

VINYASA SEQUENCE 1

(BEGINNER)

Opening - (3 mins)

- Seated Meditation

Warm Up (5 mins)

- Cat & Cow
- Cat & Cow one arm one leg (core activation)
- Cat & Cow elbow to knee 3x
- Downdog & Plank 3x
- Reclined Hand to Big Toe, Up, Over and Across

Stability / Awareness (5 mins)

- Abs with blocks
- Nirvasana

Pathway to Apex (25 mins)

- Classical Sun 2x
- Sun A 2x
- Mountain —> Tree —> Warrior 2 —> Reverse Warrior —> Extended Side Angle —> Sun A —> Repeat other side —> Child

Apex (10 mins)

- Mountain —> Eagle —> High Lunge —> Down Dog —> Sun A —> Other side
- Half Locust —> Locust —> Bridge

Counter Pose and Integration (7 mins)

- Recline Butterfly
- Knee to Chest
- Dandasana
- Seated Forward Fold
- Seated Spine Twist
- Butterfly

Deeper Release and Cool Down (5 mins)

- Savasana
- Meditation

BACK BEND FOCUSED SEQUENCE

(BEGINNER)

Opening (3 mins)

- Sit in Vajrasana meditation

Warm Up (5 mins)

- Vajrasana
 - Eagles arms
 - Cow Face arms
 - Arms crossed behind back
 - Arms up over head, clasp hands, stretch up, back and side bend, big circle
- All Fours
- Thread the Needle with arms back 5x
- Anahatasana then press back
- Cobra + Child 5x

Stability / Awareness (5 mins)

- Abs with block
- Bridge

Pathway to Apex (25 mins)

- Classical Surya Namaskar 3x with Low Lunge
- Surya Namarskar A

Apex (10 mins)

- One-Legged Dog —> High Lunge with Eagle arms —> Warrior 3 > Eagle —> High Lunge with Eagle arms —> Revolved Wide-Legged Standing Forward Fold —> Half Split —> Dancer 1 —> 1/2 Surya Namaskar —> Repeat the other side.
- Cobra x 3 —> Locust —> Bow —> Child
- Bridge —> Wheel

Counter Pose and Integration (7 mins)

- Reclined Butterfly
- Knee to chest with knees circle
- Seated Spine Twist
- Seated Forward Stretching

Deeper Release and Cool Down (5 mins)

- Savasana
- Meditation

ARM BALANCE FOCUSED SEQUENCE W/ SIDE PLANK POSE (BEGINNER)

Opening - (3 mins)

- Vajrasana Meditation

Warm Up (5 mins)

- Vajrasana
- Arms out to the side shoulder rotation then wrist warm up with fingers facing up
- Recline Hands to Big Toes Prep —> Recline Hand to Big Toe 1
- All Fours with one arm one leg —> Down Dog / High Plank 3x

Stability / Awareness (5 mins)

- Abs with block
- Nirvasana

Pathway to Apex (25 mins)

- Classical Sun 2x
- Sun A 2x
- Child
- One-Legged Dog —> Knee to Nose —> Warrior 2 —> Extended Side Angle —> Sun A —> Repeat on the other side. 2x

Apex (10 mins)

- Down Dog —> High Plank —> Side Plank —> Repeat on the other side.

Counter Pose and Integration (7 mins)

- Hand to Feet wrist stretch
- Reclined Butterfly
- Reclined Spine Twist

Deeper Release and Cool Down (5 mins)

- Savasana
- Meditation

ARM BALANCE FOCUSED SEQUENCE W/ SIDE CRANE POSE (INTERMEDIATE)

Opening - (3 mins)

- Child

Warm Up (5 mins)

- Cat & Cow → Wrist warm up → Open & Close Hands 50x → All Fours Elbow to Knee 3 → Down Dog / High Plank 3x

Stability / Awareness (5 mins)

- Recline Gomukasana → Reclined Crow
- Abs: Elbow to Knee 3x

Pathway to Apex (25 mins)

- Classical Sun 2x
- Sun A 2x
- Child
- One-Legged Dog → Knee to Nose → Revolved High Lunge → Sun A → Chair → Repeat on the other side.
- One-Legged Dog → Knee to Nose → Twisted High Lunge → Sun A → Revolved Chair → Repeat on the other side.

