

Classplan Description:

	Pose Name	Pose Description/ Pose Transition Comments
	Simple Seat (<i>Sukhasana</i>)	...so we begin... our practice together is a celebration of kaphic energies as a positive influence in our lives, allowing us to slow down and be still, honoring the contemplative, encouraging full digestion of foods, emotions and information, welcoming the Yin aspects of practice and life. We invite softness into practice, breathing through every cell and every pore ... making it our intention to move gently and thoughtfully, with grace and ease
	Rolling Like A Ball (<i>Rolling Like A Ball</i>)	
	Knee Stretch (<i>Apanasana</i>)	
	Modified Boat (<i>Ardha Navasana</i>)	A modification of the "peak" pose, we stay in these preparatory postures until the spine feels strong and breath flows effortlessly
	Half Boat (<i>Ardha Navasana</i>)	
	Boat (<i>Navasana</i>)	Builds abdominal strength ~ this is the peak pose...practice cautiously with gentle and full breaths
	Reverse Tabletop (<i>Ardha Purvottanasana</i>)	
	Chest Expander (<i>Yoga Mudra</i>)	
	Double Angle Pose (<i>Dwikonasana</i>)	Yoga mudra, do not strain...keep the chin neutral, bend your knees a bit
	Mountain Pose (<i>Tadasana</i>)	A simple standing posture, feet perfectly weighted across the toes and heels, body feels light. You can play with the maha mudra here ...

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	Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)	I like to recommend that you KEEP HEELS LIFTED AND ENTHUSIASTIC, especially if hamstring muscles are tight. Knees can and (if the hamstrings are singing) must be bent. Straighten one leg, bend the other; alternate. Hands connect firmly to the earth, every finger roots down. Arms are strong, shoulders hug inward, to create a soft valley down the center of your back as it seems to lift away from the floor...allow yourself to feel a flow of energy from your waist down the hips toward the floor (as if there is a bit of traction)
	Crescent Lunge (<i>Anjaneyasana</i>)	You can practice this kneeling on the back leg, as well as the full extension
	Flying ~ finding lightness	Practice your own variation of this each time you step back into a pose, or forward again. Imagine a great wind rising from the earth and lifting you skyward. Seek lightness ... invite the breath to be the wind beneath your wings ...
	Crescent Lunge (<i>Anjaneyasana</i>)	
	Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)	I like to recommend that you KEEP HEELS LIFTED AND ENTHUSIASTIC, especially if hamstring muscles are tight. Knees can and (if the hamstrings are singing) must be bent. Straighten one leg, bend the other; alternate. Hands connect firmly to the earth, every finger roots down. Arms are strong, shoulders hug inward, to create a soft valley down the center of your back as it seems to lift away from the floor...allow yourself to feel a flow of energy from your waist down the hips toward the floor (as if there is a bit of traction)
	Extended Child's Pose (<i>Mudhasana</i>)	
	Puppy (<i>Uttana Shishosana</i>)	A variation of child's pose to release the lumbar spine and create space...use the breath to create that sense of space and openness
	Cobra (<i>Bhujangasana</i>)	Tone the low belly; create length along the spine before lifting! You may practice this with "no hands"; keep palms close to waistline to increase the challenge. Bow your head if the neck feels too tight. Breathe fully, gently deeply.
	Locust (<i>Salabhasana</i>)	We practiced this on your ottoman to avoid strain or pressure on your ankle ... i really like it as a prop. Find mahamudra before beginning, abdomen toned, rib area "hollowed" as best you can, base of the skull drawing back until you feel muscles engage below your neck and upper back. Begin slowly and enjoy, you may stretch your arms forward to increase the challenge; breathe gently.
	Camel (<i>Ustrasana</i>)	Backstroke into the pose, hands on sacrum, block or heels (lifted or not). Gaze straight ahead, keep neck is neutral, not over arched. TO come out, look straight up, hands at heart, hips move to heels, then look forward.

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	Bow (<i>Dhanurasana</i>)	Again, notice the similarity to bridge pose and camel...
	Bridge Pose (<i>Setu Bandha</i>)	Make your upper arms very strong and snuggle the shoulder blades together. Neck should be quite soft and relaxed. Lift into bridge: play with isometric movement of feet When you release, keep the shoulders grounded as the spine slowly slowly lengthens, as if you have the tail of a cat that is being gently pulled toward your feet. Breathe gently and deeply. Then lower down. Resting here, breath fully with a soft belly.
	Universal Spinal Twist (<i>Shava Udarakarshanasana</i>)	always a sweet stretch
	Reclining Modified twist (<i>Supta Matseyandrasana</i>)	As pictured...both knees release to the same side while your shoulders remain on the floor as a source of stability...use blankets or bolsters to support yourself so you can relax completely
	Basic Bridge: Relaxation (<i>Bent Knee Savasana</i>)	
	Legs-Up-the-Wall Restorative (<i>Viparita Karani</i>)	I recommend that you practice this pose without the bolster at first, or perhaps a lower blanket on the sacrum to create a little space in the lumbar spine. Excellent for immediate release of tension, wonderful for people with restless legs ... insomnia or wakefulness at night.