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Beginner Flow

Vinyasa



This beginner flow is a perfect class for those who are new to yoga or just want to get back to the basics. It's a gentle and introductory sequence that is perfect for all levels. This class will touch upon the fundamentals of asanas (yoga poses) and pranyamas (breathing).

Alternative poses, or modifications, are included to make the asanas assessable to any body.

Vinyasa, in Sanskrit, translates to "to place something in a sacred and special way". It is a style of yoga that links the breath to movement.

Beginner Flow

1. Easy Pose (Sukhasana)

- a. Breathe in through the nose for 4s, hold for 4s, exhale through the mouth for 4s.
 - i. Repeat five times

2. Easy Pose Side Bend (Sukhasana Variation)

- a. Repeat left and right
- b. Inhale to lift, exhale to bend

3. Revolved Easy Pose (Sukhasana Variation)

- a. Repeat left and right
- b. Inhale to lift, exhale to twist

4. Table Top Pose (Bharmanasana)

5. Cat Cow Pose (Bitilasana Marjaryasana)

- a. Inhale cow, exhale cat
 - i. Repeat five times

6. Thread the Needle Pose (Urdhva Mukha Pasasana)

- a. Inhale arm up, exhale thread arm underneath torso
- b. Hold for three breaths
- c. Repeat left and right

7. Child Pose (Balasana)

- a. Hold for five breaths

8. Table Top Pose (Bharmanasana)

9. Downward Facing Dog (Adho Mukha Svanasana)

- a. Modification: Keep knees bent if hamstrings are tight

- b. Jump or walk feet to hands

10. Spinal Roll Up

- a. Slowly lift torso up to standing, one vertebrae at a time

11. Mountain Pose (Tadasana)

Beginner Flow

Repeat on Other Side

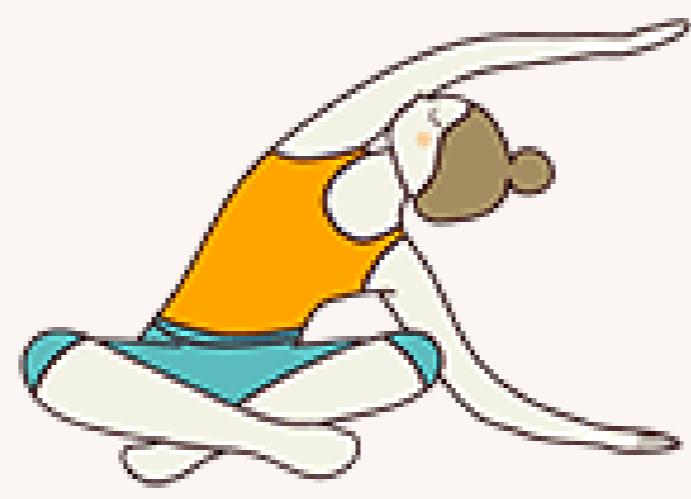
Repeat on Other Side

12. Tree Pose (Vrksasana)
 - a. Lift on foot to inner thigh
 - b. Modification: Place foot on shin.
 - i. Do not place on knee as it can cause injury
13. Chair Pose (Utkatasana)
14. Revolved Chair Pose (Parivrtta Utkatasana)
 - a. Inhale hands in prayer, exhale to twist with elbow on knee
15. Mountain Pose (Tadasana)
16. Warrior Pose I (Virabhadrasana I)
17. Warrior Pose II (Virabhadrasana II)
18. Extended Side Angle Pose (Utthita Parsvakonasana)
 - a. Inhale to lengthen spine, exhale and drop front arm to the ground while extending opposite arm
19. Reverse Warrior Pose (Viparita Virabhadrasana)
20. Runners Lunge Pose (Utthita Ashwa Sanchalanasana)
21. Plank Pose (Phalakasana)
22. Four Limbed Staff Pose (Chaturanga Dandasana)
 - a. Exhale as you lower yourself onto the ground
 - i. Modification: Drop knees to ground then lower yourself to ground
23. Upward Facing Dog (Urdhva Mukha Svanasana)
 - a. Inhale to raise torso off the ground
24. Child Pose (Balasana)
 - a. Rest for ten breaths
25. Corpse Pose (Savasana)
 - a. Stay in Savasana as long as you would like

Beginner Flow



1. Easy Pose • Sukhasana



2. Easy Pose Variation Side
Bend • Sukhasana Variation Side
Bend

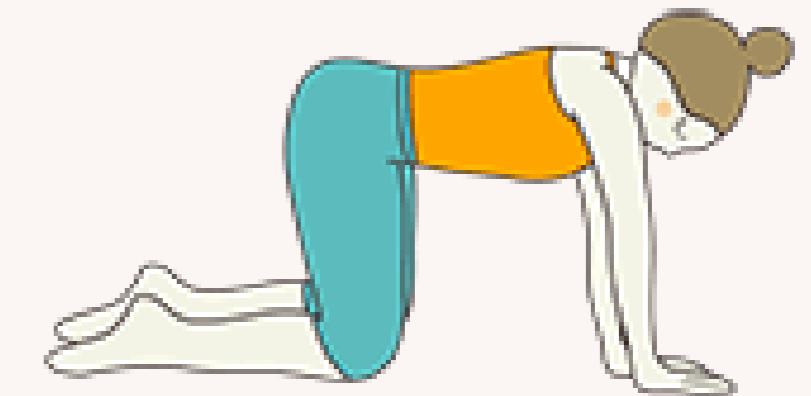
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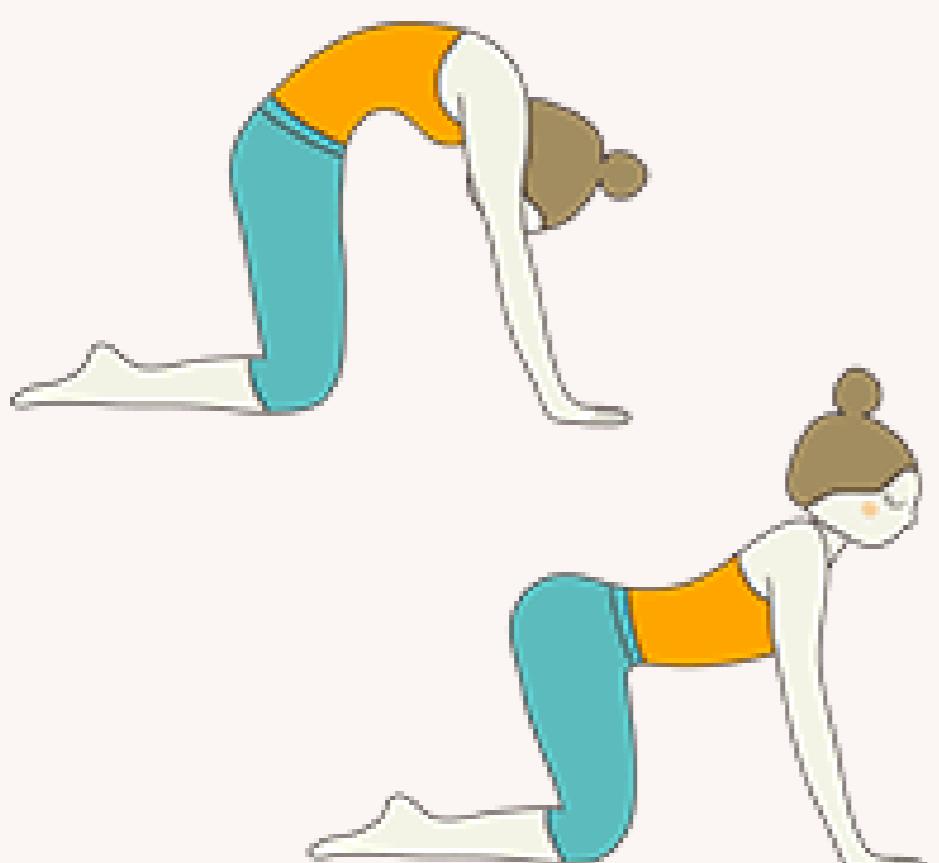
4. Revolved Easy Pose • Parivrtta
Sukhasana

O.S.

5. Repeat Other Side



6. Table Top Pose •
Bharmanasana



7. Cat Cow Pose • Bitilasana
Marjaryasana



8. Thread the Needle Pose •
Urdhva Mukha Pasasana

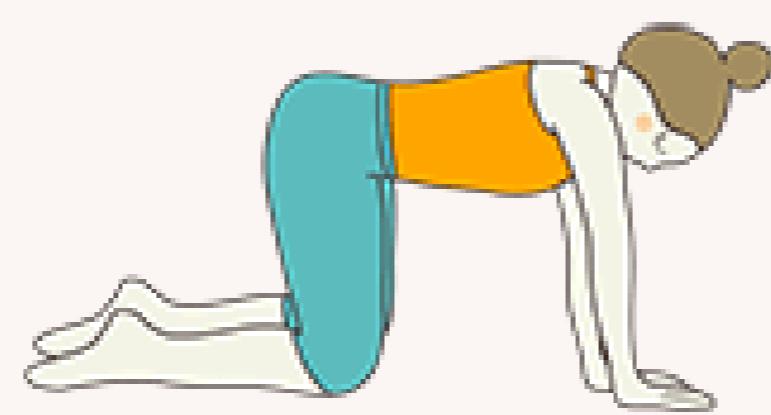
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9. Repeat Other Side

