



YOGA

Class Plans

COLLECTION



THERE IS NO TRY.

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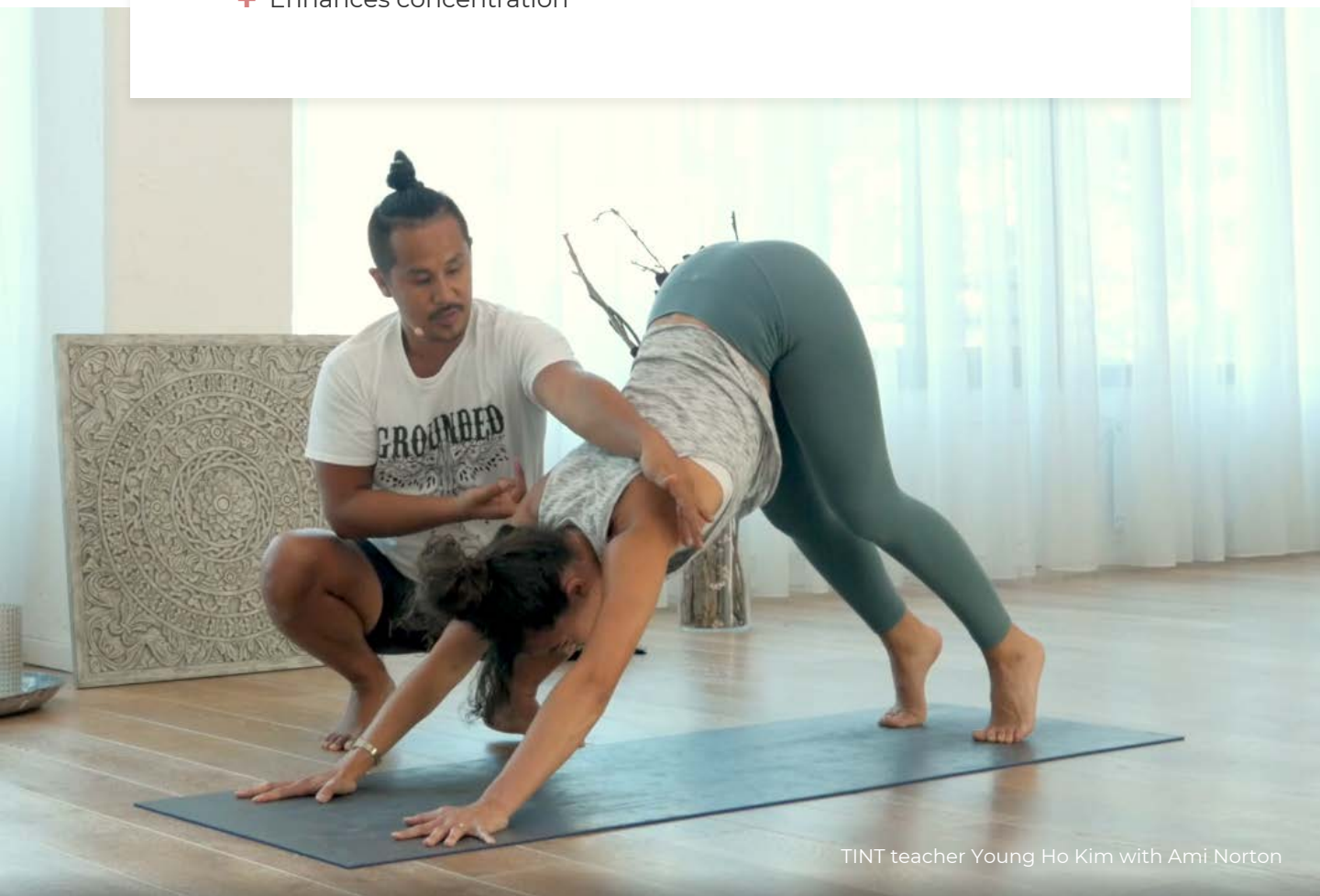
BASIC YOGA WARM-UP

