



YOGA






Class Plans

COLLECTION




THERE IS NO TRY.

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BASIC YOGA WARM-UP

 10 minutes

 All levels

BENEFITS

- + Stimulates blood circulation
- + Moves joints through their full range of motion
- + Prepares the body for the yoga practice
- + Encourages conscious breathing
- + Enhances concentration



1. CAT & COW



- Start in table-top position
- Tuck the toes
- Round the thoracic spine
- Bring the chin toward the chest
- Move the shoulder blades away from each other
- Push the ground away



- Let the chest sink down on an exhale
- Lift the chin up
- Bring the shoulder blades together
- Repeat a few times

2. EXTENDED CAT & COW



- Let the chest sink down again
- Lift one leg and straighten it backward
- Let the chest sink deeper
- Engage the leg muscles



- Round the back as much as possible
- Bend the knee and bring it to the nose
- Push the ground away
- Straighten the leg again and repeat a few times
- Repeat with the other leg

3. KNEE TO NOSE



- Start in table-top position
- Tuck the toes
- Lift one leg, bring the knee to the nose
- Straighten the other leg
- Draw the shoulders forward
- Push the ground away

4. THREE-LEGGED DOG



- Lift the buttocks for Downward Dog
- Extend the lifted leg back
- Square the hip
- Connect movement and breath:
- Exhale: Bend the knee and bring it to the opposite elbow
- Inhale: Straighten the leg again

5. TWISTED WARRIOR 1



- Step the lifted leg forward between the hands for Warrior 1
- Bend the back knee
- Twist the torso toward the bent knee
- Extend the arms to the sides
- Place the back hand on the back thigh
- Lift the front arm up
- Try to straighten the front leg
- Stay for a few breaths
- Return to Downward Dog and repeat on the other side

6. MINI VINYASA



- In Downward Dog, tuck the tailbone
- Ripple through the vertebrae in a wave-like movement to come into Plank pose
- Bend the knees and return to Downward Dog
- Repeat a few times

7. COBRA POSE



- From Downward Dog, shift forward into Chaturanga
- Place the knees onto the mat
- Keep the buttocks sticking up
- Come into Cobra in a wave-like motion
- Push the ground away
- Lift the kneecaps off the floor
- Squeeze the elbows into the ribcage

8. DOWNWARD-FACING DOG



- Return to Downward Dog
- Bend the knees slightly
- Tilt the pelvis forward
- Suck the navel to the spine
- Elevate the armpits
- Start to straighten the legs again
- Stay for a few breaths
- Start your practice

Practice this sequence with [Young Ho Kim on TINT](#).