Apex (10 mins)

- One-Legged Dog → Knee to opposite elbow → Vinyasa Flow → Revolved Chair → Side Crane → Repeat on the other side.

Counter Pose and Integration (7 mins)

- Hand to Feet wrist stretch
- Reclined Butterfly
- Reclined Spine Twist

Deeper Release and Cool Down (5 mins)

- Savasana
- Meditation

FORWARD BENDING FOCUSED SEQUENCE W/ OSTRICH POSE (BEGINNER)

Opening - (3 mins)

- Child

Warm Up (5 mins)

- Cat & Cow
- Down Dog warm up (focus on the back of legs and hips)
- Pigeon rock both sides
- Recline Big Toe Prep —> Recline Big Toe 1—> Recline Big Toe 2 —> Half Happy Baby —> Reclined Cow Face —> Other side.

Stability / Awareness (5 mins) Abs, Prep Poses

- Navasana
- Eagle Abs 2x

Pathway to Apex (25 mins)

- Classical Sun 2x
- Sun A 2x
- Child
- One-legged Dog with Hips opening —> Warrior 2 —> Triangle —> Half Moon —> Extended Side angle —> Prasarita Padottanasana with hands clasp behind —> Repeat on the other side.

Apex (10 mins)

- One-legged Dog with Hips opening —> Warrior 2 —> Ostrich —> Pyramid —> Eagle—> Sun A —> Repeat on the other side.

Counter Pose and Integration (7 mins)

- Child
- Head to Knee
- Seated Forward Fold
- Knee to chest
- Reclined Spine Twist

Deeper Release and Cool Down (5 mins)

- Savasana
- Meditation

TWISTING FOCUSED SEQUENCE W/ HAND TO BIG TOE 2 POSE (BEGINNER)

Opening (3 mins)

- Child

Warm Up (5 mins)

- Cat & Cow
- Thread the Needle in All Four
- Cat & Cow one arm one leg
- Cow Face with twist or Cross-legged with twist
- Reclined Hand to Big Toe, Up, Over and Across

Stability / Awareness (5 mins) Abs, Prep Poses

- Navasana
- Elbow to Knee 2x

Pathway to Apex (25 mins)

- Classical Sun 2x
- Sun A 2x
- Child
- One-Legged Dog —> Revolved High Lunge —> Chair —> Hand to Big Toe 1—>
Repeat on the other side.

Apex (10 mins)

- One-Legged Dog —> Twisted High Lunge —> Revolved Chair —> Hand to Big Toe 2—> Repeat on the other side.

Counter Pose and Integration (7 mins)

- Child
- Half Spine Twist
- Parivrtta Marichyasana
- Bridge
- Knee to chest
- Reclined Spine Twist

Deeper Release and Cool Down (5 mins)

- Savasana
- Meditation

TWISTING FOCUSED SEQUENCE W/ REVOLVED BIRD OF PARADISE POSE (INTERMEDIATE)

Opening (3 mins)

- Child

Warm Up (5 mins)

- Cat & Cow
- Thread the Needle in All Four
- Cat & Cow one arm one leg
- Cow Face with twist or Cross-legged with twist
- Reclined Hand to Big Toe, Up, Over and Across

Stability / Awareness (5 mins) Abs, Prep Poses

- Navasana with Twist
- Elbow to Knee 2x

Pathway to Apex (25 mins)

- Classical Sun 2x
- Sun A 2x
- Child
- One-Legged Dog —> Revolved High Lunge —> Hand to Big Toe 1—> Repeat on the other side.
- One-Legged Dog —> Twisted High Lunge —> Hand to Big Toe 2—> Repeat on the other side.

