

Manual Yoga for Children



EDGE YOGA SCHOOL
mind body academy

Michelle Rae Sobi





YOGA FOR CHILDREN: A JOURNEY OF MOVEMENT AND MINDFULNESS

Welcome to the enchanting world of yoga for children, where movement meets mindfulness, and creativity dances with calmness. At Edge Yoga School, we believe in the transformative power of yoga to help children reduce stress, strengthen their bodies, and express their emotions in a safe and joyful way.

Why Yoga for Children?

Children today face a whirlwind of activities and expectations, making it essential to equip them with tools to navigate stress and emotions. Yoga provides a playful yet profound way for children to connect with their bodies and minds. Through fun poses, imaginative storytelling, and mindful breathing, kids can learn to cultivate inner peace and resilience.

Our Unique Approach

Our program is designed to cater to the diverse ways children learn and express themselves. Whether they love drawing, writing, or moving, our course encourages kids to explore yoga from their own unique perspective. We celebrate their individuality and creativity, making the learning process as enriching as the practice itself.

Flexible Learning, Lasting Impact

The Children's Yoga Teacher course at Edge Yoga School is divided into three comprehensive parts: Required Reading, Live Workshops, and Interactive Webinars. You have the flexibility to complete these at your own pace within eighteen months, crafting a personalized playbook that will guide your teaching journey for years to come.

Tips for Success

To enhance your experience, keep an eye out for special tips embedded in the lessons. These are designed to inspire and enrich your journey as a future Children's Yoga

Teacher. Remember, there are no right or wrong answers here—just opportunities to explore and grow.

Join Us on This Journey

Becoming a Registered Children's Yoga Teacher is more than just a course; it's a journey of self-discovery and empowerment. We are thrilled to support you as you embark on this path, bringing the joy and benefits of yoga to young hearts and minds.

Namaste,

Michelle Rae Sobi, E-RYT 500 & RCYT

Owner, Edge Yoga School & Arts

REQUIRED READING LIVE SESSION



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LIVE SESSION

Watch the eight-minute video in the course about the importance of the required reading for this trauma-informed course.

Required Reading

Head on over to your local book store for the three books required for this course. You will want to read these books as you make your way through the practicum side of this course.

Play: how it shapes the brain, opens the imagination, and invigorates the soul

Dr. Brown divulges in his research, showing the importance of play, the importance of disconnecting from the hustle and bustle of life and bring back the importance of play. Reporting on the neurology, biology, psychology, and sociological of play.

ISBN-13: 9781583333785

Developmental anatomy and physiology of children: a practical approach.

This book is a thorough guide to understanding how a child's body develops from fetus to adolescent. As a yoga practitioner working with children, it is key to understand the anatomy of yoga. ISBN: 0443073414

Siegel, D.J. The Whole Brain Child

Dr. Siegel is an expert when it comes to childhood brain development. Understand the needs of children in relation to how their brain is responding and reacting to their environment. ISBN: 0553386697

COURSE OVERVIEW



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Watch the lesson in your online course about the overview of your program.

Course Overview

Thanks for trusting Edge for your learning needs. We appreciate your confidence in us to do so. To earn your certificate with Edge Yoga School for Yoga for Children, please be sure to complete the following checklist:

1. Complete all of the assignments in this course;
2. Finish the required reading to ensure you have a strong foundation for teaching yoga to children;
3. Complete the Group Fitness course included with this program to learn the foundation of group fitness;
4. Review the 200hr coursework included with this program to harness the basics of teaching an effective yoga class;
5. Record your videos to YouTube as "Unlisted" and email us the link;
6. Forward your "Graduation Petition" earned upon completing the lessons in this course; and
7. Get ready to share yoga with the world!

We look forward to walking alongside you on your journey and invite you to join us for all of your educational needs.



STATE STANDARDS

Standards

LESSON ONE

Movement is a critical element of development. Take some time to research your state's requirements for the following age groups. Below is a summary of the Illinois requirements and can prove to be a valuable tool in the benefits of yoga for children. Become familiar with what is in your scope of practice, and when to refer out.

TO DO: Submit your state's standards along with a list of which ones require you to refer out as the are out of a Yoga Teacher's scope of practice. Keep copious notes, as needed.

Illinois PE Standards

Learning Objectives

GRADES K-12

- Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.
- Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
- Develop skills necessary to become a successful member of a team by working with others during physical activity.
- Understand the principles of health promotion and the prevention and

treatment of illness and injury.

- Understand human body systems and factors that influence growth and development.
- Promote and enhance health and well-being through the use of effective communication and decision-making skills.

GRADES PreK – K

- Demonstrate control when performing locomotor, non-locomotor, and manipulative skills.
- Participate daily in physical activity while performing basic movement patterns.
- Understand spatial awareness and relationships with objects and people.
- Understand how to execute basic movement patterns.
- Demonstrate safe movement in physical activities.
- Identify characteristics of health-related and skill-related fitness.
- Engage in physical activity that increases heart rate, muscle strength, and range of movement.
- Describe the immediate effects of physical activity on the body.
- Identify a realistic health-related goal.
- Follow directions and class procedures while participating in physical activities.
- Use identified procedures and safe practices with little/no reinforcement during group activities.
- Work independently on tasks for short periods of time.
- Work cooperatively with another to accomplish an assigned task.
- Identify the general signs and symptoms of illness.
- Identify methods of health promotion and illness prevention.
- Identify dangerous situations and safety methods to reduce risks.
- Encourage and support others in making positive health choices.
- Identify sources and causes of environmental health risks.
- Identify positive health choices and demonstrate ways to communicate individual choices.
- Identify basic parts of body systems and their functions.
- Identify healthy actions that influence the functions of the body.
- Identify individual differences in growth and development among people.
- Locate and identify the basic parts of the brain.
- Differentiate between positive and negative behaviors.
- Identify positive verbal and nonverbal communication skills.

