
Thursday, Jan 15 — Expanding Potential

Class Title: Standing Backbend

Description:

Integrate quad opening, shoulder mobility, and balance into fuller standing backbend expressions.

Affirmation of the Class:

I trust my structure as I expand.

Key Actions:

Open to Grace + Organic Energy

Class Focus:

Half Dancer → Natarajasana with strap

Categories:

Heart Openers and Back Bend Strategies

Required Item(s): Yoga mat, strap, two blocks

Original Class Date: January 15, 2026

Tiff's Notes:

Reinforce that freedom comes from preparation. Emphasize pacing and intelligent exits.