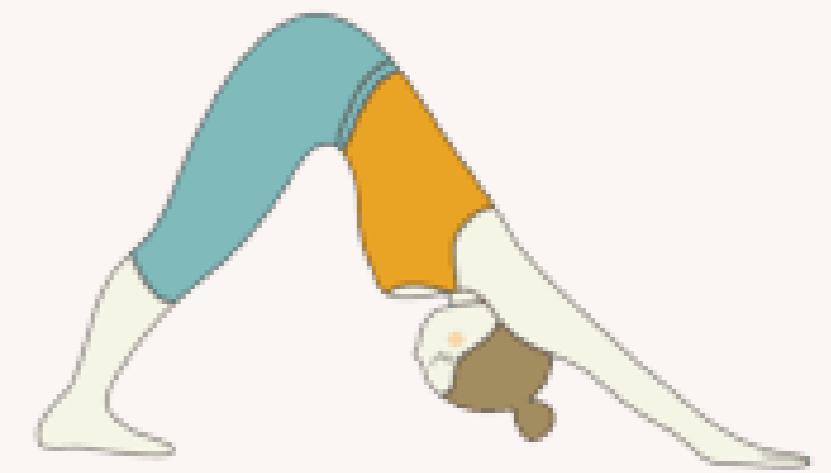
Beginner Flow



10. Child Pose • Balasana

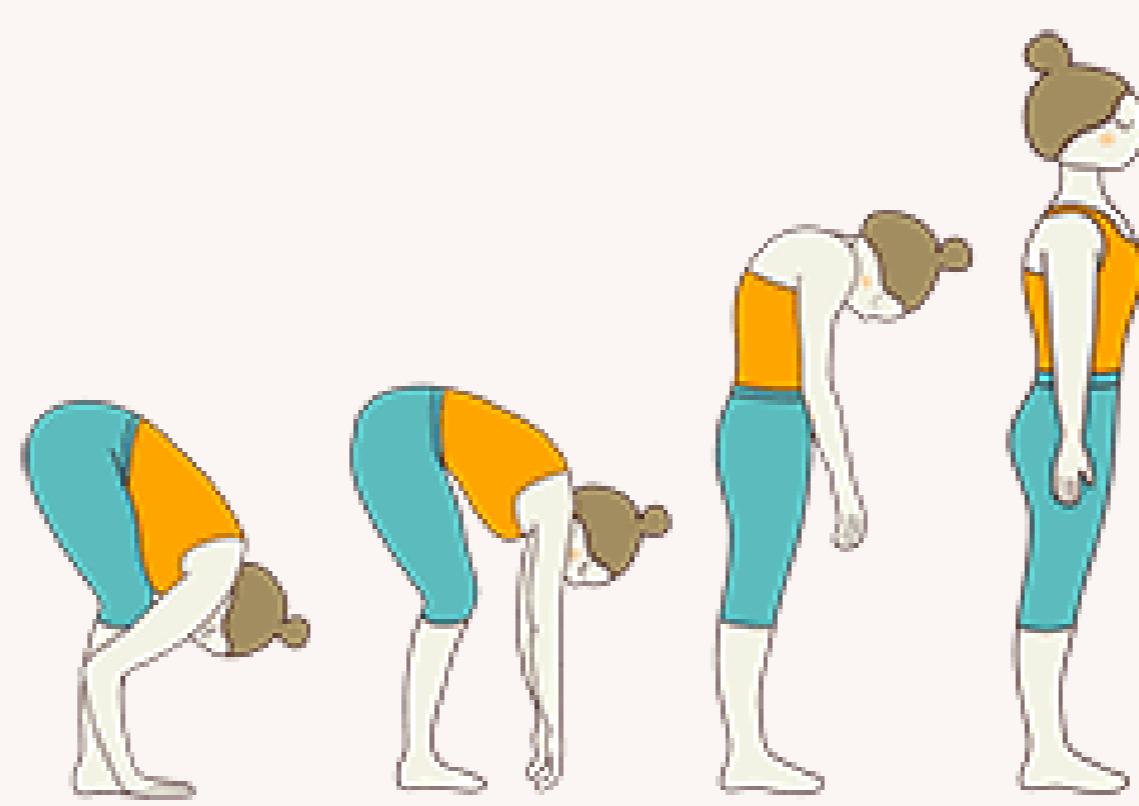


11. Table Top Pose • Bharmanasana



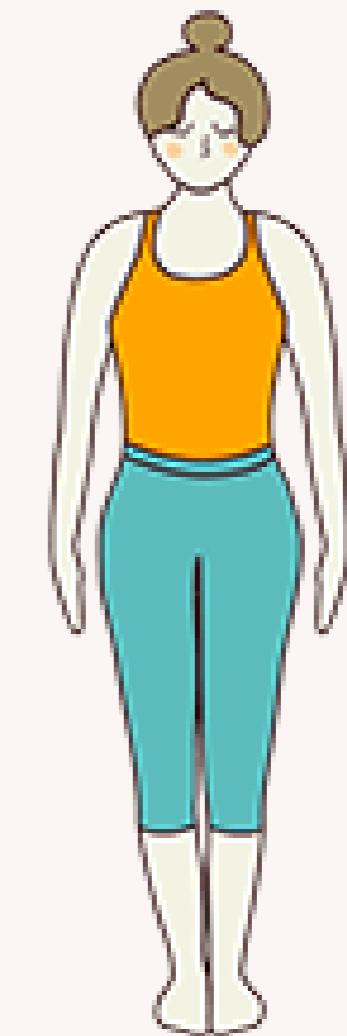
12. Downward Facing Dog Pose
• Adho Mukha Svanasana

Walk Feet to Hands



13. Walk Feet To Hands Section

14. Standing Spinal Roll Up
Pose Flow



15. Mountain Pose • Tadasana



16. Left Bracket



17. Tree Pose • Vrksasana



18. Chair Pose • Utkatasana

Beginner Flow



19. Revolved Chair Pose •
Parivrtta Utkatasana



O.S.

20. Right Bracket

21. Repeat Other Side



22. Left Bracket

23. Mountain Pose • Tadasana



24. Warrior Pose I •
Virabhadrasana I



25. Warrior Pose II
Virabhadrasana II



26. Extended Side Angle Pose •
Utthita Parsvakonasana



27. Reverse Warrior Pose •
Viparita Virabhadrasana

Beginner Flow

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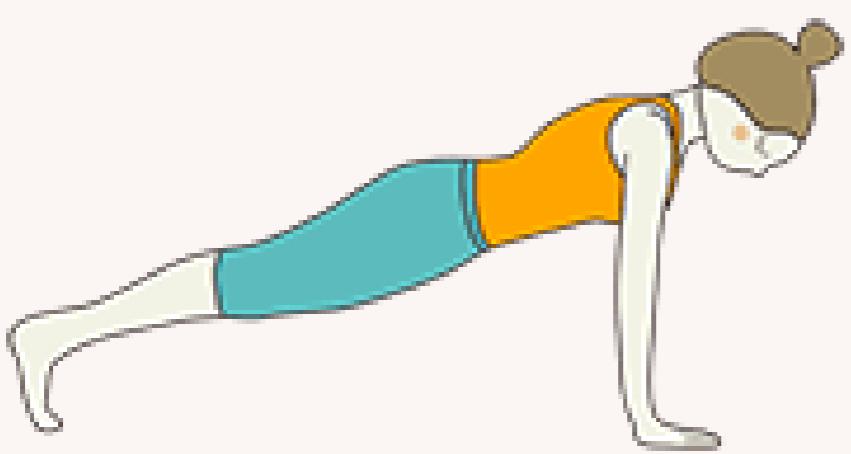
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28. Right Bracket

29. Repeat Other Side

30. Runners Lunge Pose • Utthita Ashwa Sanchalanasana



31. Plank Pose • Phalakasana



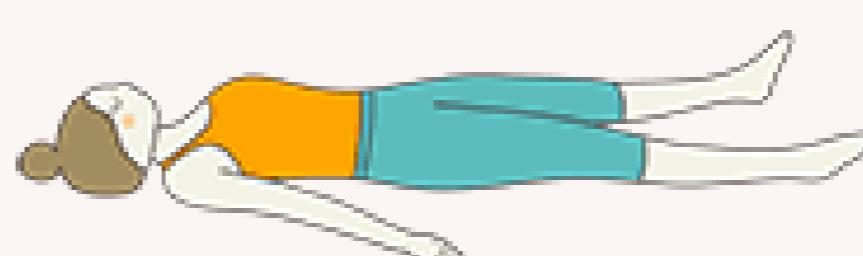
32. Four Limbed Staff Pose • Chaturanga Dandasana



33. Upward Facing Dog Pose • Urdhva Mukha Svanasana



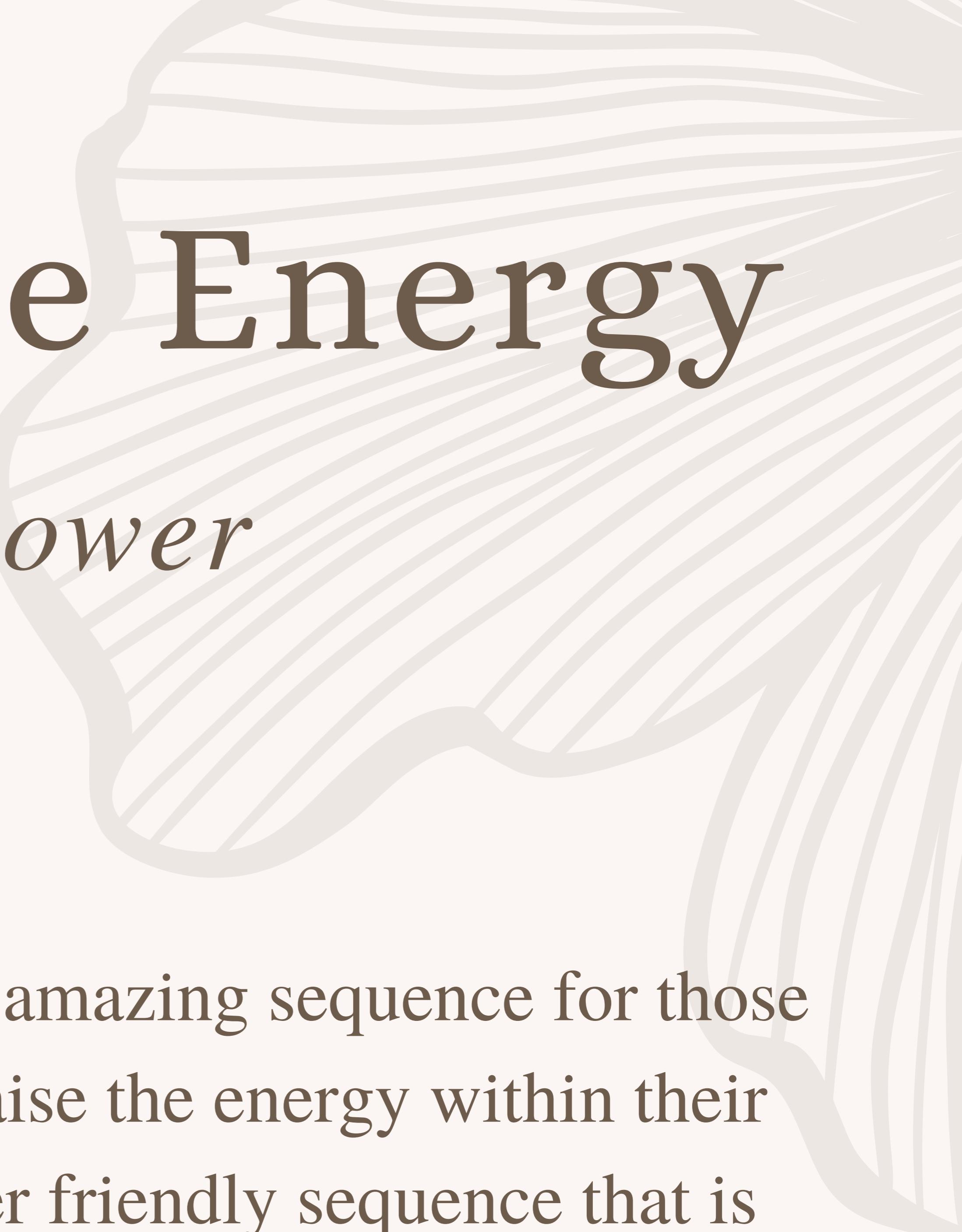
34. Child Pose • Balasana



35. Corpse Pose • Savasana

Feel the Energy

Power



This power yoga is an amazing sequence for those who are looking to raise the energy within their bodies. It's a beginner friendly sequence that is perfect for all levels. This class emphasizes mindful connection of flexibility and strength.

Alternative poses, or modifications, are included to make the asanas assessable to any body.

Power yoga is a hybrid style of yoga that links strength and endurance. It was originally created as a modified form of Ashtanga yoga.

Feel the Energy

1. Mountain Pose (Tadasana)
2. Extended Mountain Pose w/ bend (Utthita Tadasana)
 - a. Inhale arms above your head, exhale into slight backbend
 - b. Inhale to center, exhale into slight forward bend
3. Upward Salute Side Bend (Parsva Urdhva Hastasana)
 - a. Inhale to center, exhale to side bend
 - b. Repeat left and right
4. Standing Twist with Opposite Hand to Knee (eka Pada Parivrtta Tadasana)
 - a. Lift leg and grab knee with opposite hand
 - b. Inhale to lengthen spine, exhale to twist
 - i. Repeat left and right
5. Downward Facing Dog (Adho Mukha Svanasana)
 - a. Modification: Keep knees bent
6. Plank Pose (Phalakasana)
7. Cobra Pose (Bhujangasana)
 - a. Inhale, Exhale to lower body to floor from Plank. Inhale torso upwards. Exhale.

Repeat 3x

Feel the Energy

Repeat on Other Side

8. Dolphin Pose (Catura Svanasana)
 - a. Variation: Lift one leg for a deeper stretch
 - i. Hold for five breaths
9. One Legged Plank Pose (Pada Phalakasana)
 - a. Modification: Keep both feet on floor
10. Tiger Curl Pose (Phalakasana Variation)
 - a. Inhale, exhale bring knee to nose
 - i. Repeat five times
11. Plank Pose (Phalakasana)
 - a. Hold for three breaths
 - b. Modification: Drop knees to floor for Table Pose
12. Childs Pose (Balasana)
 - a. Hold for ten breaths
13. Table Top Pose (Bharmanasana)
 - a. Hold for two breaths
14. Downward Facing Dog (Adho Mukha Svanasana)



Feel the Energy

Repeat on Other Side (Repeat 2x total)

15. Runners Lunge (Utthita Ashwa Sanchalanasana)
16. High Lunge Pose (Ashta Chandrasana)
 - a. Hold for five breaths
17. Warrior Pose III (Virabhadrasana III)
 - a. Hold for three to five breaths
18. Half Moon Pose (Ardha Chandrasana)
 - a. Hold for three breaths
19. Warrior Pose II (Virabhadrasana II)
 - a. Hold for five breaths
20. Reverse Warrior Pose (Viparita Virabhadrasana)
 - a. Hold for five breaths
21. Mountain Pose (Tadasana)
22. Forward Fold
 - a. Inhale, exhale bend at the hips. Inhale plant hands on ground. Exhale walk or jump feet to the back of the mat
23. Plank Pose (Phalakasana)
 - a. Hold for three breaths
19. Four Limbed Staff Pose (Chaturanga Dandasana)
20. Upward Facing Dog (Urdhva Mukha Svanasana)
 - a. Inhale torso upwards.
 - b. Hold for three breaths
21. Wild Childs Pose (Prasarita Balasana)
 - a. Hold for five breaths
22. Corpse Pose (Savasana)
 - a. Stay in Savasana as long as you would like

Feel the Energy



1. Mountain Pose • Tadasana



2. Extended Mountain Pose
With Backbend • Utthita
Tadasana With Backbend



3. Upward Salute Side Bend
Pose • Parsva Urdhva Hastasana

O.S.