 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

6. MINI VINYASA



- 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

6. MINI VINYASA




- 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

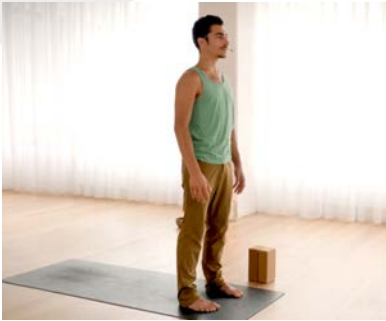
 Beginners

BENEFITS

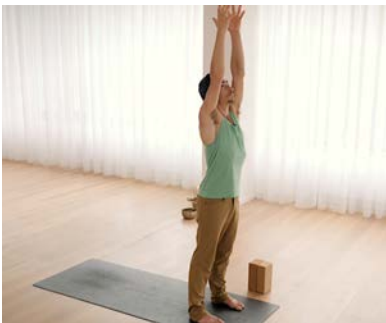
- + Easily accessible for beginners
- + Alignment focus
- + Helps to build strength
- + Introduces basic yoga principles



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



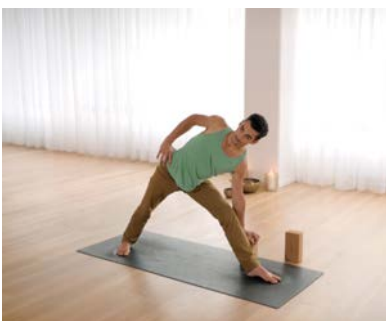
- Feet parallel at the front of the mat
- Bow upper body down over the legs
- Bend the knees as much as needed
- Hands on the outside of the shins
- Push heels and hamstrings outward
- Push against the strength of the hands
- Lean bodyweight forward into the toes

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

6. 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](#).



