: Focus and Concentration:

Tree Pose (Vrksasana): Shift your weight onto your left foot and place your right foot on your inner thigh or calf. Find a focal point to help you balance and feel rooted.

Eagle Pose (Garudasana): Cross your right thigh over your left thigh and wrap your right foot around your left calf. Bring your arms out to the sides and cross your right arm under your left, binding at the elbows or wrists. Find stability and focus amidst the twists and turns of life.

Transition through a vinyasa flow and repeat the balancing poses on the other side.

Heart Openers: Embracing Vulnerability

Camel Pose (Ustrasana): Kneel on the mat with your knees hip-width apart. Place your hands on your lower back and lean back, opening your heart towards the sky. Embrace vulnerability and openness as you expand your heart space.

Bridge Pose (Setu Bandhasana): Lie on your back with your knees bent and feet hip-width apart. Press into your feet and lift your hips towards the sky, creating a gentle backbend. Invite in new experiences and possibilities as you open your heart.

Cool Down: Surrender and Release:

Hold each pose for 3 to 5 minutes on each side.

Seated Forward Bend (Paschimottanasana): Sit on the mat with your legs extended in front of you. Inhale to lengthen your spine, then exhale to fold forward from the hips, reaching for your feet or shins. Surrender to the present moment and release any tension or resistance.

Supine Twist: Lie on your back and draw your knees into your chest. Extend your arms out to the sides in a T position, then lower your knees to the right side, keeping your shoulders grounded. Feel a gentle twist through your spine, allowing yourself to let go of the past and embrace the new.

Hold for 5 minutes:

Savasana (Corpse Pose): Release into a final relaxation, allowing your body to fully absorb the benefits of your practice. Let go of any expectations or attachments, and simply be present in the moment.

Closing: Gratitude and Reflection

Slowly awaken your body, wiggling your fingers and toes.

Roll onto one side and come to a comfortable seated position.

Take a moment to reflect on your practice and the theme of new beginnings.

Express gratitude for the opportunity to practice and for the new opportunities that lie ahead.

Carry the energy of new beginnings with you off the mat and into the rest of your day.

Enjoy your practice of new beginnings!