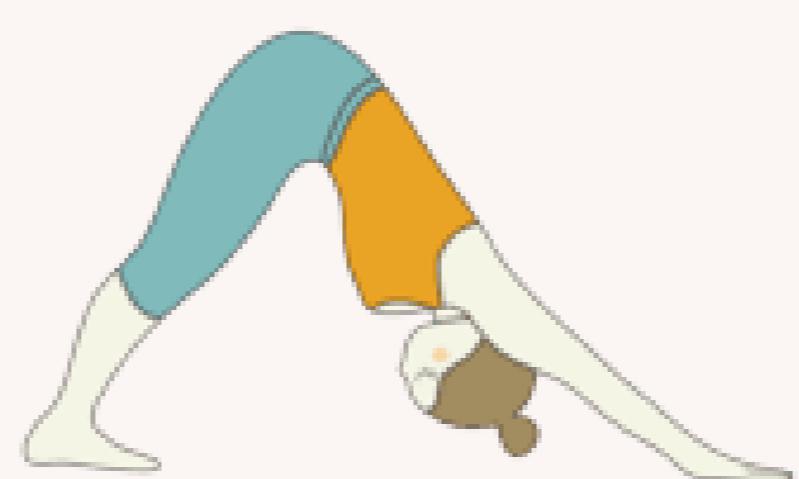
4. Repeat Other Side

O.S.

5. Standing Twist Opposite
Hand to Knee Pose • Eka Pada
Parivrtta Tadasana Hand to Knee

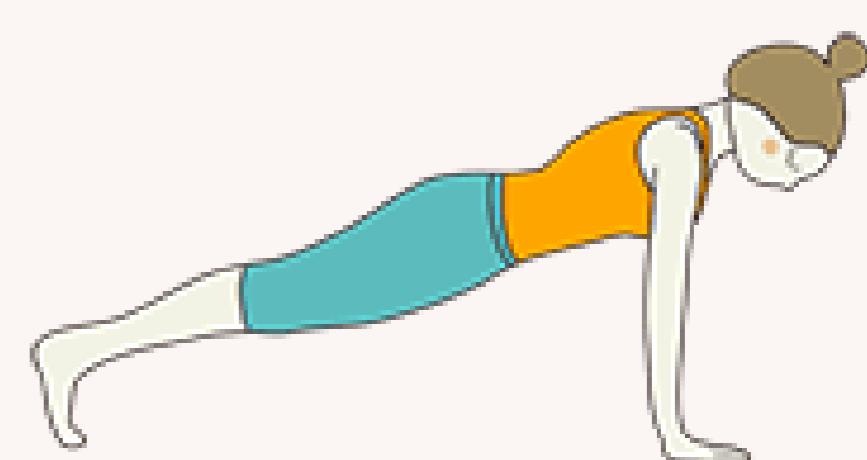
6. Repeat Other Side

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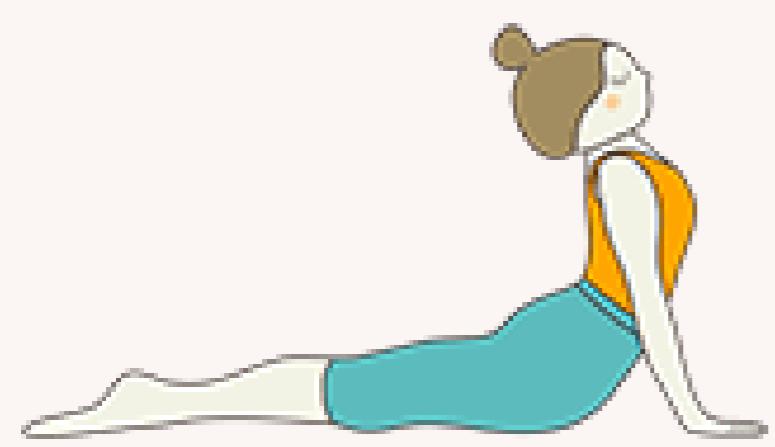
7. Left Bracket

8. Downward Facing Dog Pose •
Adho Mukha Svanasana



9. Plank Pose • Phalakasana

Feel the Energy

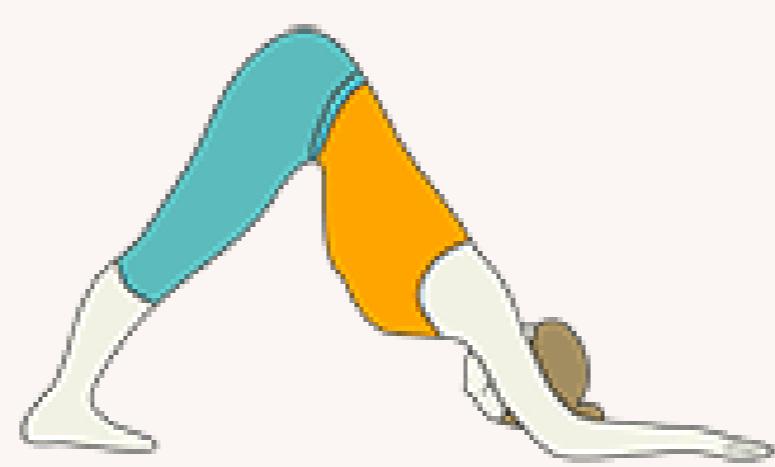


10. Cobra Pose • Bhujangasana



x3

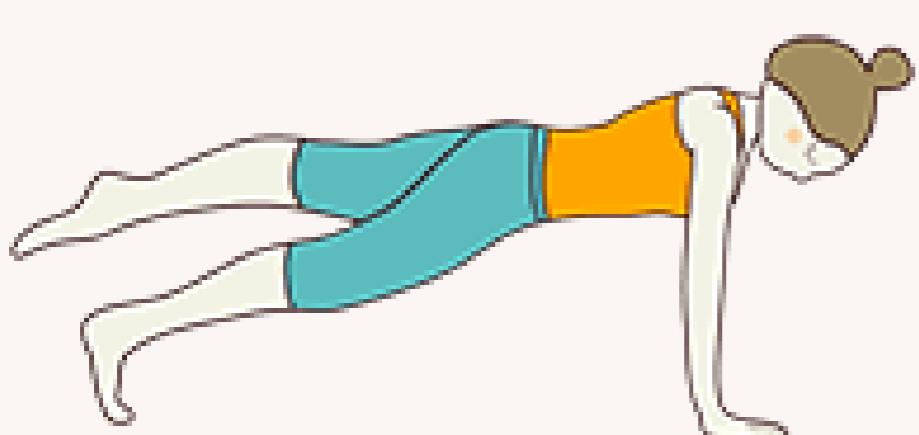
12. Repeat 3



13. Left Bracket

14. Dolphin Pose • Catur Svanasana

15. One Legged Dolphin Pose • One Legged Catur Svanasana



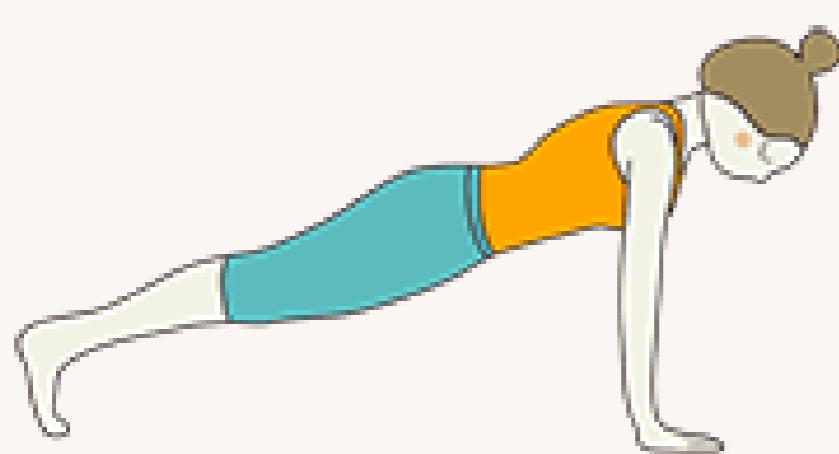
x3

16. One Legged Plank Pose
Eka Pada Phalakasana

17. Tiger Curl Pose
Phalakasana Variation Knee To Nose

18. Repeat 3

Feel the Energy



19. Plank Pose • Phalakasana

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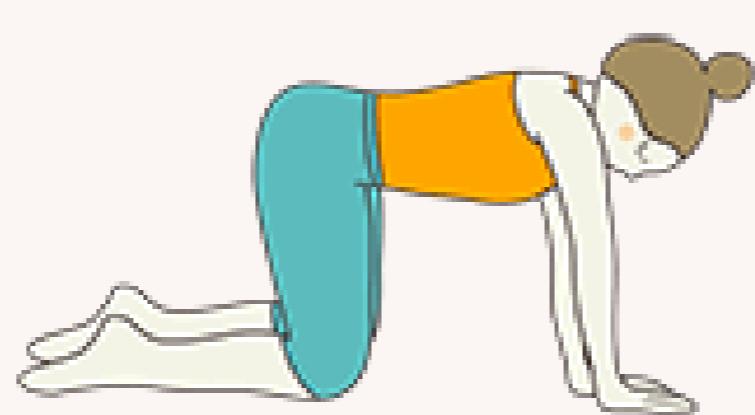
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20. Right Bracket

