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## Class Overview

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- **Class Level:** Beginner-Intermediate
- **Estimated Duration:** 60 minutes
- **Primary Body Focus:** Spine, Hips, Core
- **Theme/Intention:** Cultivating Balance and Flexibility

## Arrival & Centering

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Begin by inviting students to find a comfortable seated position to ground themselves in the present moment. Encourage slow, mindful breathing to prepare for the practice ahead.

### Easy Pose (Sukhasana)



- **Duration:** 3 minutes
- **Setup:**
  - Sit cross-legged with a tall spine.
  - Place hands on knees or thighs.
  - Gently close your eyes or soften your gaze.
- **Cueing:**
  - Root down through your sitting bones.
  - Lengthen through the crown of your head.
  - Relax your shoulders away from your ears.
- **Breath:** Natural, steady cycles.
- **Where to Feel It:** Hips, spine, shoulders.
- **Modification (Easier):** Sit on a cushion for added comfort.
- **Transition:** Slowly open your eyes and prepare to transition onto all fours.

## Warm-Up

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Introduce gentle movements to awaken the spine and prepare the body for more dynamic poses. Maintain a steady, fluid pace.

### Cow Pose (Bitilasana)



- **Duration:** 1 minute
- **Setup:**
  - Start on hands and knees in a tabletop position.
  - Align wrists under shoulders and knees under hips.
- **Cueing:**
  - Inhale, drop your belly, lift your chest, and gaze forward.
  - Spread your fingers wide on the mat.
- **Breath:** Inhale as you move into the pose.
- **Where to Feel It:** Spine, chest.
- **Transition:** Flow into Cat Pose on your next exhale.

### Cat-Cow Flow (Marjaryasana-Bitilasana Vinyasa)



- **Duration:** 3 minutes
- **Setup:**
  - From Cow Pose, exhale to round your spine into Cat Pose.
  - Continue to flow between Cat and Cow with your breath.
- **Cueing:**
  - Exhale, tuck your chin, arch your back.
  - Inhale, lift your chest, open your heart.

- Move at your own pace, finding fluidity.
- **Breath:** Cycle between inhale and exhale.
- **Where to Feel It:** Spine, core, neck, low back, abdominals.
- **Transition:** Return to a neutral spine, ready to stand.

## Standing Flow

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Move into more dynamic poses to build strength and explore balance. Encourage mindful transitions.

### Standing Crescent Pose (Indudalasana)



- **Duration:** 2 minutes
- **Setup:**
  - Stand tall with feet hip-width apart.
  - Inhale, reach arms overhead, interlace fingers.
- **Cueing:**
  - Lengthen through your side body.
  - Gently lean to the right, engaging your core.
  - Keep your shoulders relaxed.
- **Breath:** Inhale to lengthen, exhale to deepen the stretch.
- **Where to Feel It:** Side body, obliques, spine.
- **Option to Deepen:** Lean further to the side for a deeper stretch.
- **Transition:** Return to center, then lean to the left.

### Crescent Lunge (Ashta Chandrasana)



- **Duration:** 4 minutes (2 minutes each side)

- **Setup:**
  - Step your right foot forward, bending the knee.
  - Extend your left leg back, heel lifted.
  - Reach arms overhead.
- **Cueing:**
  - Square your hips to the front.
  - Engage your core for stability.
  - Soften your gaze forward.
- **Breath:** Inhale to lift, exhale to settle.
- **Where to Feel It:** Hip flexors, legs, core, shoulders.
- **Modification (Easier):** Lower your back knee to the mat.
- **Transition:** Step back to standing, switch sides.

## Seated & Prone Work

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Focus on deeper stretches and balance with a steady, calming pace.

### Revolved Lizard Pose (Parivrtta Utthan Pristhasana)



- **Duration:** 3 minutes (1.5 minutes each side)
- **Setup:**
  - From a low lunge, place both hands inside the front foot.
  - Bring your right hand to your hip or reach it up.
- **Cueing:**
  - Twist from your mid-back.
  - Keep your front knee aligned over the ankle.
  - Gaze up or down, based on neck comfort.
- **Breath:** Exhale to deepen the twist.
- **Where to Feel It:** Hip flexors, groins, spine, obliques.
- **Modification (Easier):** Keep the back knee on the ground.
- **Transition:** Return to lunge, switch sides.

## Frog Pose (Mandukasana)



- **Duration:** 4 minutes
- **Setup:**
  - Start on all fours, widen knees, and lower forearms to the mat.
  - Keep ankles in line with knees.
- **Cueing:**
  - Press hips back gently.
  - Relax your shoulders and breathe deeply.
- **Breath:** Slow, steady cycles.
- **Where to Feel It:** Inner thighs, groins, hips.
- **Modification (Easier):** Use a blanket under knees for support.
- **Transition:** Carefully bring knees together, sit back on heels.

## Seated Forward Bend I Pose (Paschimottanasana A)



- **Duration:** 3 minutes
- **Setup:**
  - Sit with legs extended, feet flexed.
  - Inhale, reach arms up, exhale to fold forward.
- **Cueing:**
  - Lengthen your spine as you fold.
  - Relax your neck and shoulders.
  - Keep your knees soft if needed.
- **Breath:** Exhale to fold deeper.
- **Where to Feel It:** Hips, spine, hamstrings.
- **Modification (Easier):** Bend knees or use a strap around feet.

- **Transition:** Slowly rise, preparing to lie down.

## Supine & Cool Down

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Guide students into calming, restorative poses with gentle transitions.

### Reverse Corpse Pose (Advasana)



- **Duration:** 2 minutes
- **Setup:**
  - Lie on your belly, arms extended alongside your body.
- **Cueing:**
  - Let your body relax into the ground.
  - Breathe naturally, releasing tension.
- **Breath:** Allow natural, effortless breathing.
- **Where to Feel It:** Full body relaxation, spine, back body.
- **Transition:** Gently roll onto your back.

### Reclined Twist Relaxation (Supta Jathara Parivartanasana)



- **Duration:** 4 minutes (2 minutes each side)
- **Setup:**
  - Lie on your back, draw knees to chest.
  - Drop knees to the right, arms open wide.
- **Cueing:**
  - Keep your shoulders grounded.
  - Let gravity assist the twist.

- Breathe into your side body.
- **Breath:** Exhale as you relax into the twist.
- **Where to Feel It:** Spine, obliques, outer hips, low back.
- **Transition:** Draw knees back to center, switch sides.

## Final Relaxation

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Conclude with deep relaxation, allowing the body and mind to fully integrate the practice.

### Reverse Corpse Pose (Advasana)



- **Duration:** 6 minutes
- **Setup:**
  - Lie flat on your back, arms by your sides.
- **Cueing:**
  - Close your eyes and release any remaining tension.
  - Let your breath be soft and natural.
- **Breath:** Allow natural, effortless breathing.
- **Where to Feel It:** Full body relaxation, nervous system.
- **Transition:** Gently bring awareness back to your breath and body.

## Closing

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Invite students to slowly awaken their bodies, perhaps wiggling fingers and toes. When ready, roll to one side and gently press up to a seated position. Offer a moment of gratitude for the practice and the space shared.

Close with a simple reflection: "May we carry this sense of balance and flexibility into our daily lives."

End with a soft "Namaste."

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