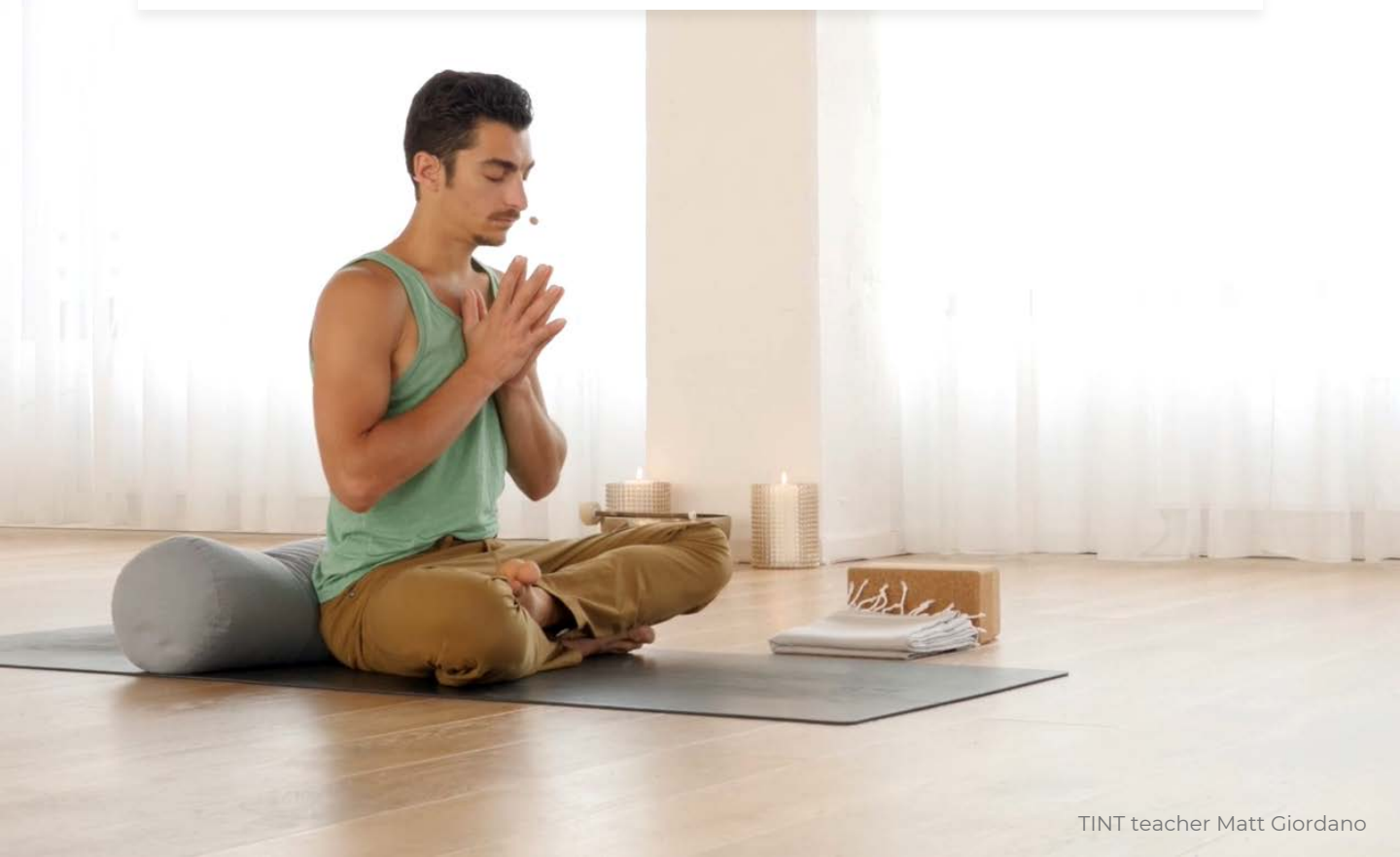
EVENING YOGA SEQUENCE

 45 minutes

 All levels

BENEFITS

- + Removes stiffness from your body
- + Stimulates blood circulation
- + Gives your day a relaxed start
- + 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

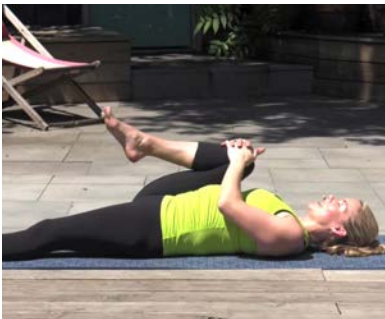


1. ALTERNATE NOSTRIL BREATHING



- Place the thumb on the right nostril
- Place the ring finger on the left nostril
- Inhale through the left nostril
- Close both nostrils to retain the breath
- Exhale through the right nostril
- Inhale through the right nostril
- Alternate between both sides for a few breaths

2. SUPINE PIGEON VARIATION

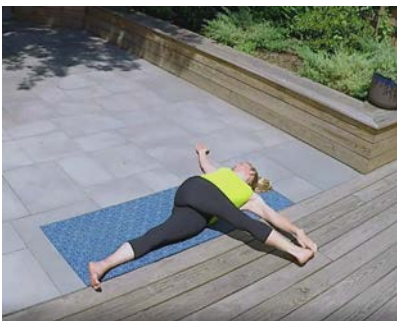


- Lie on the back with the legs extended
- Pull one knee toward the chest
- Squeeze the thigh toward the belly



- Circle the leg around the hip joint
- Move the bent leg from side to side
- Let the knee fall open to the side for some breaths
- Return to center, straighten and extend the leg a few times
- Repeat with the other leg

3. SUPINE HAND-TO-TOE POSE



- Extend one leg up and draw it toward the body
- Take hold of the thigh, calf, ankle, or big toe
- Alternatively use a strap around the ankle
- Stay for a few breaths
- Open the leg out to the side
- Turn the head to face the opposite side
- Draw the leg closer toward the shoulder
- Keep both hips anchored into the ground
- Stay for a few breaths
- Bring the leg back to center
- Move the leg across the body
- Keep the hip anchored into the ground
- Turn the head to face the opposite side
- Stay for a few breaths
- Switch to the other leg

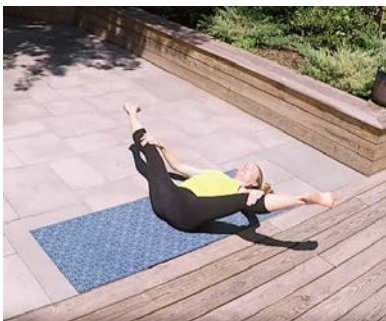
4. HAPPY BABY



- Extend both legs again
- Pull one knee toward the chest
- Grab the sole of the foot from the outside
- Draw the knee closer in toward the armpit
- Stay for a few breaths
- Switch to the other leg