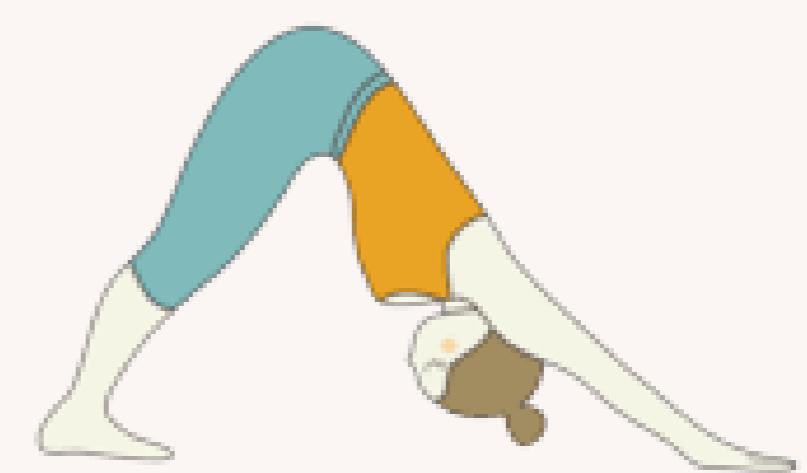
21. Repeat Other Side



22. Child Pose • Balasana



23. Table Top Pose •
Bharmanasana



24. Downward Facing Dog Pose
• Adho Mukha Svanasana

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25. Left Bracket



26. Runners Lunge Pose • Utthita
Ashwa Sanchalanassana

27. High Lunge Pose • Ashta
Chandrasana

Feel the Energy



28. Warrior Pose III •
Virabhadrasana III



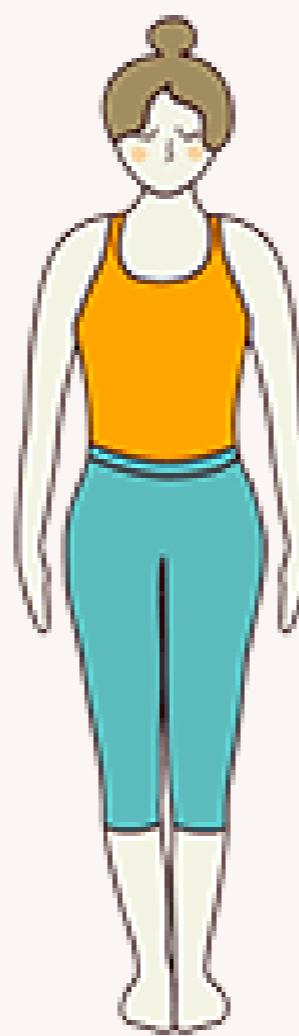
29. Half Moon Pose • Ardha
Chandrasana



30. Warrior Pose II •
Virabhadrasana II



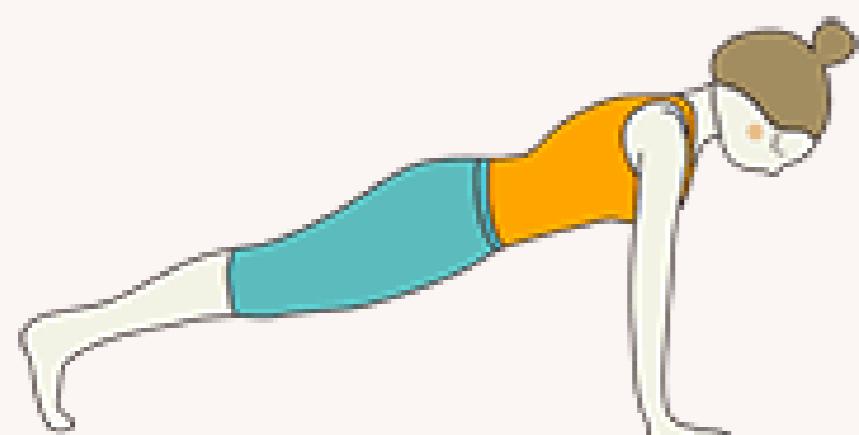
31. Reverse Warrior Pose •
Viparita Virabhadrasana



32. Mountain Pose • Tadasana



33. Upward Forward Fold Pose •
Urdhva Uttanasana



34. Plank Pose Phalakasana

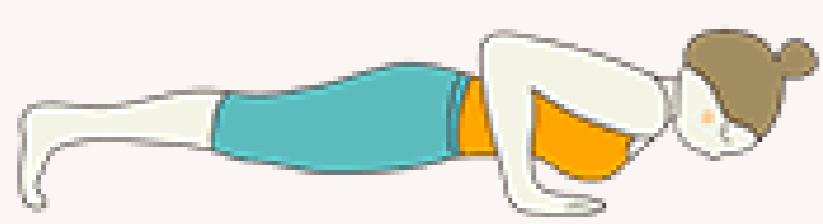


35. Right Bracket

O.S.

36. Repeat Other Side

Feel the Energy



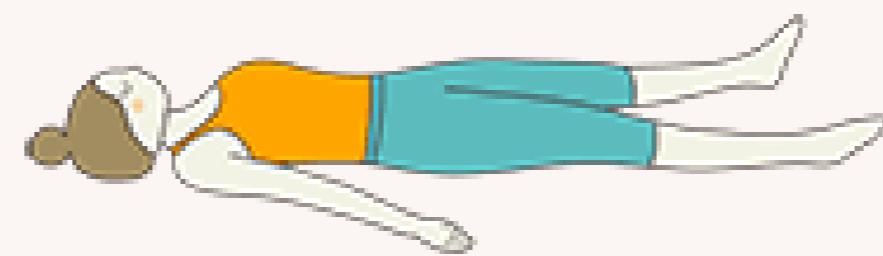
37. Four Limbed Staff Pose •
Chaturanga Dandasana



38. Upward Facing Dog Pose •
Urdhva Mukha Svanasana



39. Wide Child Pose • Prasarita
Balasana



40. Corpse Pose • Savasana

Lunch Break

Chair Yoga

This chair yoga flow is a short and sweet class for those who are at their desk or find themselves sitting down for long portions of the day. It is an introductory sequence that is perfect for all levels interested in entering the world of chair yoga. This class will dive deeper into popular poses (asanas) through modifications and adaptations.

Chair yoga is a style of yoga that is done sitting in a chair, or standing using the chair for support. Asanas are modified to be more assessable to all bodies including those with disabilities, low mobility, or low energy.

Lunch Break

1. Chair Mountain Pose (Chair Tadasana)
2. Chair Seated Twists
 - a. Repeat left and right
3. Chair Seated Side Stretch
 - a. Grasp side of seat, inhale and lift opposite arm overhead for side stretch
 - b. Repeat left and right
4. Chair Seated Cactus Arm Flow
 - a. Inhale arms into cactus, exhale arms together
 - b. Repeat 5 times
5. Chair Cat Cow Pose (Chair Marjaryasana Bitilasana)
 - a. Inhale to expand the chest upward, exhale to round the spine
 - b. Repeat 5 times
6. Chair Torso Circles
 - a. Repeat five times clockwise and counterclockwise
7. Chair Goddess Pose
8. Revolved Goddess Pose (Parivrtta Utkata Konasana)
 - a. Modification: Place block on floor to rest hand on
 - b. Inhale to straighten arms, exhale to twist and place arm on block or floor. Inhale back to center, exhale to twist on other side.
 - i. Repeat 5 times

Lunch Break

Repeat on Other Side

9. Chair Warrior Pose II (Virabhadrasana II)
 - a. Hold for two breaths
10. Chair Reverse Warrior Pose I (Virabhadrasana I)
 - a. Repeat left and right
 - b. Hold for two breaths
11. Chair Extended Side Angle Pose (Utthita Parsvakonasana Variation)
 - a. Elbow on knee with opposite hand grasping chair back
 - b. Repeat left and right
 - c. Hold for two breaths
12. Chair Seated Forward Fold (Uttanasana)
 - a. Hold for three breaths
13. Chair Seated Half Wind Release Pose (Upavistha Ardha Pawnamuktasana)
 - a. Hold for five breaths
 - b. Repeat left and right leg
14. Seated Windshield Wiper Pose
 - a. Inhale legs to center, exhale legs to side
 - b. Repeat five times

Lunch Break

15. Knee to Head Pose

- a. Inhale to grab knee with both hands, exhale to bring knee to head
- b. Hold for five breaths
 - i. Repeat left and right

16. Chair Extended Mountain Pose (Tadasana Urdhva Hastasana)

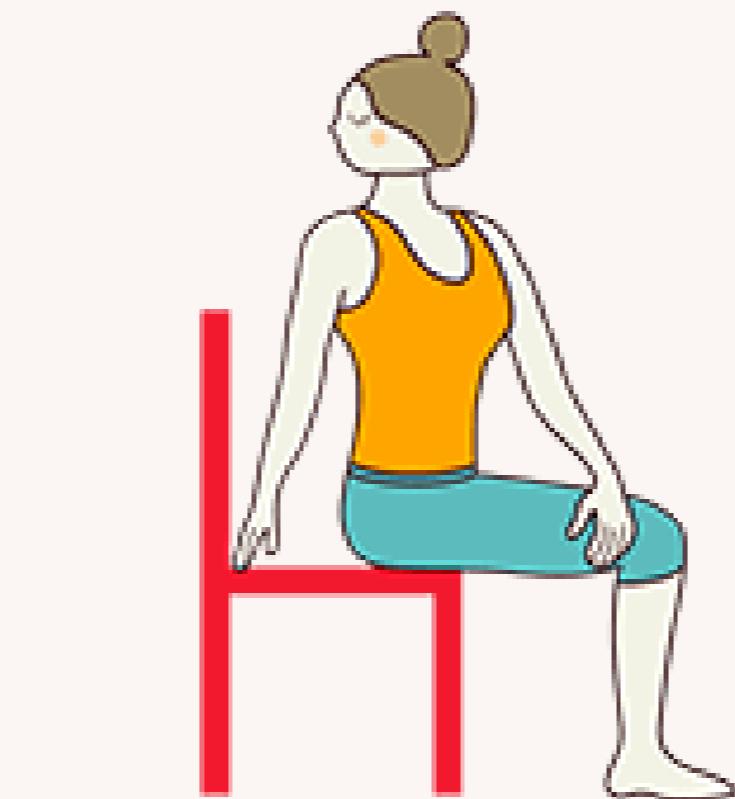
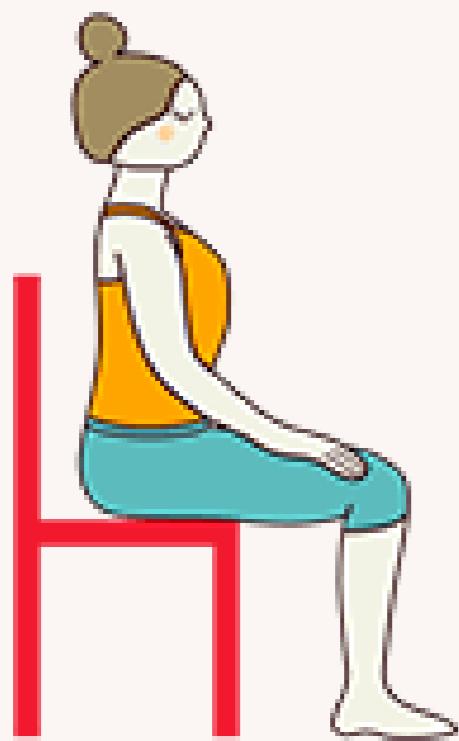
- a. Inhale arms up, exhale into slight backbend
- b. Hold for three breaths

17. Seated Corpse Pose (Upavistha Savasana)

- a. Modification: Place bolster under ankles and recline back in chair
- b. Stay in Savasana as long as you would like



Lunch Break

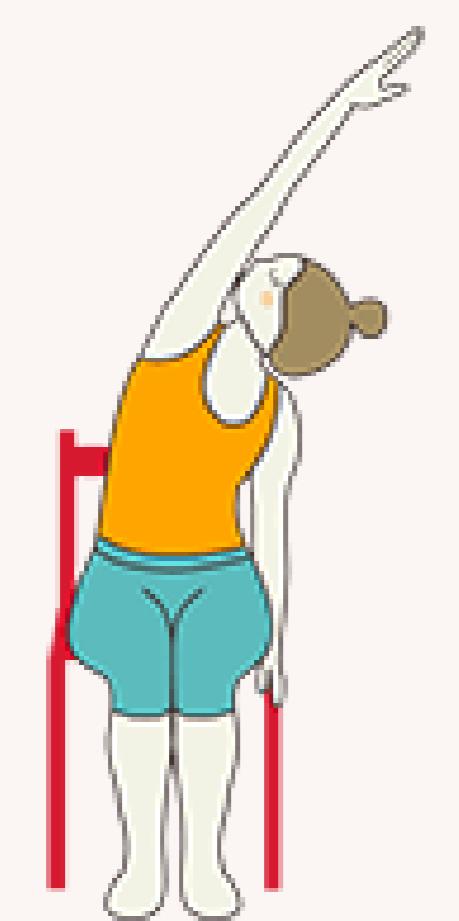


O.S.

