

Yoga Class Map

Sacred Space - "constructive rest"

Lie on your back with your knees bent and feet flat on the floor.

Keep your feet mat-width apart and let your knees touch each other.

Place your hands on your belly.

Gently drop your knees to one side while keeping your shoulders on the mat.

Hold for 1-2 minutes on each side.

Sequence

Time to Hold	Pose Name
3 minutes	Toe Squat Start in a kneeling position. Tuck your toes under so the tops of your feet are on the floor. Sit back on your heels, keeping your back straight. Hold for 3 minutes.
2 minutes	Ankle Stretch (move back from a toe squat) From the toe squat position, move your weight back slightly. Keep your toes tucked under and feel the stretch in your ankles. Hold for 2 minutes.
3 minutes	Dangling forward fold; relaxed arms Stand with your feet hip-width apart.

	<p>Bend forward at the hips, keeping your knees slightly bent.</p> <p>Let your upper body hang down and relax your arms.</p> <p>Hold for 3 minutes.</p>
3 minutes	<p>Malasana</p> <p>Stand with your feet wider than hip-width apart, toes pointing out slightly.</p> <p>Squat down, keeping your heels on the floor if possible.</p> <p>Bring your palms together at your chest and use your elbows to push your knees outward.</p> <p>Hold for 3 minutes.</p>
3 minutes	<p>Frog or Half frog pose</p> <p>Start on your hands and knees.</p> <p>Spread your knees wide apart, keeping your ankles in line with your knees.</p> <p>Lower your hips towards the floor.</p> <p>Hold for 3 minutes.</p>
1 minute	<p>Downward dog to release</p> <p>Start on your hands and knees.</p> <p>Lift your hips up and back, straightening your arms and legs.</p> <p>Press your heels towards the floor.</p> <p>Hold for 1 minute.</p>
3 minutes	<p>Pigeon - Right Side</p> <p>Start in a high plank position.</p> <p>Bring your right knee forward and place it</p>

	<p>behind your right wrist.</p> <p>Extend your left leg behind you, keeping your hips squared.</p> <p>Lower your body towards the floor.</p> <p>Hold for 3 minutes on each side.</p>
1 minute	Downward dog to release
3 minutes	Pigeon - Left Side
1 minute	Downward dog to release
3 minutes	<p>Dragon Pose, Flying Low - Right Side</p> <p>From a lunge position, lower your back knee to the floor.</p> <p>Slide your front foot forward slightly.</p> <p>Keep your hands on the floor or come onto your forearms.</p> <p>Hold for 3 minutes on each side.</p>
1 minute	<p>Corpse</p> <p>Lie on your back with your legs extended and arms by your sides.</p> <p>Close your eyes and focus on your breath.</p> <p>Relax your entire body.</p> <p>Hold for 1 minute.</p>
3 minutes	Dragon Pose, Flying Low - Left Side
1 minute	Corpse
4 minutes	<p>One knee bent supine twist - Right</p> <p>Lie on your back with your knees bent and feet flat on the floor.</p>

	<p>Extend your arms out to the sides in a T position.</p> <p>Bring your right knee towards your chest and then across your body to the left.</p> <p>Keep your right shoulder on the floor.</p> <p>Hold for 4 minutes on each side.</p>
4 minutes	<p>One knee bent supine twist - Left</p> <p>Lie on your back with your knees bent and feet flat on the floor.</p> <p>Extend your arms out to the sides in a T position.</p> <p>Bring your right knee towards your chest and then across your body to the left.</p> <p>Keep your right shoulder on the floor.</p> <p>Hold for 4 minutes on each side.</p>
5 minutes	Savasana