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## 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.

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