- Draw both knees toward the chest
- Rock gently from side to side on the sacrum
- Stay for a few breaths



- Open both legs to the side into a straddle
- Stay for a few breaths

5. HIP FLOW



- Bend the knees and place both feet on the mat
- Place the hands next to the body
- Connect movement and breath:
- Inhale: Lift the hips up
- Exhale: Lower the hips down

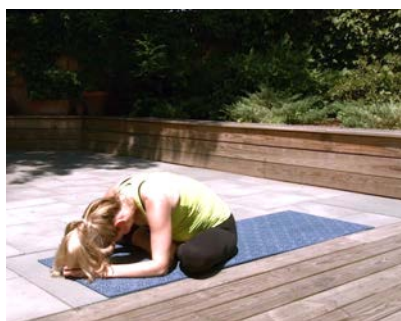


- Inhale: Lift the legs up into the air



- Exhale: Rock forward into a seated position
- Inhale: Reach the arms up
- Exhale: Roll down onto the mat again
- Flow through this sequence a few times

6. CROSS-LEGGED FORWARD FOLD



- Cross the legs in a seated position
- Lift the torso on an inhale
- Exhale and fold forward over the legs
- Rest the forearms on the mat
- Relax the head down
- Stay for a few breaths

6. HIP STRETCH

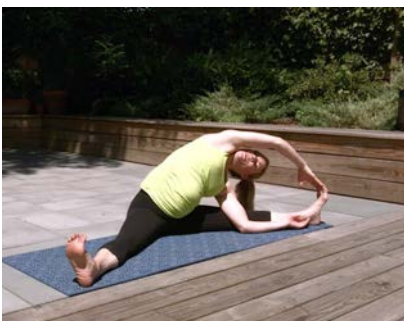


- Place the hands behind the back
- Let the fingertips point toward the buttocks
- Press the hands into the ground
- Lift the hip up to stretch the front of the thighs
- Carefully drop the head back
- Stay for a few breaths
- Change the cross of the legs and repeat

7. WIDE-LEGGED LEG STRETCH



- Sit up and stretch the legs open to the sides
- Twist the upper body to one side
- Walk the hands forward to bend over the leg
- Stay for a few breaths



- Bring the forearm on the inside of the leg
- Open the opposite arm up overhead
- Stretch to the side
- Anchor both sitting bones into the ground
- Stay for a few breaths
- Repeat on the other side



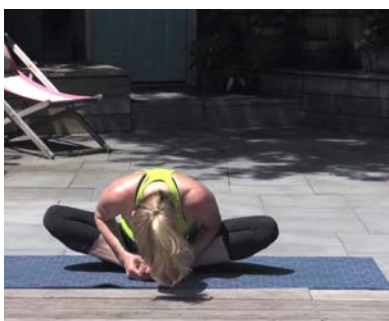
- Come back to center
- Lift both arms to lengthen through the rib cages
- Shift the upper body forward
- Place the forearms onto the ground
- Relax the head down and soften the shoulders
- Stay for a few breaths

8. HEAD-TO-KNEE POSE



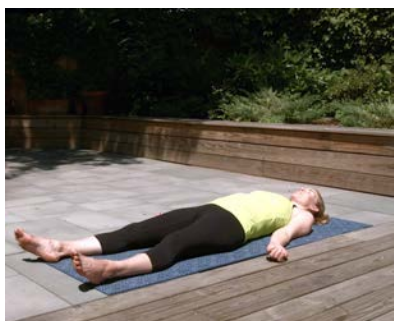
- Lift the torso to sit up again
- Fold one leg in to bring the ankle near the pubis
- Twist the trunk toward the extended leg
- Fold the upper body over the extended leg
- Stay for a few breaths
- Switch to the other leg

9. EXTENDED BOUND ANGLE POSE



- Return to a wide-legged seat
- Bend both legs
- Bring the soles of the feet together
- Let the knees fall outside
- Bend the torso over the legs
- Stay for a few breaths

10. SAVASANA



- Roll down to lie on the back
- Let the toes fall to the sides
- Rest the hands next to the body, palms facing up
- Stay for at least 5-10 minutes to allow the practice to settle in

Practice this sequence with [Kristin McGee on TINT.](#)



TINT – PREMIUM ONLINE YOGA

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