

Beginner Yoga Class Script

Class Overview

- **Level:** Beginner
 - **Main body focus:** Inner thighs, groins, hips, side body, and gentle chest opening
 - **Theme / Intention:** “Softening into support” – using grounding through the legs and hips to create space in the side body and chest, and practicing choice-based, compassionate movement.
-

Class Roadmap

1. Arrival & Centering (3–4 minutes)
2. Warm-up – Gate Pose (Parighasana) variations (8–10 minutes)
3. Standing – Warrior II (Virabhadrasana II) (8–10 minutes)
4. Seated – Bound Angle (Baddha Konasana) (5–6 minutes)
5. Supine & Cool Down – Supta Baddha Konasana + Supported variation (8–10 minutes)
6. Final Relaxation within Supported Reclining Bound Angle (or neutral savasana) (5–7 minutes)

Time ranges are approximate; adjust based on the group.

1. Arrival & Centering (3–4 minutes)

Set-up options

- Comfortable seat (on a blanket or block) or lying on the back with knees bent, feet on the floor.
- Offer eyes closed or a soft gaze.

Scripted guidance

- Invite students to arrive:
- “Find a position where your body feels supported enough to be still for a few moments.”
- “You’re welcome to adjust or move at any time; you’re in charge of your body.”
- Breath awareness (about 6–8 breaths):
- “Notice where your body meets the mat or the chair. Feel the weight of your pelvis, your legs, your feet.”
- “Without changing anything, notice your natural breath.”
- “If it feels okay, begin to lengthen your exhale by one or two counts, letting the breath out slowly through the nose or mouth.”

- Introduce theme:
 - “Today we’ll explore opening the hips and inner thighs, and creating space in the side body and chest. The focus is softening into support—letting the ground and your props hold you so you don’t have to work any harder than you need to.”
 - Intention setting:
 - “You might set a simple intention like ‘I listen to my body’ or ‘I move gently.’ Or you can simply stay with the feeling of your breath.”
 - Transition:
 - “When you’re ready, begin to blink the eyes open or lift your gaze. We’ll move into some gentle warm-up.”
-

2. Warm-up – Gate Pose (Parighasana) (8–10 minutes)

A. Transition into Kneeling

- From seated or lying down, cue students to come to a **tall kneeling position** on the mat.
 - Offer padding:
 - “If your knees are sensitive, place a blanket under them or double up your mat.”
-

B. Gate Pose – Side Body & Inner Thigh Warm-up

Pose: Gate Pose (Parighasana) – both sides

Focus: Side body length, inner thighs, gentle hip opening

Level: Beginner

Set-up (Right Side)

1. “From kneeling, step your **right leg out to the right**, straightening the knee as much as is comfortable.”
2. “Turn the right toes forward or slightly out to the right—whichever feels kinder on your knee and hip.”
3. “Root the outer edge of the right foot or keep the toes light if the hamstrings feel tight.”
4. “Stack shoulders over hips, hands resting on your hips or down by your sides.”

Main Action & Breath

- “On an **inhale**, reach your **arms out wide** to shoulder height.”
- “On an **exhale**, **slide your right hand down your right leg** and **reach your left arm up and over** your head, leaning gently to the right.”

- "Let your left side body lengthen. Keep some weight grounded through the left knee and shin."

Sensations

- Stretch in the left side body and ribs.
- Gentle opening in the inner right thigh.

Safety & Alignment Cues

- "Keep a soft bend in the right knee if the back of the leg feels tight."
- "Think of lengthening both sides of your waist rather than collapsing into the right side."
- "If your neck is sensitive, look down toward the floor or straight ahead."

Options & Props

- Rest right forearm on thigh.
- Keep left hand on hip instead of overhead.
- Place a block for hand support.

Breath & Time

- Hold **4–6 slow breaths**.
- "Inhale into the left ribs. Exhale, soften your jaw and shoulders."

Exit

- "On an inhale, press through your left shin and **lift your torso upright**."
 - "Exhale, bring hands to hips, and **step the right knee back in**."
-

Repeat on Left Side

Mirror the setup and cues for the left side.

