

# Yoga Class Map

*Class Name*

*Edge Pose*

*Theme*

**1. Start Here - Introduction to Class Theme**

**2. Sacred Space**

☐ Constructive Rest

☐ Hero Pose

☐ Child's Pose

☐ Reclined Butterfly

**3. Ignite the Fire**

☐ Bridge lifts

☐ Baby Cobra lifts

☐ Cat / Cow

☐ Seated Twists

**4. Sun Salutation A Modifications**

☐ Malasana instead of  
downward dog

☐ Around the world arm  
movement

☐ Cat / Cow instead of  
chaturanga

☐ Infinity Flow

**5. Sun Salutation B Modifications**

- ☐ Chair Twists R/L
- ☐ High lunge instead of Warrior 1

- ☐ Open Warrior 2 after W.1.
- ☐ Add 3 baby cobras in chaturanga

## **6. *Edge Pose***

- ☐ Eagle pose
- ☐ Slide plank with one leg lift

- ☐ Boat pose / Low boat
- ☐ Chair pose on toes
- ☐ Low flying plane pose

## **7. *Surrender***

- ☐ Supine Twist
- ☐ Happy Baby Pose
- ☐ Reclined Butterfly

- ☐ Pigeon Pose
- ☐ Seal / Sphinx
- ☐ Fish Pose
- ☐ Waterfall

## **8. *Savasana***