

INDEX TO CLASSES

These classes are on our website, www.sacredspaceonline.com.
Accessible to all, no login required.

Index to Peak Postures - Vinyasa Flow Classes

Camel – Vinyasa Flow Classes 44, 35, 34, 30, 27, 17

Wheel – Vinyasa Flow Classes 19, 17, 11

Bow – Vinyasa Flow Classes 20, 21

Dancer – Vinyasa Flow Classes 39, 35, 31, 29, 20, 13, 11

Cross Dancer – Vinyasa Flow Classes 29, 25

Big Toe 1 and 2 – Vinyasa Flow Classes 42,38, 34, 33, 31, 30, 27, 26, 24, 21, 20, 13, 10

Big Toe 3 – Vinyasa Flow Classes 37, 19, 14

Big Toe all 3 variations – Vinyasa Flow Classes 17, 16, 11, Power Vinyasa Class 1

Bound Triangle – Vinyasa Flow Class 24

Easy Bird (external rotation of hip) – Vinyasa Flow Classes 24, 38

Revolved Triangle – Vinyasa Flow Classes 29, 21, 19, 17, 16, 14, 11, Power Vinyasa Class 1

Revolved Half Moon – Vinyasa Flow Class 29, 16, Power Vinyasa Class 1

Bound Revolved Half Moon – Vinyasa Flow Class 11

Full Bird (Twist) – Vinyasa Flow Classes 37, 11

Side Crow – Vinyasa Flow Classes 37, 21, 20, 19, Power Vinyasa Class 1

Sundial – Vinyasa Flow Classes 16,10

Splits – Vinyasa Flow Class 10

Flying Splits – Vinyasa Flow Classes 38, 37

Flying Pigeon – Vinyasa Flow Classes 39,32

Index to Peak Postures - Foundations Classes

Big Toe 1 and 2 - Foundations Classes 39, 38, 13, 9

Big Toe 1 – Foundations Class 33

Big Toe 3 – Foundations Class 33

Camel – Foundations Class 33

Revolved Triangle – Foundations Classes 37, 33, 30, 22, 16

Index for Types of Mandalas in Vinyasa Flow Classes

2 FULL ROTATIONS

Full Rotations – Vinyasa Flow Classes 39, 37, 36, 35, 33, 29, 21

Basic Vinyasa Class 1 – Open Hip, Vertical Front and Horizontal Return

Power Vinyasa Class 1 – All vertical (arc) open hip using Warrior 2's with open hip tag

Vinyasa Flow Class 9 – All vertical (arc), open hip using Warrior 2 on front and Triangle on back

Vinyasa Flow Class 11 – All vertical (arc) open hip with a tag at the end, Warrior 2's for rotations and tag of Triangle and Half Moon

Vinyasa Flow Class 11 – Twist series all horizontal and use Eagle to Half Moon as transition for rotation

Vinyasa Flow Class 15 – Pigeon twist mandala with a tag, focus is on twists

Vinyasa Flow Class 16 – 2 full rotations (open) all horizontal and done facing front, twist series done in 2 full rotations all horizontal facing the back

Vinyasa Flow Class 17 – 2 full rotations that include both twists and open hip along the same rotation with varying points of orientation throughout the sequence (working from Down Dog and Forward Fold)

Vinyasa Flow Class 19 – 2 full rotations open hip with a vertical front and a horizontal return

2 FULL HALVES

Full Halves - Vinyasa Flow Classes 33, 14, 10, 20

Vinyasa Flow Class 10 – 2 full halves (open hip) with a squared hip centerpiece

Vinyasa Flow Class 20 – First full half is open hip and includes twists on the inside turns and has a tag focused on open hip, followed by a squared hip centerpiece; second full half is squared as well

2 HALVES

Halves – Vinyasa Flow Classes 37, 33, 17, 7

Vinyasa Flow Class 19 – Squared hip done in a vertical (arc)

Vinyasa Flow Class 17 – Pigeon twist mandala (vertical front) with a horizontal return, focus is external rotation of hip

Vinyasa Flow Class 7 – Open hip, starting from Pigeon on belly to a standing vertical return w/ a tag

Basic Vinyasa Class 1 - Creative twist series, done in two halves with mandala starting from Pigeon on belly

DOUBLE MANDALA

Double Mandalas - Power Vinyasa Class 1, Vinyasa Flow Class 12

Power Vinyasa Class 1 – Double mandala opening with the Pigeon twist series making first full rotation (all vertical and an arc), then take another rotation horizontally with twists as its focus

INFINITY PATTERN

Infinity – Vinyasa Flow Classes 35, 33, 31

Index for Types of Mandalas in Foundations Classes

2 FULL ROTATIONS

Foundations Class 1 – 2 full rotations from Forward Fold, done on a horizontal path (open hip)

Foundations Class 2 - 2 full rotations from Forward Fold, done on a horizontal path (open hip)

Foundations Class 37 – 2 full rotations addressing both open hip and twists

Foundations Class 35 – 2 full rotations addressing open hip

Foundations Class 31

2 FULL HALVES

Foundations Class 9 – 2 full halves from Forward Fold, both open hip (complementary)

Foundations Class 30

Foundations Class 26 – 2 full halves, one open hip and one squared hip

INFINITY PATTERN

Foundations Class 39 – 2 full rotations with an infinity loop

Foundations Class 35

Foundations Class 33

Foundations Class 31 - Infinity pattern in two halves

Foundations Class 30 – 2 full rotations with an infinity loop

Foundations Class 26

Foundations Class 25

Foundations Class 21