

Yoga Class Map

Sacred Space - "constructive rest" - feet mat width apart with knee touching & with hands on belly; at least 1-2 minutes on each side of a supine spinal twist

Ignite the spirit - bridge - hold for a couple of minutes to establish the Complete Yogic Breath

Light the fire - (baby flow - sun A)

supta buddha konsana sit ups

IN - bridge

EX - lower hips to mat

IN - place hands behind head & soles of feet together (making a diamond shape with the legs - supta buddha konsana)

EX - squeeze into centre drawing chest up towards the legs

IN - back down (repeat 3x)

EX - R knee into chest - L leg long

IN - R leg down

EX - L knee into chest - R leg long

IN - L leg down

EX - bent both legs and bring the soles of feet together

IN - hands behind head

EX - squeeze into centre drawing chest up towards the legs

IN - back down (repeat 3x)

(REPEAT 3-5x)

Start to get warm.

JUICER: Bring the student to BOAT pose for a minute or so and then, REVERSE TABLE for some time as well -- building more heat.

(mama flow - sun B)

From Reverse Table

EX - sit down into crossed legs or supta buddha konsana sitting upright

IN - arms reach above the head

EX - hands come down to take a twist to the R

IN - arms back up

EX - hands come down to take a twist to the L

IN - arms back up

EX - fold forward into Badha Konasana fold forward

IN - Boat pose

EX - ½ boat (low boat)

IN - Boat pose

EX - place hands down behind you. Plant feet

IN - Reverse Table (lifting hips up)

EX - REPEAT

Do this for several rounds and then move them into Downward Facing Dog

(papa flow - sun C)

IN - 3-legged dog

EX - knee to R elbow

IN - 3-legged dog

EX - knee to L elbow

IN - 3-legged dog

EX - step R foot through to top of the mat, drop back knee

IN - kneeling low crescent lunge **(CHUNK 1)**

EX - kneeling lightning bolt with arms back (option to lift the back knee off the mat)

IN - anchor the back heel down, lengthen the front leg - raise up grabbing your front R wrist with

L hand - sky archer

EX - cartwheel hands down to mat and square the hips

IN - L hand down - R arm up - Dragonfly twist

EX - walk hands to long side of mat of the mat - prasita padottanasana A

IN - ½ lift

EX - walk hands to the back of the mat **(CHUNK 2)**

IN - shorten stance - ½ lift

EX - pyramid

IN - back leg lifts up - standing splits

EX - lunge back R leg

IN - kick L leg back into the air - 3-legged dog **(CHUNK 3)**

INFINITY FLOW

REPEAT SEVERAL TIMES (5 to 6)

Stoke fire

Table top - spinal balance - R leg back / L arm forward

Set up R foot to top of mat - crescent lunge

Lightning Bolt

Airplane

Forearm Plank

Bow

Quick child's pose for SHORT rest

Repeat other side

Utilize fire - Frog for minimum 5 minutes & Supine Spinal Twist 3 minutes each side

Surrender - Savasana - 5 minutes minimum

Love & Gratitude - namaste