BEGINNER YOGA SEQUENCE



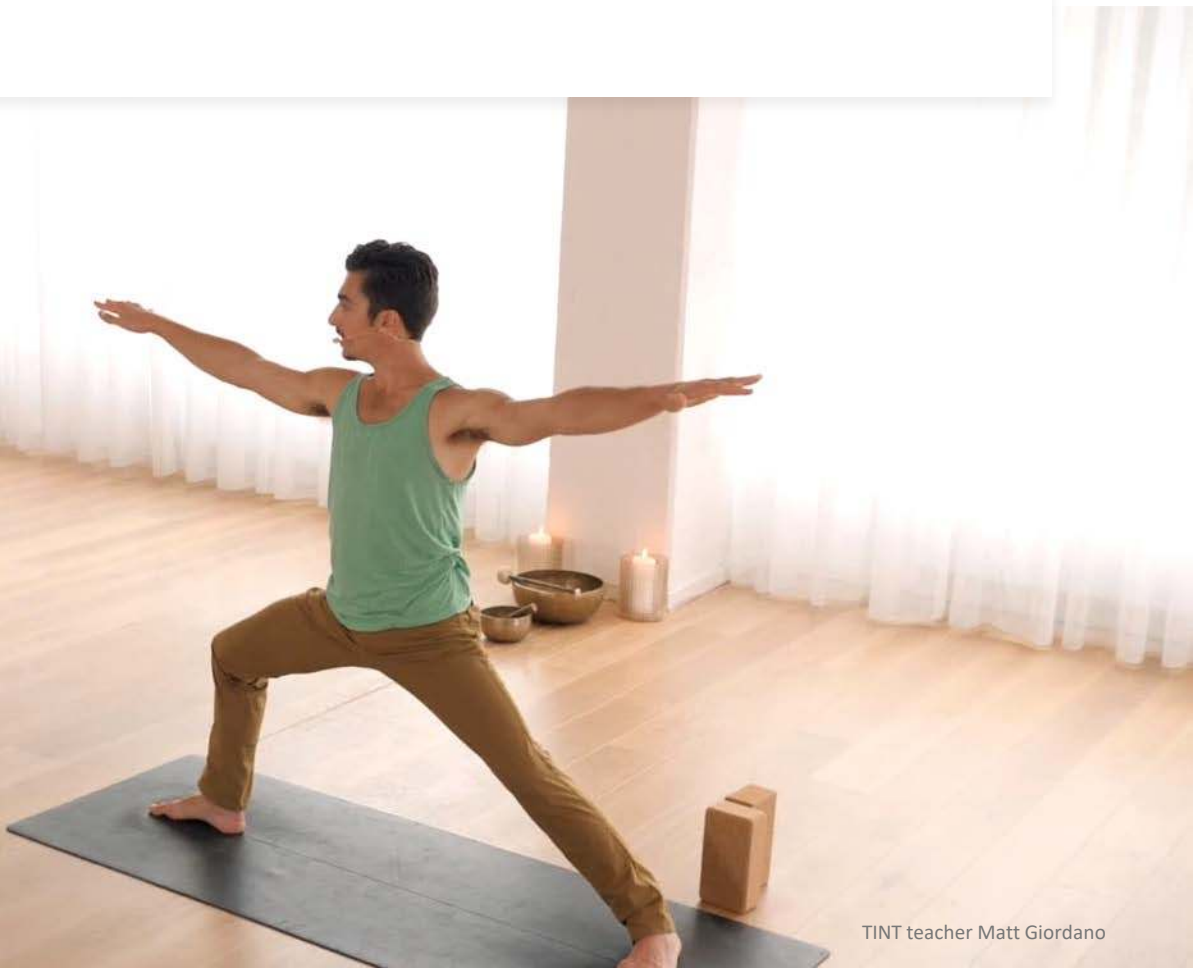
60 minutes



Beginners

BENEFITS

- + Easily accessible for beginners
- + Alignment focus
- + Helps to build strength
- + Introduces basic yoga principles



1. MOUNTAIN POSE



- Start in *Tadasana* with feet parallel
- Squeeze the legs in toward each other
- Lengthen the upper body
- Introduce *ujjayi* breath



- Connect movement and breath:
- Inhale: arms up into *Urdhva Hastasana*
- Exhale: arms down into *Tadasana*
- Repeat a few times

2. CHAIR POSE



- Start in *Tadasana* and bend the knees
- Hands on the knees
- Hips slightly back
- Squeeze shins in (block between shins)



- Lift up the upper body
- Bring the arms into cactus shape
- Inhale: arms up into *Urdhva Hastasana*
- Exhale: arms down into *Tadasana*
- Inhale: arms up into cactus shape
- Exhale: return to *Tadasana*
- Repeat a few times

3. WARRIOR 2



- Step one leg back to take the feet wide
- Point the toes of the front foot forward
- Bend the front leg to 90 degrees
- Pull the feet toward each other
- Lengthen the upper body
- Reach the arms out to the sides
- Repeat on the opposite side

4. SIDE ANGLE POSE



- Start in a wide-legged stance
- Point the toes of the front foot forward
- Bend the front leg to 90 degrees
- Place the front hand on a block or the forearm on the thigh
- Press the front heel into the ground
- Turn the navel upward
- Straighten the upper arm up
- Repeat on the opposite side

5. GODDESS POSE



- Start in a wide-legged stance
- Turn the toes of both feet outward
- Bend the knees
- Pull the heels toward each other
- Take the arms into a cactus shape
- Stay for a few breaths

6. TREE POSE



- Shift the bodyweight into one foot
- Place the other foot against the inner thigh, shin or ankle
- Bring the arms into a cactus shape
- Draw hands and elbows slightly back
- Focus the gaze on a point in front
- Repeat on the opposite side

7. HIGH LUNGE FOUNDATION



- Step one foot back
- Pull both feet toward each other
- Press the front heel down
- Round the upper back
- Lengthen the back of the neck
- Repeat on the opposite side

8. HIGH LUNGE VARIATION 1



- Step one foot back
- Place the hands on the front thigh
- Keep the torso and the back leg in the same angle