1. Chair Mountain Pose • Chair
Tadasana

2. Chair Seated Twists

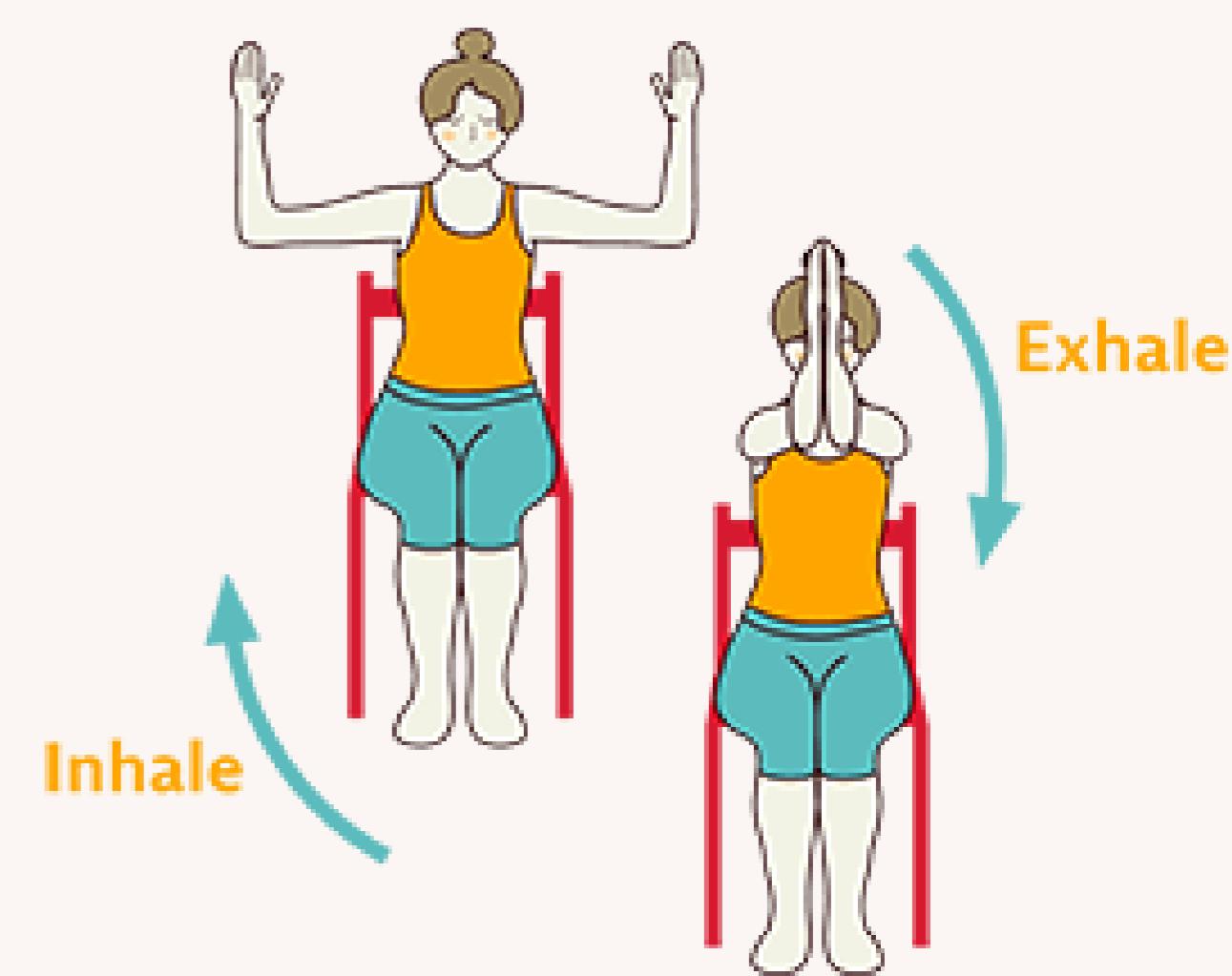
3. Repeat Other Side



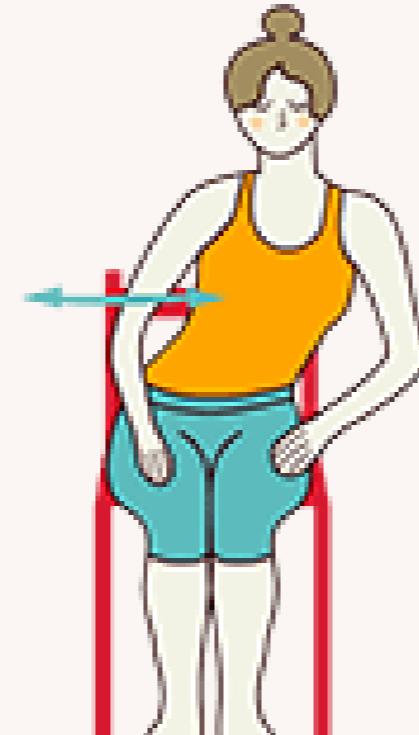
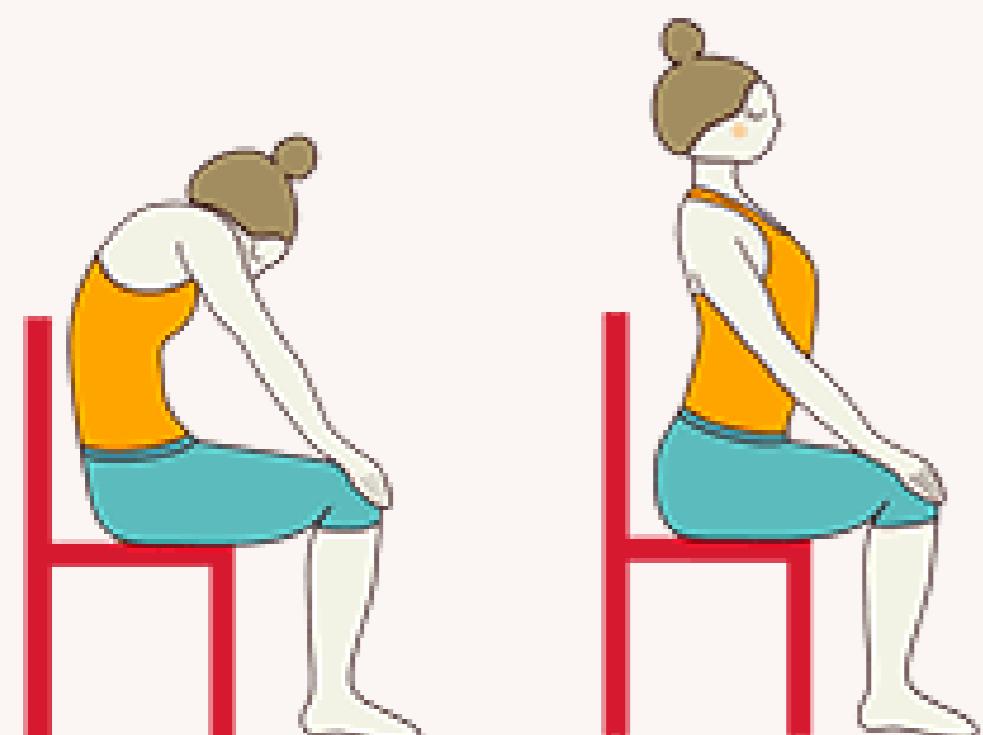
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4. Chair Seated Side Stretch
Pose

5. Repeat Other Side



6. Seated Cactus Arms Flow
Chair

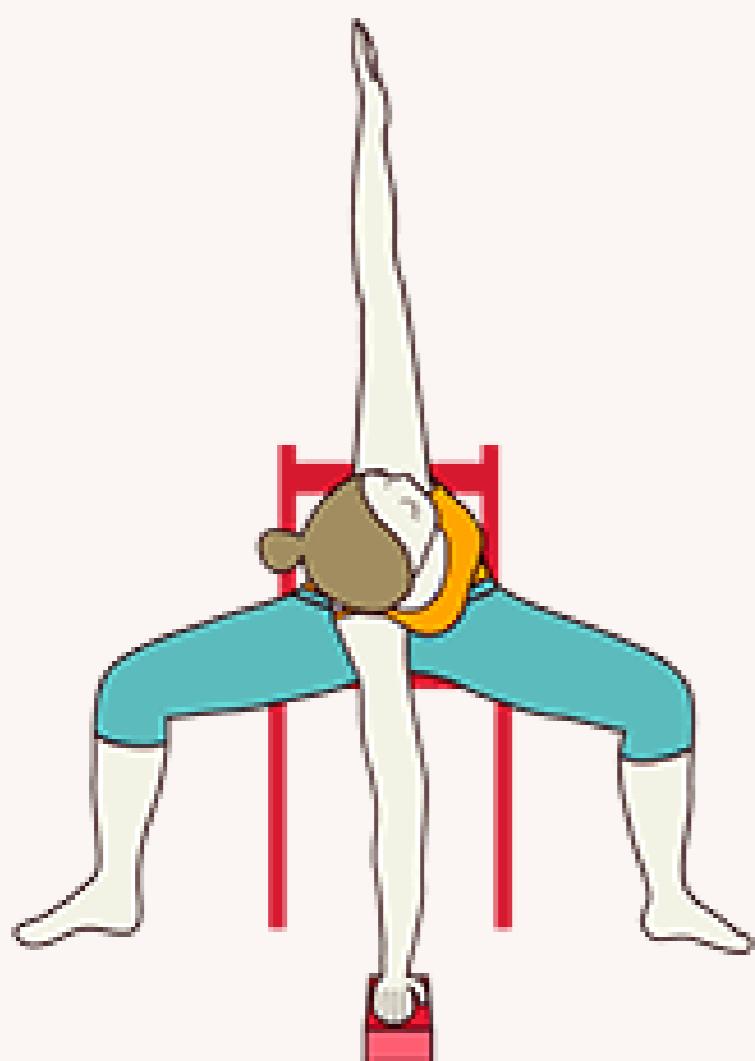


7. Chair Cat Cow Pose • Chair
Marjaryasana Bitilasana

8. Chair Torso Circles

9. Goddess Pose On Chair •
Utkata Konasana On Chair

Lunch Break



10. Revolved Goddess Pose Chair Block Hand
Parivrtta Utkata Konasana Chair Hasta Block



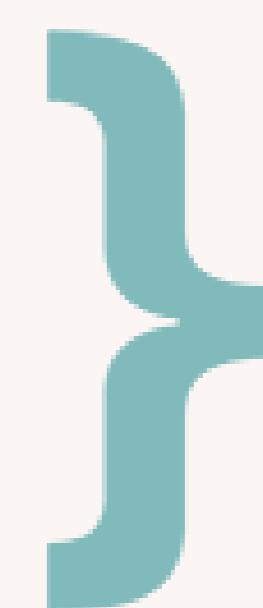
12. Warrior Pose II Chair •
Virabhadrasana II Chair



13. Reverse Warrior Pose Chair
Viparita Virabhadrasana Chair



14. Extended Side Angle Pose Variation Elbow Arm Chair •
Utthita Parsvakonasana Variation Elbow Arm Chair



15. Right Bracket

0.S.



16. Repeat Other Side

17. Seated Forward Fold Pose on Chair

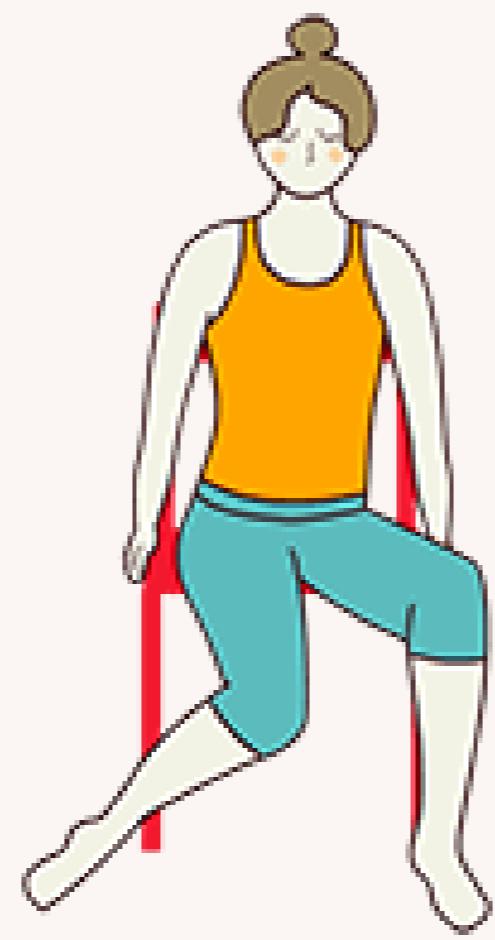


18. Seated Low Lunge Variation Chair • Anjaneyasana Variation Chair

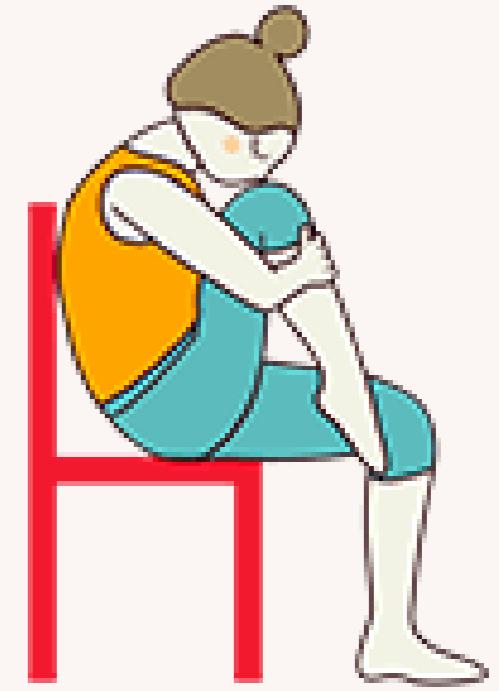
Lunch Break

O.S.