C. Optional Gentle Dynamic Variation (1–2 minutes)

- Inhale arms up, exhale lean into Gate Pose.
 - Repeat 3–4 rounds each side.
-

3. Standing – Warrior II (Virabhadrasana II) (8–10 minutes)

A. Transition to Standing

- Move through tabletop to downward dog or step forward to stand.
- Emphasize choice and safety.

B. Warrior II – Hips, Inner Thighs, Shoulders

Pose: Warrior II (Virabhadrasana II)

Focus: Hips, inner thighs, shoulders, grounding

Level: Beginner

Set-up (Right Side Forward)

1. Stand facing long edge of mat, step feet wide.
2. Turn **right toes forward**, left toes slightly in.
3. Align right heel with left arch or widen stance.

Main Action & Breath

- “Inhale, **reach arms out** to shoulder height.”
- “Exhale, **bend the right knee**, tracking it toward middle of right foot.”
- Sink hips between feet.

Sensations

- Front thigh work, inner thigh opening, shoulder engagement.

Safety & Alignment

- Knee over ankle.
- Press firm through outer left foot.
- Relax shoulders.
- Adjust stance if low back feels strain.

Options & Props

- Hands to hips or prayer.
- Practice with back to wall.
- Narrow stance for comfort.

Gaze

- Over right fingertips or forward/down.

Breath & Time

- Hold **5-8 breaths**.

Exit

- Inhale straighten right leg.
 - Exhale hands to hips, feet parallel.
-

Repeat on Left Side

Mirror setup and cues.

C. Optional Short Flow (1–2 minutes)

- Inhale straighten front leg, arms up.
 - Exhale bend knee, open arms.
 - 3–4 cycles.
-

4. Seated – Bound Angle (Baddha Konasana) (5–6 minutes)

A. Transition to Seated

- Heel-toe feet in, bend knees, slowly lower to seat.
 - Sit on blanket or block if needed.
-

B. Bound Angle Pose

Pose: Bound Angle (Baddha Konasana)

Focus: Inner thighs, groins, gentle hip opening

Level: Beginner

Set-up

1. Sit with legs extended. Bend knees, **bring soles of feet together**.
2. Adjust heel distance.
3. Hold ankles/shins or rest hands beside you.

Main Action & Breath

- Inhale, **lengthen spine**.
- Exhale, **relax knees downward**.
- Optional gentle forward fold.

Sensations

- Inner thighs, groins, outer hips.

Safety & Alignment

- Sit up on blanket if low back rounds.
- Support knees with blocks.
- Switch to cross-legged if needed.

Breath & Time

- Hold **8–10 breaths**.

Exit

- Inhale lift torso.
 - Bring knees together, extend legs.
-

5. Supine & Cool Down (8–10 minutes)

A. Transition to Supine

- Roll down slowly with support.
-

B. Reclining Bound Angle (Supta Baddha Konasana)

Pose: Reclining Bound Angle

Focus: Inner thighs, groins, chest

Level: Beginner

Set-up

1. Lie on back, knees bent, **soles of feet together**.
2. Arms restful.

Main Action & Breath

- Inhale belly and ribs rise.
- Exhale soften legs and inner thighs.

Safety

- Bring feet farther forward or add blocks under thighs.
- Support low back if needed.

Breath & Time

- Hold **8–10 breaths**.

Transition to Supported Version

- Keep feet together, add props under knees.
-

C. Supported Reclining Bound Angle (Salamba Supta Baddha Konasana)

Pose: Supported Reclining Bound Angle

Focus: Inner thighs, chest, deep relaxation

Level: Beginner

Set-up

- Add blocks/bolsters under thighs.
- Optional bolster under spine.

Main Action & Breath

- Inhale expand chest.
- Exhale soften into props.

Safety

- Add more support if knees feel strain.
- Adjust chest opener to comfort.

Breath & Time

- Stay **3–5 minutes**.
-

6. Final Relaxation (5–7 minutes)

A. Transition

- Bring knees together if needed, extend legs or choose preferred position.

B. Guided Rest

- Eyes soft or closed.
- Body scan to release tension.
- Silence for 3–5 minutes with gentle cues.

C. Closing

- Deepen breath, small movements.
 - Roll to side, come to seat.
 - Closing words and optional gesture of gratitude.
-

End of Class Script