- Lift the arms into a cactus shape
- Inhale: open the arms up like wings
- Exhale: hands down on the thigh
- Repeat a few times
- Switch to the opposite leg

9. HIGH LUNGE VARIATION 2



- Step one foot back into High Lunge
- Place the hands on the front thigh
- Walk the hands up to lift the torso
- Push off of the back foot
- Press down into the front foot



- Bring the arms up into a cactus shape
- Inhale: Reach the arms up
- Exhale: Bring the arms into a cactus shape
- Repeat a few times
- Switch to the opposite side

10. LOW LUNGE TWIST



- Step one foot back
- Place the front knee on the ground
- Place one hand on the front knee
- Place the other hand on a block
- Turn chest and belly to the front thigh
- Stay for a few breaths

11. SIDE ANGLE VARIATION



- Walk the hands to the inside of the front foot
- Lift the back knee
- Turn the back foot parallel to the short edge of the yoga mat
- Bend the elbows to bow down lower
- Stay for a few breaths
- Switch to the other leg for Low Lunge

12. FORWARD FOLD



- Feet parallel at the front of the mat
- Bow upper body down over the legs
- Bend the knees as much as needed
- Hands on the outside of the shins
- Push heels and hamstrings outward
- Push against the strength of the hands
- Lean bodyweight forward into the toes

13. WIDE-LEGGED FORWARD FOLD



- Start in a wide-legged stance
- Place the hands on the hips
- Soften the knees
- Tilt the pelvis forward
- Fingertips on the ground or on a block
- Pull the feet toward each other
- Lift up the buttocks
- Stay for a few breaths

14. TRIANGLE POSE



- Start in a wide-legged stance
- Turn the toes of the front foot forward
- Bend the front knee
- Place a block outside of the front foot
- Push into the block to lift up the body
- Straighten the front leg
- Press the front big toe down
- Turn the hip and the chest upward
- Repeat on the opposite side

15. HALF MOON POSE



- Place a block diagonally in front of you
- Step the leg of the opposite side back
- Place the hand onto the back hip
- Reach the back leg up
- Turn the knee of the standing leg out
- Slightly open the pelvis
- Repeat on the other side

16. CHILD'S POSE



- Bring the knees down onto the mat
- Place the buttocks on your heels
- If comfortable, use a pillow or blanket underneath the buttocks or between calves and hamstrings
- Stay for a few deep breaths

17. DOWNWARD-FACING DOG



- Come back into table-top position
- Bring the feet as wide as the yoga mat
- Tilt the pelvis forward
- Move the hips back toward the heels
- Lift the back of the buttocks up
- Keep the knees bent to avoid stress on the hamstrings

18. SUPINE PIGEON POSE



- Lie down on the back
- Bend the knees
- Cross the right ankle over the left knee
- Flex the right foot
- Bring the left knee toward the chest
- Grab the knee to bring it closer to you
- Rest the head on the mat or a bolster
- Repeat on the other side

19. SUPINE HAMSTRING STRETCH



- Start with knees bent, feet on the mat
- Straighten one leg up
- Interlace the hands behind the leg
- Pull the leg closer toward the chest
- Press the leg into the hands
- Flex the foot and reach the heel up
- Repeat on the other side

20. FINAL RELAXATION



- Extend the legs, let the toes fall out
- Rest the arms next to your body
- Let the palms face up
- Relax the entire body
- Close the eyes and gaze inward

Practice this sequence with [Matt Giordano on TINT](#).



MORNING YOGA SEQUENCE



30 minutes



All levels

BENEFITS

- + Removes stiffness from your body
- + Stimulates blood circulation
- + Gives your day a relaxed start
- + Improves mental and physical well-being



1. CHILD'S POSE



- Start in Child's pose: knees on the ground and the hips on the heels
- Focus on inhale and exhale
- Establish *ujjayi* breath
- Observe the sensations of the body

2. DOWNWARD-FACING DOG



- Spread the fingers
- Come forward into a table-top position
- Tuck the toes
- Inhale: Arch the spine and look up
- Exhale: Move back into Child's pose



- Lift the buttocks up for Downward Dog
- Keep the feet as wide as the yoga mat
- Bend the knees
- Squeeze the shins toward each other



- Shift the body forward into Plank pose
- Stay in Plank pose for one breath
- Place the knees on the ground for Child's pose
- Arch the back again and repeat this sequence a few times