19. Repeat Other Side



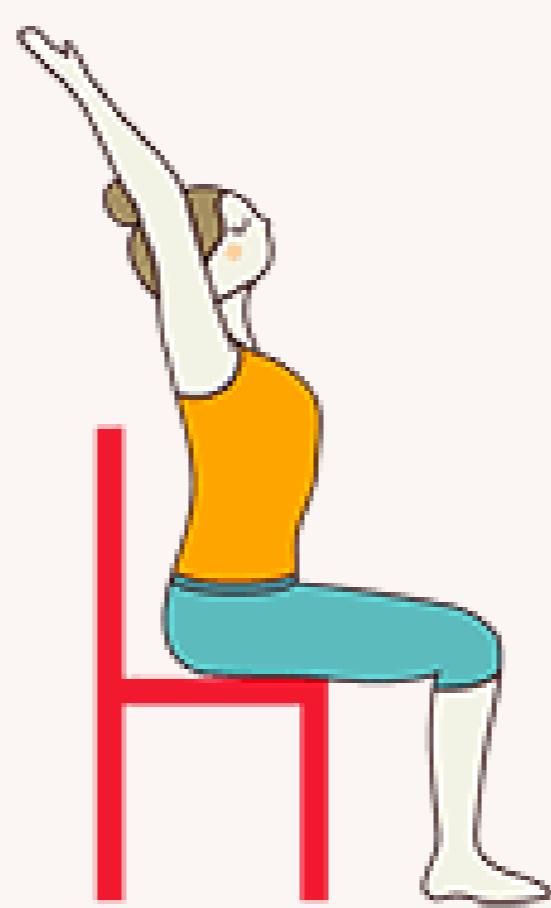
20. Seated Windshield Wiper Pose Chair



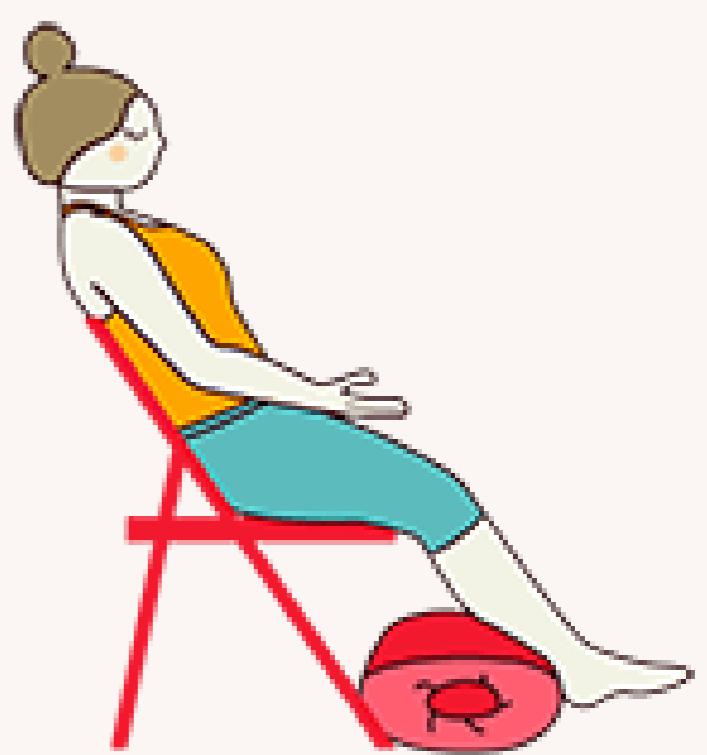
21. Knee Head Down Chair

O.S.

22. Repeat Other Side



23. Hands Up Chair



24. Seated Corpse Pose Chair
Legs Bolster •
Upavistha
Savasana Chair Pada Bolster

The Upside Down

Vinyasa Yoga

The Upside Down is an intermediate class for those students who wish to further their inversions. This sequence is for those who have a solid foundation of yoga and wish to deepen their practice. Enjoy an energizing flow, while building strength, balance, stability, mobility and flexibility.

Vinyasa, in Sanskrit, translates to "to place something in a sacred and special way". It is a style of yoga that links the breath to movement.

The Upside Down

1. Easy Pose Warm Up Flow (Sukhasana)

- a. Inhale: Arms up and centered
 - b. Exhale: Bend to one side with arm on floor
 - c. Inhale: Arms up and centered
 - d. Exhale: Bend to other side with arm on the floor
 - e. Inhale: Arms up and centered
 - f. Exhale: Twist with one arm on opposite knee with other arm behind
 - g. Inhale: Arms up and centered
 - h. Exhale: Twist with other arm on opposite knee with other arm behind
 - i. Interlace fingers behind the back and flow into a slight back bend
 - j. Unlace fingers and round shoulders forwards with hands on knees
 - k. Return to Easy Pose with Cactus Arms
- ## 2. Downward Facing Down (Adho Mukha Svanasana)
- a. Hold for five breaths
 - b. Modification: Bend the knees if the hamstrings are tight
- ## 3. Plank Pose Flow (Phalakasana)
- a. Start in High Plank Pose, exhale and lower onto forearms for Forearm Plank Pose, inhale to rise back up to High Plank
 - i. Repeat five times

The Upside Down

Repeat on Other Side

4. Three Legged Downward Dog (Tri Pada Adho Mukha Svanasana)
 - a. Bring knee to nose three times
 - i. Exhale knee to nose, inhale to straighten
5. Downward Facing Down (Adho Mukha Svanasana)
6. Dolphin Pose Crunch Flow (Catur Svanasana Crunch Vinyasa)
 - a. Shift your weight forward so nose meets hands
 - i. Pulse back and forth three times
7. Table Top Pose (Bharmanasana)
8. Child's Pose (Balasana)
 - a. Hold for five breaths
9. Table Top Pose (Bharmanasana)
10. Plank Pose (Phalakasana)
11. Runners Lunge Pose (Utthita Ashwa Sanchalanasana)
 - a. Start with left foot at top of the mat



The Upside Down

Repeat on Other Side

12. Warrior Pose I (Virabhadrasana I)
 - a. Inhale to lengthen, exhale to deepen into the pose
13. Warrior Pose II (Virabhadrasana II)
14. Goddess Pose (Utkata Konasana)
 - a. Hold for three breaths
15. Warrior Pose I (Virabhadrasana I)
 - a. Inhale, exhale to pivot
 - i. You will be facing the back of the mat.
16. Warrior Pose II (Virabhadrasana II)
17. Intense Leg Stretch Pose (Prasarita Padottanasana)
 - a. Inhale, exhale to pivot to face side of the mat.
 - b. Inhale to lengthen spine, exhale to bend, hinging at the hips.
 - i. Arms can be at planted on the floor in line with the hips OR grasping ankles
 - ii. Hold for three breaths
18. Warrior Pose II (Virabhadrasana II)
 - a. Inhale, exhale to pivot
 - i. You will be facing the front of the mat.
19. Warrior Pose I (Virabhadrasana I)
20. Mountain Pose (Tadasana)

The Upside Down

21. Garland Pose (Malasana)

a. Hold for five breaths

b. Slowly drop yourself to the floor for next pose

22. Staff Pose (Dandasana)

23. Boat Pose (Savasana)

a. Hold for five breaths

b. Inhale and raise the legs up. The upper body is inclined backwards. The tail bone is firm on the floor

c. Modification: Place feet gently on ground

24. Thunderbolt Pose (Vajrasana)

a. Variation: Eagle Arms

b. Hold for five breaths

25. Half Headstand Pose on Forearms (Ardha Sirsasana)

a. Grab elbows with the opposite hand and place on floor

b. Release the hands from the elbows and interlace fingers. This will make a tripod to support the head.

c. Rest the crown of the head gently onto the floor with the head cupped by the hands.

d. Slowly begin to push upwards, straightening the back with toes still on the floor. Knees will straighten.

i. The back of the body will form a vertical line from the head to the back of the hips.

e. Hold in this pose for five - ten seconds.

The Upside Down

26. One Legged Headstand Pose (Eka Pada Sirsasana)

a. Repeat left and right

27. Headstand (Salamba Sirsasana)

a. Modification: Stay in half headstand or use a wall for more stability

i. Stay in this asana for as long as you'd like

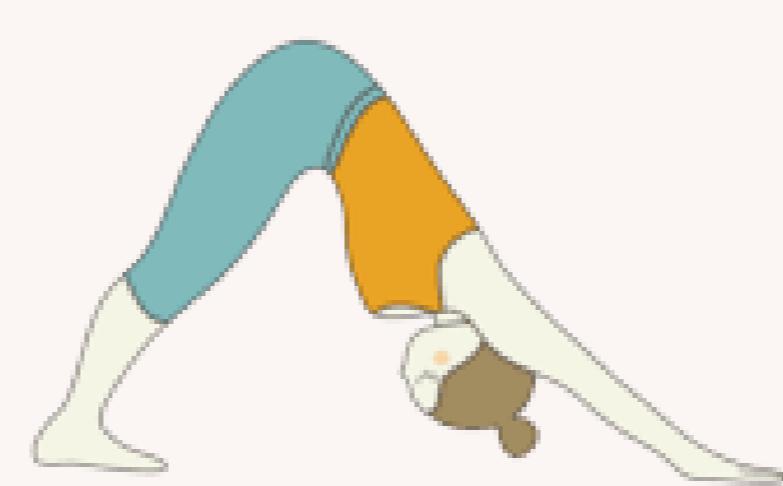
28. Child Pose (Malasana)



