

Yoga Teacher Toolkit Setlist: Gentle Strength Building

Prompt

A balanced practice that builds strength gradually through accessible poses and mindful movements. The sequence focuses on establishing proper alignment and body awareness while slowly developing muscular endurance, perfect for those new to yoga or seeking a gentler approach to strength building.

Details

Level: beginner Duration: 45 minutes Focus: gentle strength building Style: hatha Props: ["chair","blocks"]

Contraindications: ["high blood pressure"]

Overview

This hatha yoga sequence is designed for beginner practitioners, focusing on gentle strength building. It follows the concept of gentle mobilization, strength building, and relaxation, with a focus on core engagement and spinal mobility.

Details

- **Level:** beginner
- **Duration:** 45 minutes
- **Props Required:** chair, blocks
- **Contraindications:** high blood pressure

Sequence

Centering and Breath Awareness (2 minutes)

- Mountain Pose (Tadasana)
 - Duration: 1 minute
 - Cue: Ground feet into the floor, lengthen spine, relax shoulders
 - Modification: Stand with feet hip-width apart or toes touching a wall

Warmup and Joint Mobilization (7 minutes)

- Cat-Cow Pose (Marjaryasana-Bitilasana)
 - Duration: 2 minutes
 - Cue: Inhale, arch back, lift head; exhale, round back, tuck chin
- Child's Pose (Balasana)
 - Duration: 1 minute
 - Cue: Kneel, sit back on heels, fold forward, relax arms
- Downward-Facing Dog (Adho Mukha Svanasana)
 - Duration: 2 minutes
 - Cue: Spread hands shoulder-width apart, press into hands and heels
- Plank Pose (Phalakasana)

- Duration: 1 minute
- Cue: Hold on forearms or use blocks for support

Main Sequence (29 minutes)

- Warrior II (Virabhadrasana II)
 - Duration: 2 minutes per side
 - Cue: Step forward, bend front knee, extend back leg, raise arms
- Triangle Pose (Trikonasana)
 - Duration: 2 minutes per side
 - Cue: Step forward, extend arms, twist torso towards front leg
- Chair Pose (Utkatasana)
 - Duration: 2 minutes
 - Cue: Bend knees, lower body as if sitting in a chair, extend arms
- Tree Pose (Vrksasana)
 - Duration: 2 minutes per side
 - Cue: Stand, bend knee, place sole of foot on inner thigh
- Extended Side Angle Pose (Utthita Parsvakonasana)
 - Duration: 2 minutes per side
 - Cue: Step forward, extend arms, bend forward, reach leg
- Boat Pose (Paripurna Navasana)
 - Duration: 2 minutes
 - Cue: Sit on floor, lift legs, extend arms forward, lean back
- Locust Pose (Shalabhasana)
 - Duration: 2 minutes
 - Cue: Lie on belly, lift legs, head, and arms off the floor
- Cobra Pose (Bhujangasana)
 - Duration: 2 minutes
 - Cue: Lie on belly, lift upper body, press into hands

Cooldown (5 minutes)

- Seated Forward Fold (Paschimottanasana)
 - Duration: 2 minutes
 - Cue: Sit on floor, fold forward, reach towards feet
- Child's Pose (Balasana)
 - Duration: 1 minute
 - Cue: Kneel, sit back on heels, fold forward, relax arms
- Corpse Pose (Savasana)
 - Duration: 1 minute
 - Cue: Lie on back, close eyes, relax body

Final Relaxation (2 minutes)

- Meditation
 - Duration: 2 minutes
 - Cue: Sit comfortably, close eyes, focus on breath