3. THREE-LEGGED DOG TO LUNGE



- Return to Downward Dog
- Place the feet hip-wide
- Gently start straightening the legs



- Raise one leg up and bend the knee
- Open the hip toward the side
- Roll the ankle joint around
- Circle the knee to roll the hip joint
- Straighten the leg and square the hip



- Step the foot forward between the hands
- Come up onto the fingertips
- Take a deep breath
- Return to Downward Dog and repeat with the opposite leg

4. HALF SUN SALUTATION



- From Downward Dog, walk both feet forward to come into Forward Fold



- Lift the torso up into standing and reach the arms up overhead
- Bend the knees for Chair pose
- Lift the chest up for a slight backbend
- Lift the sides of the body and the arms
- Bow down into Forward Fold again



- Lift halfway into Half Forward Fold
- Release down into Forward Fold
- Bend the knees for Chair pose
- Straighten the legs and reach the arms up overhead
- Repeat a few times with the breath

5. WARRIOR SEQUENCE



- Lift halfway into Half Forward Fold
- Step one foot back with the heel lifted
- Lift the abdomen and the waistline
- Reach the arms up for High Lunge
- Stretch from the back leg through the fingertips



- Open up into Warrior 2
- Adjust the stance: front heel in line with the arch of the back foot
- Reach through the fingertips
- Hold for a few breaths



- Lean the torso back for Reverse Warrior
- Turn the chest toward the ceiling
- Hold for a few breaths
- Return to Warrior 2
- Windmill the hands to the ground
- Come into Plank, then Downward Dog
- Step forward into Forward Fold
- Repeat on the other side

6. PIGEON POSE



- Start from Downward Dog
- Reach one leg up
- Place the shin across for Pigeon pose
- Place the elbows on the ground
- Bow the head down
- Hold for a few breaths
- Step back into Downward Dog and repeat on the opposite side

7. SAVASANA



- Come down onto the knees and roll onto your back
- Hug the knees into the chest
- Stretch the legs out
- Let the hands rest next to the body
- Let the body settle into the ground
- Observe the gentle pulse of the heart
- Stay as long as you want

Practice this sequence with [Matt Giordano on TINT](#).



EVENING YOGA SEQUENCE



45 minutes



All levels

BENEFITS

- + Relaxes the nervous system
- + Stimulates blood circulation
- + Prepares the body for a good night's sleep
- + Improves mental and physical well-being



1. CAT & COW



- Start in a table-top position
- Establish *ujjayi* breath
- Inhale: Arch the spine, look up (Cow)
- Exhale: Round the spine (Cat)
- Move the hips back onto the heels for Child's pose
- Repeat a few times to connect movement and breath



2. DOWNWARD-FACING DOG



- Start in a table-top position
- Keep the feet wide and tuck the toes
- Lift the back of the pelvis up for Downward Dog
- Keep the knees bent
- Shift the body forward into Plank pose
- Bring the knees down
- Move the hips back onto the heels for Child's pose
- Return to the table-top position
- Repeat a few times



3. TWISTED HIGH LUNGE



- Start from Downward Dog
- Take one leg up and step the foot forward between the hands
- Place the hand on the thigh
- Turn the chest toward thigh
- Stay for a few breaths
- Return to Downward Dog
- Repeat on the other side

4. FORWARD FOLD



- From Downward Dog, step both feet forward between the hands
- Inhale: Lift the spine halfway for Half Forward Fold
- Exhale: Bow down into Forward Fold
- Rest the chest on the thighs
- Place the hands on the outer shins
- Push hands & shins against each other
- Press the back of the sitting bones up
- Inhale: Lift halfway
- Exhale: Return to Forward Fold
- Repeat a few times with the breath

5. CHAIR POSE



- From Forward Fold, bend the knees
- Lift the chest up to stand up
- Keep knees bent and move the hips back to align the knees over the heels
- Reach the arms overhead
- Stay for a few breaths
- Return to Forward Fold

6. EXTENDED SIDE ANGLE POSE



- Lift halfway into Half Forward Fold
- Step one foot back with the heel down
- Place the front forearm on the thigh
- Open belly and chest to the side
- Reach the back arm up
- Return to Half Forward Fold
- Repeat on the opposite side