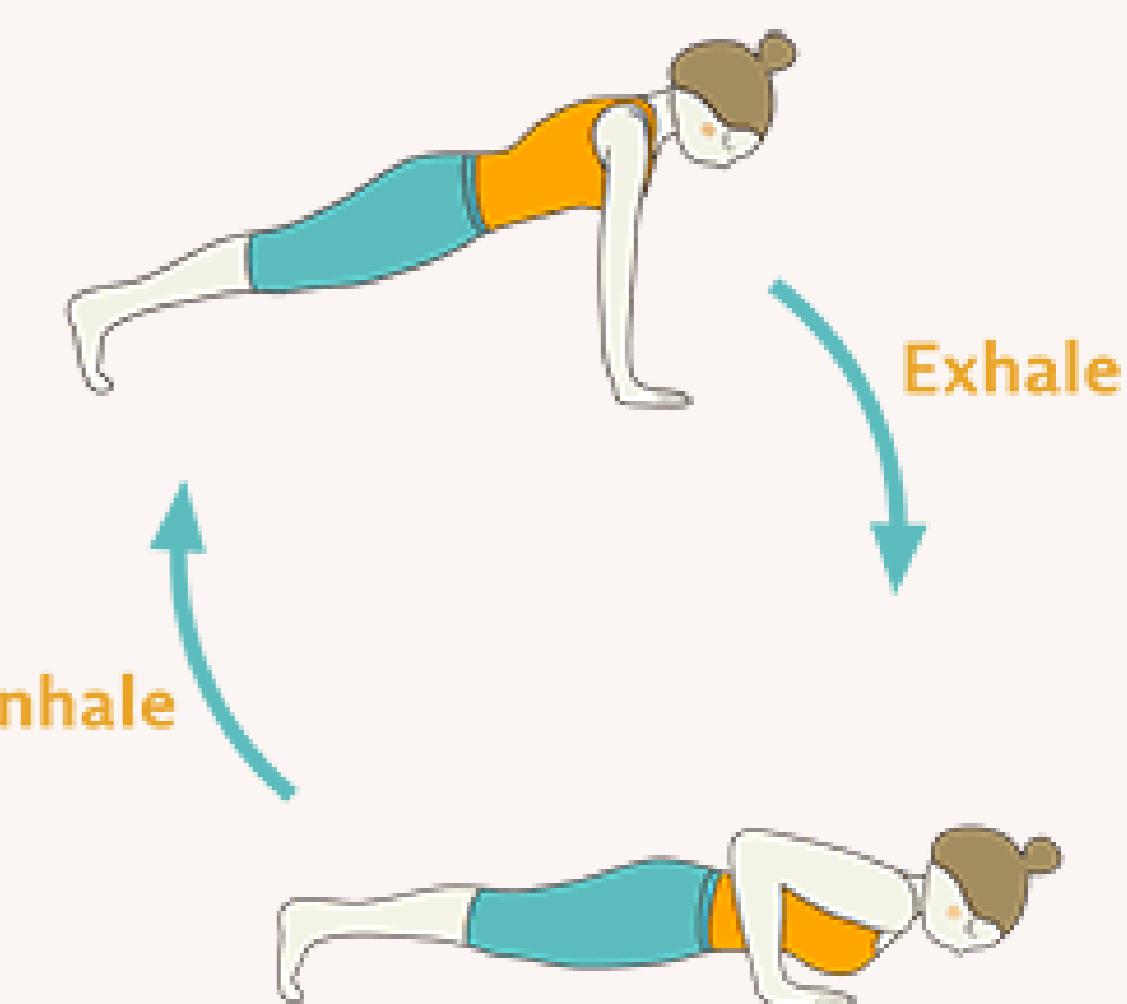
The Upside Down



1. Easy Pose Warm Up Flow •
Sukhasana Warm Up Vinyasa



2. Downward Facing Dog Pose •
Adho Mukha Svanasana

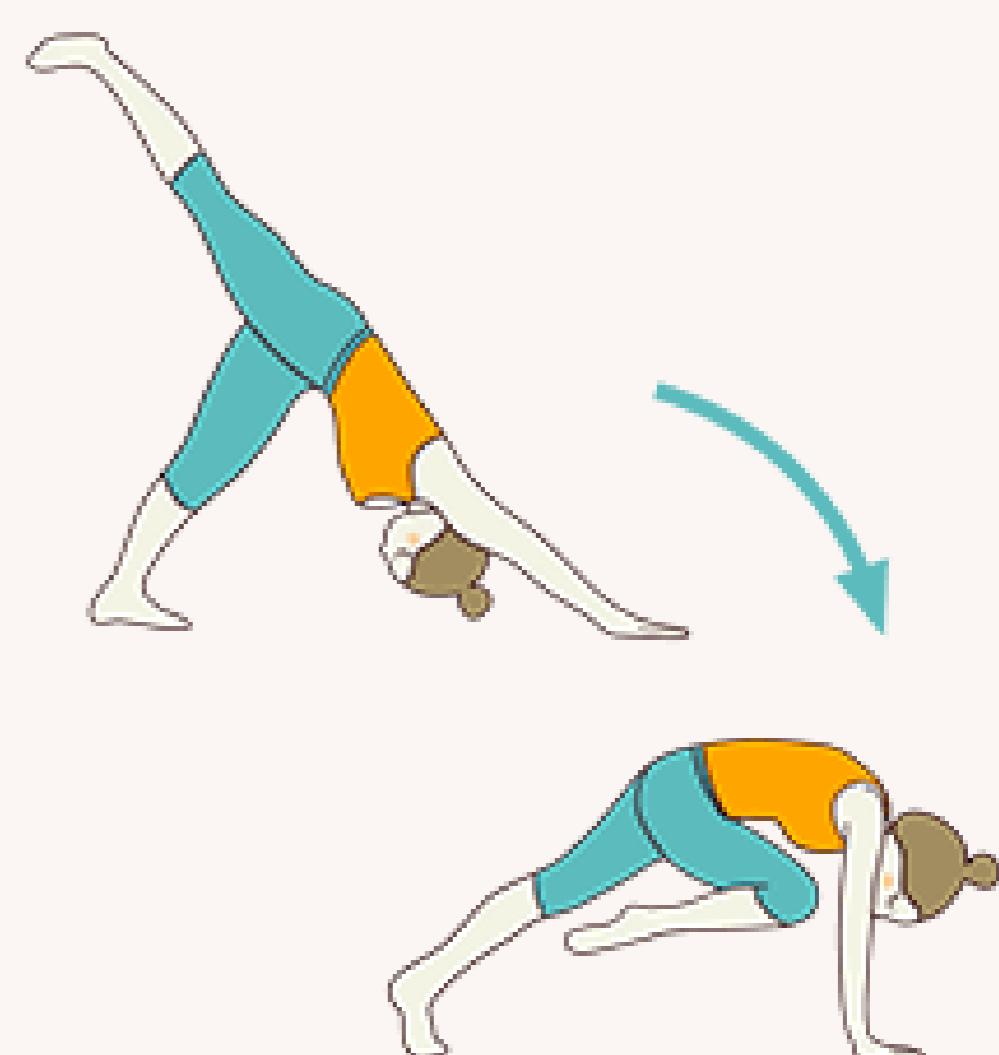


3. Plank Pose Four Limbed Staff
Pose Flow •
Phalakasana
Chaturanga Dandasana Vinyasa

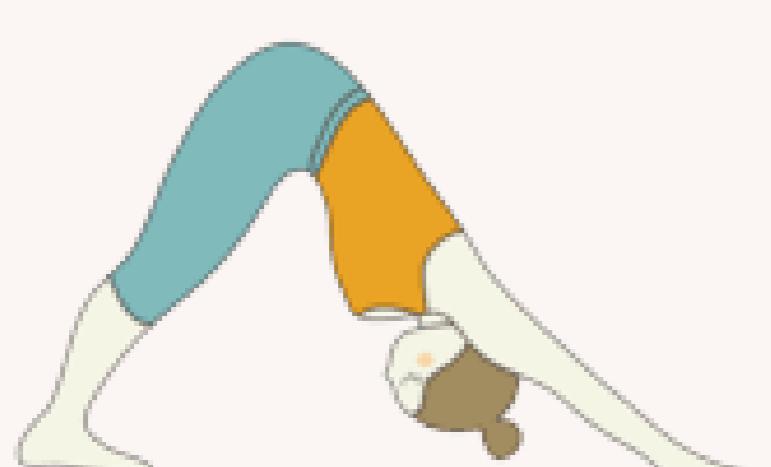


4. Left Bracket

5. Three Legged Downward
Facing Dog Pose •



6. Three Legged Downward
Facing Dog Pose Tiger Curl
Pose Flow •



7. Downward Facing Dog Pose
Adho Mukha Svanasana



8. Dolphin Pose Crunch Flow •
Catur Svanasana Crunch Vinyasa

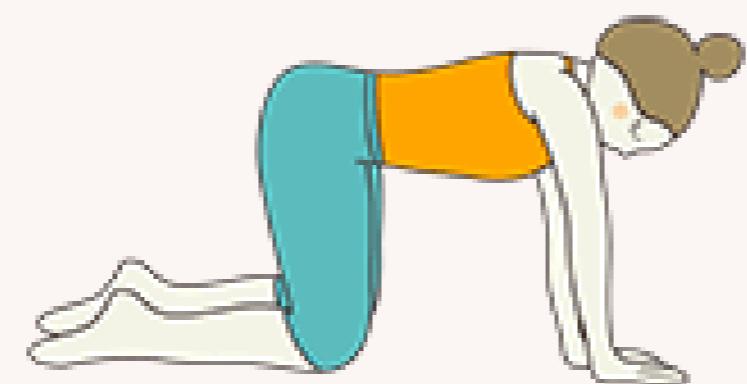


9. Right Bracket

The Upside Down

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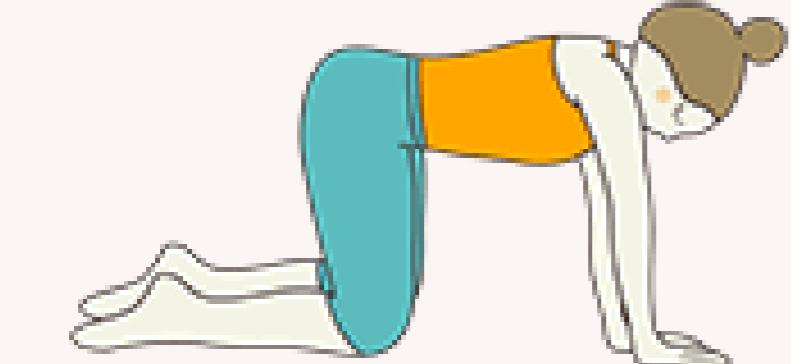
10. Repeat Other Side



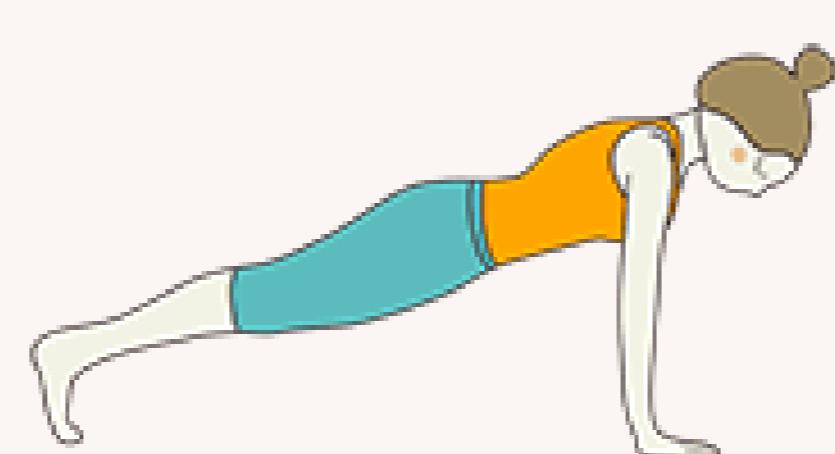
11. Table Top Pose •
Bharmanasana



12. Child Pose • Balasana



13. Table Top Pose •
Bharmanasana



14. Plank Pose • Phalakasana



15. Runners Lunge Pose • Utthita
Ashwa Sanchalanasana

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16. Left Bracket



17. Warrior Pose I •
Virabhadrasana I

18. Warrior Pose II •
Virabhadrasana II

The Upside Down



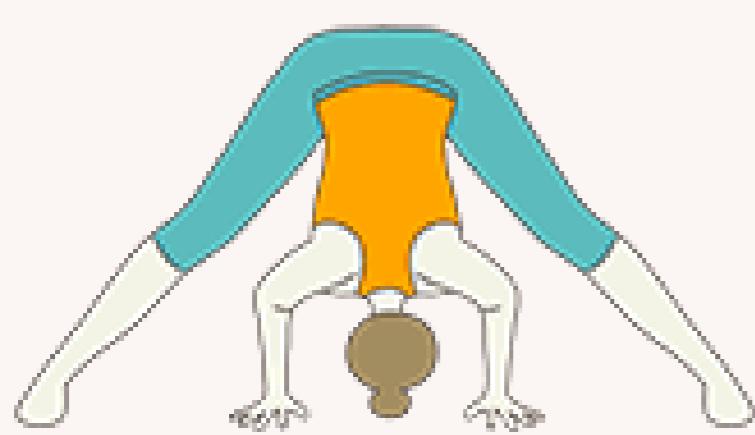
19. Goddess Pose • Utkata
Konasana



20. Warrior Pose I •
Virabhadrasana I



21. Warrior Pose II •
Virabhadrasana II



22. Intense Leg Stretch Pose •
Prasarita Padottanasana



23. Warrior Pose II •
Virabhadrasana II



24. Warrior Pose I •
Virabhadrasana I

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O.S.



