

A late evening class for commuters,
all beginners - 1 1/4 hr

Warm Up

- Semi supine - Gravity pose - Arm opening
knees rocking, spinal mobilising - Setu banda (ish)
leg extensions (with a strap)

Active

- Tadasana - shifting weight
- Uttanasana
- Cat - Bidhalasana - extend forwards.
- Dog Adho Mukha Svanasana
+ to support

Calm down

Child Pindasana
Kneeling - rocking backwards & forwards
twist from kneeling

Quiet

Supine
- Breathing - hands on ribs - observe the breath
hands on belly
Savasana



A morning class, in the winter, in a venue that takes some time to heat up & the majority of students are over 50. 1/2 hrs long

WARM UP (BODY TAPPING)

- TADASANA
- ARMS UP ON BALLS OF FEET
- ARM SLINGS → EAGLE
- SIDE BEND STANDING
- BOUNCING ^{KNEE} / HEEL DROPS / FEET

ACTIVE / KEY POSES

- [SW] [SOLUTION] [PB5] FORWARD BEND → TADASANA → TREE
DANCER (AGAINST WALL)
ALL FOURS / CAT
DC 4
CHILD
SPRINTER → TRIKONASANA.

CALMING DOWN

- SEATED TWIST
- SEATED FORWARD BEND
- SETU BANDHA

QUIET / RELAXATION

- SEATED ALTERNATE NOSTRIL BREATHING
- UJAYII BREATHING (SUPINE WITH ARMS)
- SAVASANA



A lunchtime class for office workers

limited ability

1 HOUR

HIPS, SHOULDERS, NECKS.

WARMING UP

SEMI SUPINE  GRAVITY POSE

HIP OPENERS -

SUPINE TWIST 1, ARM STRETCHING

FULL 4'S - CAT VARIATIONS

DOG TO TADASANA.

ACTIVE

TADASANA

WARRIOR 1 2 + 3

~~TREE~~

TREE

~~WARRIOR~~

TADASANA

CALMING DOWN

ROLL DOWN

UTTANASANA (SITTING)

DHANURASANA

QUIET

BREATH AWARENESS