7. SIDE ANGLE VARIATION



- Lift halfway into Half Forward Fold
- Step one foot back with the heel down
- Walk the hands to the inside
- Place the fingertips on the ground
- Bend the torso forward
- Stay for a few breaths
- Return to Forward Fold
- Repeat on the opposite side

8. DEEP FORWARD FOLD



- Start in a normal Forward Fold
- Place the hands on the outer shins
- Press the backs of the hamstrings, heels and calves apart
- Create resistance with the hands
- Lean towards the big toes
- Round the upper spine
- Hold for a few breaths

9. LIZARD POSE



- Step one foot back and place the knee on the ground
- Move the front foot further out
- Rest the elbows on blocks in front
- Look toward the navel
- Round the upper spine
- Hold for a few breaths
- Repeat on the opposite side

10. PIGEON POSE



- Start in Downward Dog
- Raise one leg and place the shin across
- Place a bolster under the front hip
- Place the elbows on the ground in front
- Round the upper spine
- Stay for a few breaths
- Return to Downward Dog and repeat on the opposite side

11. PIGEON VARIATION



- From Downward Dog, come into Pigeon pose again
- Take the elbows and upper body diagonally toward the front foot
- Release the head
- Stay for a few breaths
- Return to Downward Dog and repeat on the opposite side

12. CHILD'S POSE WITH BOLSTER



- Start in Downward Dog
- Place the knees on the ground
- Bring the big toes to touch
- Place a bolster between the legs
- Rest the upper body on the bolster
- Turn the head into one direction
- Surrender completely for a few breaths

13. SUPINE SPINAL TWIST



- Roll onto your back
- Shift the hips to the right side
- Bring the right knee across
- Place a bolster underneath the thigh
- Keep both shoulders on the ground
- Arch the lower back slightly
- Stay for a few breaths
- Repeat on the other side


14. SAVASANA



- Lie on your back
- Let the knees rest on a bolster
- Place the pelvis in a way that is comfortable
- Tune into the sensation of your body
- Relax all the muscles
- Stay as long as you want to

Practice this sequence with [Matt Giordano on TINT](#).