25. Right Bracket

26. Repeat Other Side

27. Mountain Pose • Tadasana

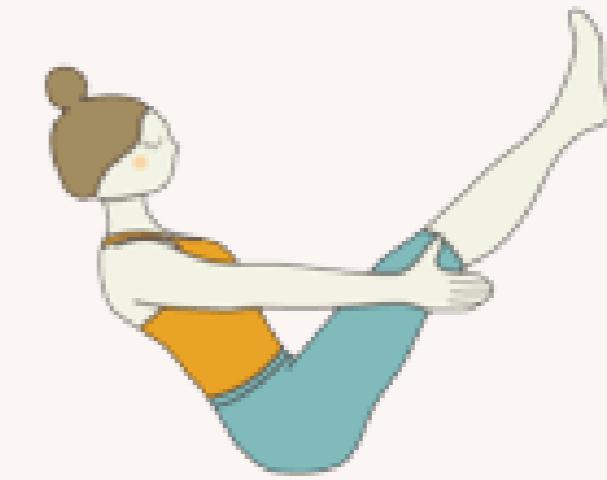
The Upside Down



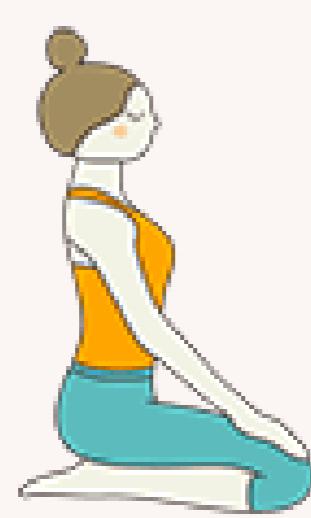
28. Garland Pose • Malasana



29. Staff Pose • Dandasana



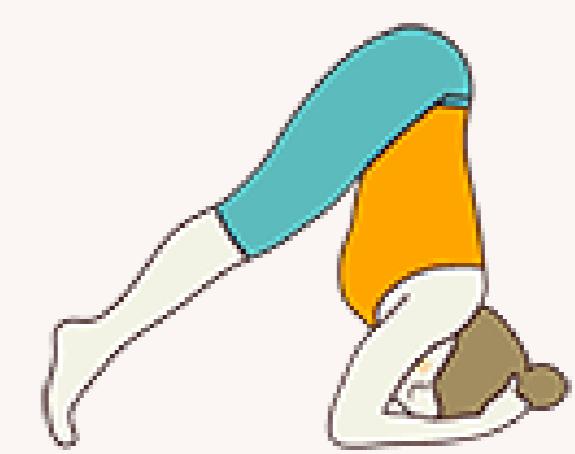
30. Boat Pose • Navasana



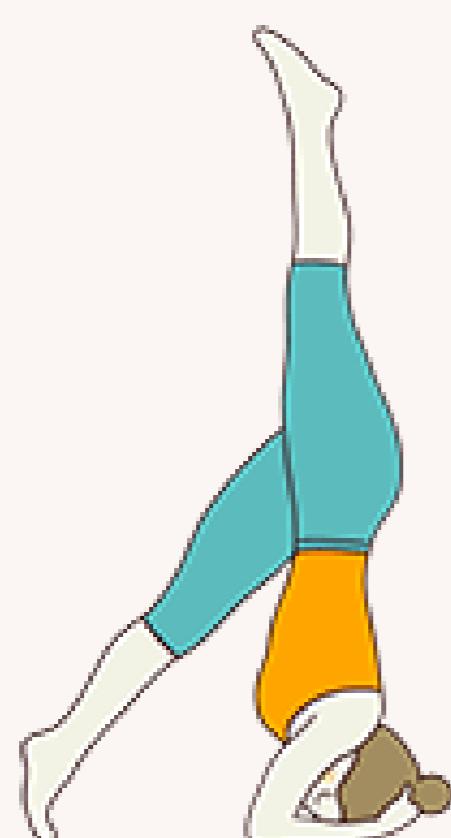
31. Thunderbolt Pose • Vajrasana



32. Thunderbolt Pose Eagle Arms • Vajrasana Garudasana

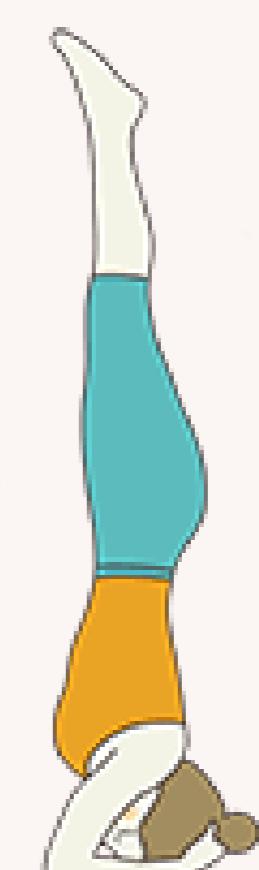


33. Half Headstand Pose On Forearms • Ardha Sirsasana On Forearms



34. One Legged Headstand Pose Eka Pada Sirsasana

O.S.



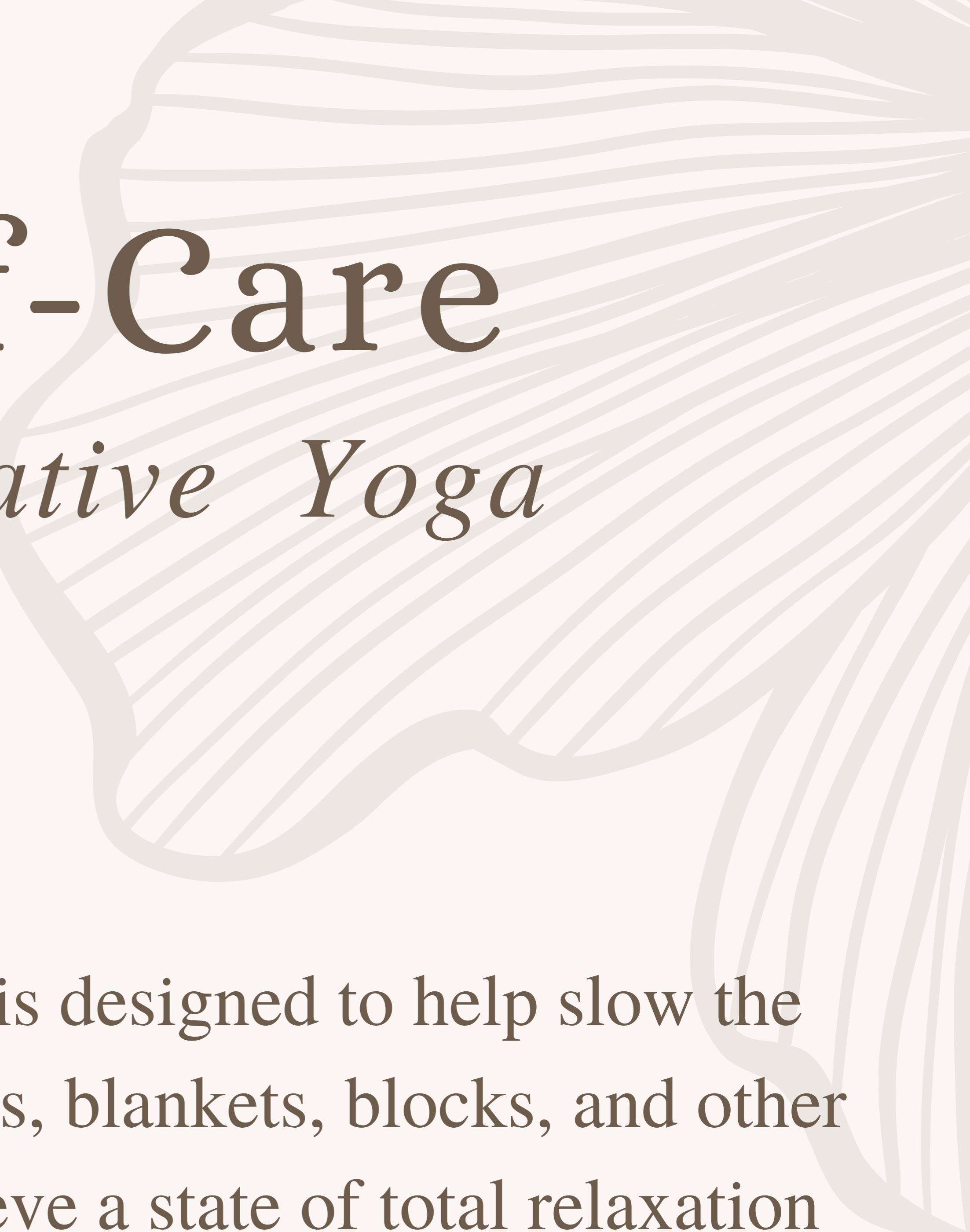
36. Headstand Pose • Salamba Sirsasana



37. Child Pose • Balasana

Self-Care

Restorative Yoga



This restorative class is designed to help slow the body and mind. Bolsters, blankets, blocks, and other props are used to achieve a state of total relaxation and release. This class is perfect for all levels and bodies.

Restorative yoga is practiced at a slower pace as to encourage physical, emotional, and mental relaxation. It originated from the Iyengar yoga tradition. This style utilizes long and passive holds.

Self-Care

1. Easy Pose (Sukhasana)

a. Hands on knees

b. Close the eyes, inhale picturing positivity and healing energy. Exhale out all worries, negative feelings, and anxieties.

i. Hold for two minutes

2. Child Pose (Balasana)

a. Place a bolster or blanket under the torso and head

i. Hold for two minutes

3. Pigeon Pose Forward Bend (Kapotasana)

a. Move the bloster slightly higher to create room for the leg under the torso

b. Repeat left and right

i. Hold for three minutes (one and half minutes for each leg)

4. Reclined Butterfly (Supta Baddha Konasana)

a. Place bolster under back and head. An extra blanket or small bolster may be added to give extra lift to the head

i. Hold for three minutes

5. Fish Pose (Matsyasana)

a. Keep bolster in the same position with legs out straight. An extra bolster may be placed under the knees.

i. Hold for three minutes

6. Corpse Pose (Savasana)

a. Place bolster under knees

i. Hold for two minutes

Self-Care



1. Easy Pose Block • Sukhasana
Block

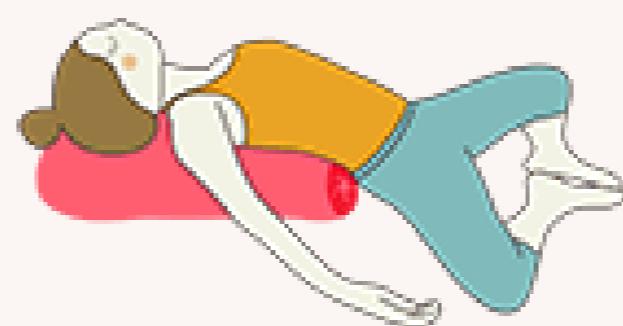


2. Child Pose Bolster • Balasana
Bolster



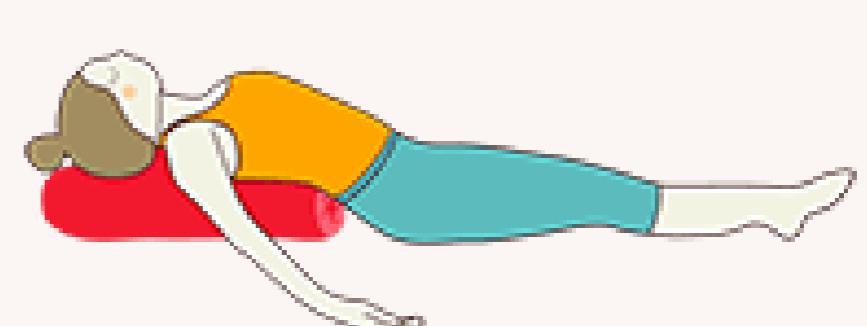
3. Pigeon Pose Forward Bend
Bolster Kapotasana II Bolster

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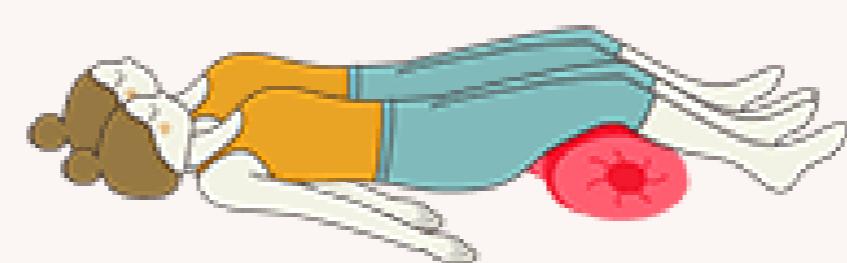


4. Repeat Other Side

5. Reclined ButterFly With
Bolster • Supta Baddha Konasana
Bolster



6. Fish Pose Bolster •
Matsyasana Bolster



7. Corpse Pose Variation
Bolster Savasana Variation
Bolster