Apex (10 mins)

- One-Legged Dog —> Bounded Twisted High Lunge —> Hand to Big Toe 2—> Revolved Bird of Paradise —> Repeat on the other side.

Counter Pose and Integration (7 mins)

- Child
- Half Spine Twist
- Parivrtta Marichyasana
- Bridge
- Knee to chest
- Reclined Spine Twist

Deeper Release and Cool Down (5 mins)

- Savasana
- Meditation

HATHA YOGA SEQUENCE 1 (BEGINNER)

Opening - (3 mins)

Seated Meditation

Warm Up (5 mins)

- Cat & Cow
- Cow / Child 3x
- Cow / Down Dog 3x

Stability / Awareness (5 mins)

- Cat & Cow one arm one leg (core activation)
- Tiger
- Reclined Hand to Big Toe, Up, Over and Across
- Rag Doll.
- Uttanasana with clasp hands behind

Pathway to Apex (25 mins)

- Mountain
- Warrior 2
- Extended Side Angle
- Reverse Warrior
- Triangle
- High Lunge
- Revolved High Lunge

Apex (10 mins)

- Tree
- Tree with Side Bend
- Hand to Big Toe 1, Hand to Big toe 2
- Dancer 1
- Down Dog
- Half Locust
- Locust
- Bridge

Counter Pose and Integration (7 mins)

- Recline Butterfly
- Knee to Chest
- Dandasana
- Seated Forward Fold
- Seated Spine Twist
- Butterfly

Deeper Release and Cool Down (5 mins)

- Savasana
- Meditation

BACK BEND FOCUSED SEQUENCE

Opening (3 mins)

- Vajrasana meditation

Warm Up (5 mins)

- Vajrasana
 - Arms out rotation
 - Arms crossed behind back
 - Arms up over head, clasp hands, stretch up, back and side bend, big circle
- Cow + Child 5x
- Cow + Down Dog 5x (Bring awareness to the open chest and length on spine)
- Thread the Needle with arms back 5x

Stability / Awareness (5 mins)

- Anahatasana
- Cobra + Child 3x

Pathway to Apex (25 mins)

- Down Dog
- Low Lunge (right leg forward)
 - Clasp hands on right knee
 - Left arm back for back bend
- Down Dog → Other side (left foot forward and repeat the above)
- Down Dog
- Low Lunge (right leg forward)
 - Clasp hands on right knee
 - Left arm back for quad stretch
 - Open twist
- Down Dog → Other side (left foot forward and repeat the above)

Apex (10 mins)

- High Lunge with Eagle arms
- Eagle
- Revolved Wide-Legged Standing Forward Fold
- Dancer 1
- Cobra
- Locust
- Camel
- Bridge

Counter Pose and Integration (7 mins)

- Reclined Butterfly
- Knee to chest with knees circle
- Happy Baby
- Recline Spine Twist

Deeper Release and Cool Down (5 mins)

- Savasana
- Meditation

TWISTING FOCUSED SEQUENCE (BEGINNER)

Opening (3 mins)

- Child

Warm Up (5 mins)

- Cat & Cow 5x
- Thread the Needle in All Four
- Cat & Cow one arm one leg
- Sage Bharadvaja's pose 1
- Cow Face with twist or Cross-legged with twist

Stability / Awareness (5 mins) Abs, Prep Poses

- Standing Side Bend
- Chair
- Down Dog
- Revolved Down Dog

Pathway to Apex (25 mins)

- Revolved Wide-Legged Standing Forward Fold
- Revolved Chair
- Revolved High Lunge
- Eagle

Apex (10 mins)

- Twisted High Lunge
- Hand to Big Toe 2
- Down Dog
- Pigeon with Twist

Counter Pose and Integration (7 mins)

- Down Dog
- Half Spine Twist
- Revolved Marichyasana
- Bridge
- Revolved Sage Marichi's Pose
- Half Spine twist
- Seated Forward Stretch
- Knee to chest

Deeper Release and Cool Down (5 mins)

- Savasana
- Meditation