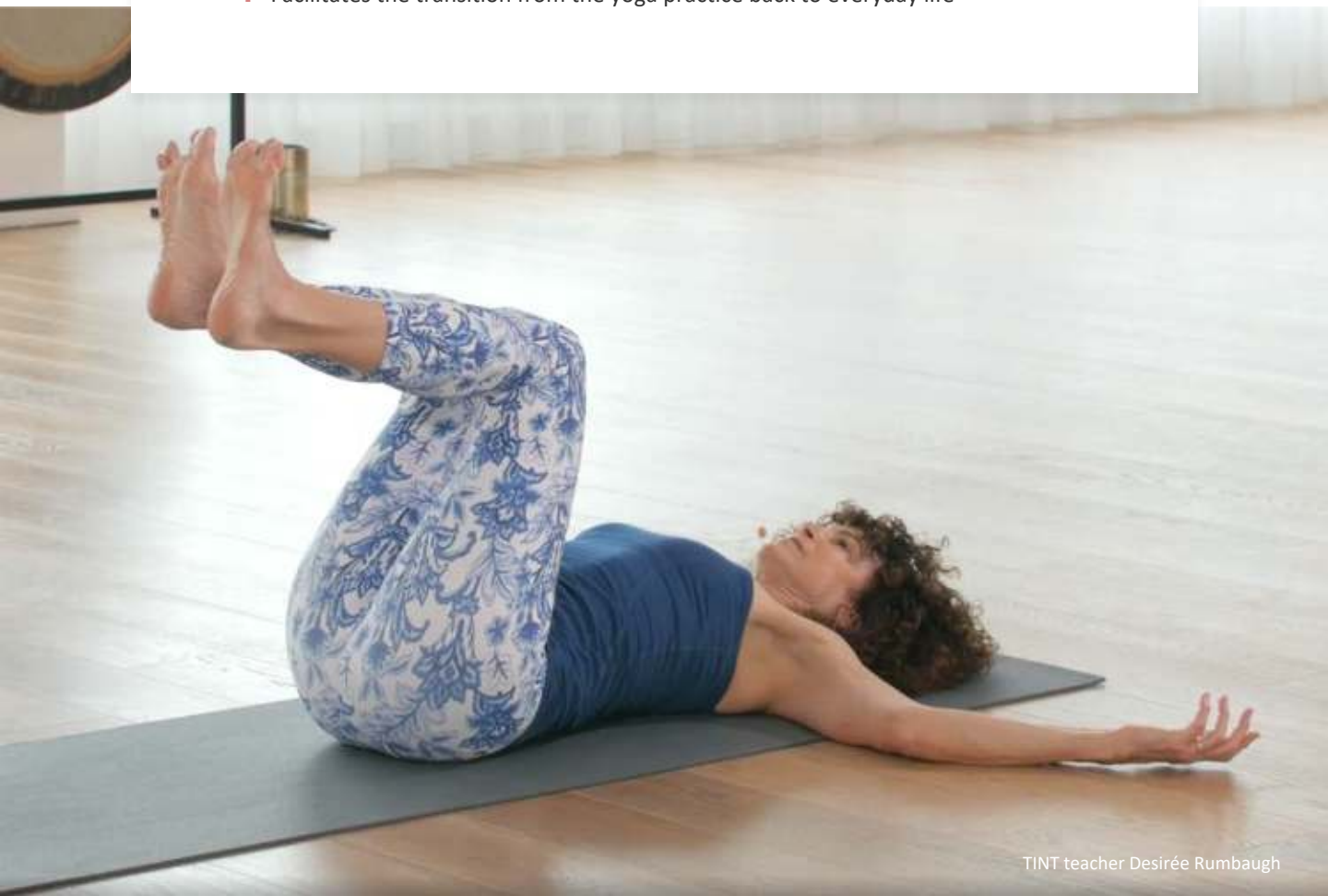
YOGA COOL-DOWN

 10 minutes

 All levels

BENEFITS

- + Allows to tune into the body
- + Calms down the nervous system
- + Allows the body to relax completely
- + Leaves you refreshed and energized
- + Facilitates the transition from the yoga practice back to everyday life



1. STANDING FORWARD FOLD



- Keep the legs and feet engaged
- Melt your upper body down over your legs
- Gently stroke down your thighs and shinbones
- Fully relax the head and neck
- Soften the breath in the belly

2. DOWNWARD FACING DOG AGAINST THE WALL



- Take a wide stance to the wall
- Come up on fingertips to engage your arm and shoulder muscles
- Avoid overstretching and sinking between your arms but keep the torso engaged and long
- Take deep and gentle breaths along the spine and into the belly

3. ACTIVE SUPINE TWIST



- Maintain a curve in your lumbar spine while engaging your legs and feet
- Keep the legs slightly apart but engaged
- Guide the knees to one side without collapsing them to the ground
- Suck your belly button to the opposite side of your knees and guide the opposite shoulder gently to the ground

4. DOWNWARD FACING DOG



- Gently bend your knees and draw your sit bones up
- Keep the shoulders and arms strong
- Avoid overstretching and sinking between your arms but keep the torso engaged and long
- Take deep and gentle breaths rippling along the spine and into the belly

5. ACTIVE CHILDS POSE



- Bring your hands up on fingertips and keep the arms engaged and the shoulders lifted
- Broaden the space of your armpits
- Let your belly sink down and away from your spine
- Relax the face, head and neck and breath fully into the spaces above and below your spine

6. SUPTHA BADDHA KONASANA



- Maintain a curve in your lumbar by slightly tilting your pelvis
- Soften and broaden the chest
- Feel the thighs getting longer towards the knees and releasing down towards the ground
- Close your eyes and observe your body in the pose

7. SUPINE PIGEON POSE



- Engage your ankles and feet to keep the knees safe
- Gently use your hand to mobilize and push the stacked knee away from the hip
- Release the neck and soften the chest
- Take your awareness into the sensation of hip opening and thigh stretch

8. SAVASANA



- Again maintain that slight curve in your lumbar spine by finding a tilt for the pelvis in which the pubic bone can be almost parallel to the ground
- Soften the groins and let the legs comfortably rotate outwards
- Feel the upper body supported by the earth
- Close your eyes and take some moments of rest

9. CLOSING IN GRATITUDE



- Gently emerge out of Corpse Pose and come to a seated position like Sukhasana
- If this resonates with you, bring the palms of your hands together in front of your heart
- Think about what are you grateful for in your practice, like the capacity of your body to move on the mat and bow your head towards the heart

Practice this sequence with [Desirée Rumbaugh on TINT](#).



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