

## Standing Welcome to the Mat (3-5 Minutes):

60 Min 4-3-25

1. Intros - Chris. New to Yoga? Listen to Body.
2. Breath Based Hatha Yoga: Ha=Sun, Tha=Moon, Polarity concept – daytime & night time; sky & earth. Hatha Yoga joins these polarities with Breath.
3. Breath is the center of our practice. Breathe in from Above, Out from Below. We Breathe in Receptivity, we Breathe Out Strength. Use inhale & exhale to magnify the benefits of a posture.
4. Explain UJJAYI breathing, Ocean Breath, Victorious Breath.
5. Explain Class structure of activity and perform a short grounding.

## Standing Warm Ups (3-5 Mins)

- a. Knock on head, massage scalp, eyes, face, smile, frown, move facial muscles
- b. Neck Roll – Chin touching clavicle, move to L ear first, IN Up, EX Down
- c. Left – Center – Right: Hands on hips, Hands kiss above head, interlace fingers, Hinge at waist
- d. Dredge - or Sweep it away - from Hands above head to sweeping or dredge
- e. Shoulder Rolls x 3 each side
- f. Washing machine, bend knees, nothing
- g. Deep Breathing – Arms/Hands out Front, Breath IN Arms back, EX arms out front

## Opening Prone Sequence Flow (5+ minutes)

- a) Tadasana, with breath to Forward Fold, Step back to
- b) Downward Dog, Breathe 4 times Ujjayi then drop knees to**
- c) Balasana Child's Pose
- d) INhale to Kneeling Tadasana with Arms Straight Up
- e) EXhale to Child's Pose
- f) IN to Cobra
- g) EX to laying Cobra with forehead on mat
- h) IN to Cobra
- i) EX to Child's Pose
- j) IN - come up to Table Top, 10 Toes Curl Under, EX to Downward Dog
- k) Repeat 3 X times**
- l) After last Down Dog move into Table Top, then
- Anahatasana – Melting Heart:** Walk Hands Fwd. Chest/Chin to Floor, Hips Up above knees (bottom UP). Hands shoulder width apart. Forehead on Block or Mat. No tingling.

- **10 - 15 Asanas – 4 Dynamic and 4 Static Breaths within Pose (35 Minutes)**
  1. **Tadasana - Standing Flow:** 4 Breaths Tadasana, arms up & down, breath envelops movement. 4 Breaths to Forward Fold, breath envelops movement.
  2. **Extended Side Angle Pose** – Utthita Parsvakonasana; **R Foot Points Forward First**
  3. **Tree Pose** – Vrikshasana; **Start with Left Leg** Rooted First. Balance, Focus, Strngth.
  4. **Warrior I** – Virabhadrasana I; **R foot Forward First**, move L leg back. L Foot 45 Degree. Knee bends, Hips, Spine Neutral, EX arms up. Beach Ball. Cl=Knee
  5. **Warrior II** – Virabhadrasana II; **R foot points Forward First**, move L leg back. L Foot Prllel shrt edge. EX Knee bends w arms parallel, IN Knee Straightens. Platter.
  6. **Cat/Cow Pose** – Marjariasana; IN Cow, EX Cat. 4 Times, Then LEG TO SIDE Each side 3 times, Then Awkward Airplane, LEG and ARM to Side 3 time.
  7. **Sleeping Swan** – Yinnish, block under hip as needed. Proud swan, then sleeping. Front Knee Cl, holding that leg straight versus perpendicular to body is OK.
  8. **Broken Wing** – Yin Pose. Lay on Stomach, extend Left Arm out to Side, shoulder height. Keep L arm on floor, ROLL Body slowly onto L Hip. R Hand in front of torso, helping steady balance. Head can be on a block/cushion. Legs can be curled up towards torso. 2-3 Minutes each side. BENEFITS Lungs, All Intestines, Heart, Pectorals, Shoulders, Neck, Fascia. Deep breaths, surrendering to the pose.
  9. **Diamond Pose** – Vajrasana. Benefits Digestion and Stomach. Cl Knee. Blocks at heighths to sit on as needed. Hands on thigh fold with thumb hooked around.
  10. **Wind Relieving Pose** – Pavana Muktasana; IN Legs UP, Arms over head X4. Aesthetic is 4X breaths with hands on knees, NO legs/armsup.
  11. **Twist w/Strap – Left Leg up**, then Leg to Left, Then Twist Right, then side B
  12. **Waterfall** with block or Yogi's Choice to explore, Shoulder stand, etc.
  13. IF Time, **OPT: Happy Baby**. Lwr back flat on mat. V or straight.
- **Corpse Pose** – Shavasana; **GUIDED Relaxation**, Focus, 4-6 Minutes, 2 mins of silence
- **OPT: In Sitting Position practice silent sitting - Ujjayi Breathing** – 2-3 minutes
- **Sitting Position –** It has been my honor to guide you in practice today. May this practice not only benefit ourselves but may it benefit all sentient beings. May all beings be happy and free. The light in me honors the light in you. **Namaste!**