

Acoustic Yoga

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Section	Time 🕒	Content	Teaching Points/Notes
breath/intention	3:00	Introduction; Breath Awareness; Alignment and Energy Locks	What's delicious? Flip around teaching yourself poses into learning about yourself from them...
r.o.m. warm up	5:00	Standing: Twist, Side Stretch, Back Stroke, Open Chair Squats, Side Lunges, Hip Circles, Upper Back Opener, Chest Expansion	Explore body's in-the-moment R.O.M. Where do you need attention? Protection?
vinyasa progressions	8:00	Mountain > Sun Stretch > Forward Fold/Half Way Up (1) > Plank (2) > (Chaturanga) (3) > Upward Facing Dog > Downward Facing Dog (4) or Cobra-Child's Pose-Down Dog > Return to Front of Mat for Solo Practice	1. All 4's Freestyle 2. Chat. Pushup Practice 3. Spinal Ext Hover/Cobra -Chest Exp/Up Dog/Child's Pose 4. Leg Stretch/Foot Work + Donkey Kicks
sequence I	7:30	1. Tree Variations > Step back S-L-O-W-L-Y to Crescent Lunge 2. Low Crescent/High Heel Pyramid – Revolve/Deeper – Groin Opener/... 3. Standing Split ...Step back to Low Crescent Quad Stretch	Vinyasa b/t R & L sides
sequence II	7:30	1. Cobra/Prone Chest Opener 2. Down Dog Hip Opener with Forearm Down 3. One-sided Camel variation	Child's Pose
sequence III	7:30	1. Step forward to Side Angle (Extended, Arm Across Cheek) 2. Humble Warrior...Warrior 2 3. Horse Stance... Balancing ½ Moon	R & L sides to front and back of room
sequence IV	7:30	1. All Fours Bird Dog/Spin Out! 2. Elbow Side Plank w/Flow arm	Forward Fold
delicious choices	5:00	1. Legs Up A Wall 2. Revolved Crane Pose 3. Headstand Practice	Choose one and make it delicious!
relaxation	5:00 – 10:00	Happy Baby > Reclined Twists > Final Relaxation	Breath work: 4 in/4 out, 4 in/5 out...

music

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