- Recognize how choices can affect health.
- Demonstrate basic refusal skills.

GRADES 1-5

- Demonstrate control performing in locomotor, non-locomotor, and manipulative motor patterns.
- Participate in physical activity with basic movement patterns with combination movement patterns.
- Identify the principles of movement.
- Develop a basic understanding of basic movement patterns with combination movement patterns.
- Identify and apply rules and safety procedures in physical activities.
- Identify offensive, defensive, and cooperative strategies in selected activities and games.
- Describe the benefits of maintaining a health-enhancing level of fitness.
- Participate in physical activity to improve individual levels of health and skill-related fitness.
- Monitor individual heart rate before, during, and after physical activity.
- Match recognized assessments of health-related fitness to corresponding components of fitness.
- Set a personal health-related fitness goal.
- Demonstrate relationship between movement, health-related, and skill-related fitness components.
- Accept responsibility for one's own actions in group physical activities.
- Use identified procedures and safe practices without reminders during group physical activities.
- Work independently on the task until completed.
- Work cooperatively with a partner or small group to reach a shared goal during physical activity.
- Describe the benefits of early detection and treatment of illness.
- Demonstrate strategies for the prevention of communicable and non-communicable diseases.
- Describe health and safety methods that reduce the risks associated with dangerous situations.
- Describe how individuals and groups influence the health of individuals.
- Explain interrelationships between the environment and individual health.

- Express opinions about health issues and communicate individual health needs.
- Identify basic body systems and their functions.
- Differentiate between positive and negative effects of health-related actions on body systems.
- Identify physical, mental, social, and cultural factors affecting growth and development of
- children.
- Identify stages in growth and development.
- Locate, identify, and describe functions of the basic parts of the brain.
- Identify the causes and consequences of conflict among youth.
- Demonstrate positive verbal and nonverbal communication skills.
- Describe key elements of a decision-making process.
- Describe situations where refusal skills are necessary.

GRADES 6-8

- Demonstrate control when performing combinations and sequences of locomotor, non-locomotor, and manipulative motor patterns in selected activities, games, and sports.
- Participate in physical activity using movement patterns with combination movement patterns.
- Compare and contrast efficient and inefficient movement patterns.
- Understand multiple movement patterns and their effects on the brain.
- Apply rules and safety procedures in physical activities.
- Apply basic offensive, defensive, and cooperative strategies in activities, games, and sports.
- Identify the principles of training: frequency, intensity, time, and type.
- Participate in activities associated with the components of health-related and skill-related fitness.
- Monitor intensity of exercise through a variety of methods.
- Evaluate the strengths and weaknesses contained in a personal fitness profile.
- Discuss and understand the importance of fitness as it relates to academic performance.
- Set realistic short-term and long-term goals for a health-related fitness component.
- Identify opportunities within the community for regular participation in physical activities.
- Apply the principles of training to health-related fitness goals.
- Follow directions and decisions of responsible individuals.

- Participate in establishing procedures for group physical activities.
- Remain on task independent of distraction.
- Work with others to accomplish a set goal in competitive and non-competitive situations.
- Identify and describe ways to reduce health risks common to adolescents.
- Identify how positive health practices and relevant health care can help reduce health risks.
- Explain routine safety precautions in practical situations.
- Identify various careers in health promotion, health care and injury prevention.
- Describe how the individual influences the health and well-being of the workplace and
 - community.
- Identify potential environmental conditions that may affect the health of the local community.
- Develop solutions to address environmental problems that affect the local community's health.
- Communicate with others within your school, family, and community regarding health issues.
- Explain how body systems interact with each other.
- Explain the effects of health-related actions upon body systems.
- Describe the relationships between physical, mental, and social health factors during
 - adolescence.
- Explain how the brain is affected by movement.
- Describe causes and consequences of conflict and violence among youth in schools.
- Demonstrate methods for addressing interpersonal differences without harm.
- Explain how positive communication helps to build and maintain relationships at school and
 - home.
- Apply a decision-making process to an individual health concern.
- Apply refusal and negotiation skills to potentially harmful situations.

GRADES 9-12

- Demonstrate skills in individual sport, a team sport, creative movement, and work-related
 - activities.
- Participate daily in physical activity while performing movement patterns in a variety of

- activities.
- Apply the principles of efficient movement to evaluate personal performance.
- Develop and implement a variety of movement concepts to enhance brain function.
- Select components that promote participation in physical activities.
- Analyze and apply complex offensive, defensive, and cooperative strategies for games and
- sports.
- Implement an individualized health-related fitness plan which includes the principles of training.
- Develop and implement fitness training and describe characteristics, implications, and benefits.
- Collect and interpret health-related fitness data over a period of time.
- Evaluate the effects of fitness choices and heredity on wellness.
- Analyze and explain the correlation between level of fitness and academic achievement.
- Set realistic, long-term, health-related fitness goals based on individual profiles.
- Understand how aging, illness, and injury affect physical activity.
- Use profile data to monitor an individual wellness/fitness plan
- Demonstrate individual responsibility through various team-building strategies in physical
- activity.
- Demonstrate when to lead and when to be supportive to accomplish group goals.
- Explain strategies for managing contagious, chronic, and degenerative illnesses.
- Evaluate the effectiveness of health promotion and illness prevention using data
- Explain how health and safety problems have been altered by technology, media, and medicine.
- Analyze how public health policies, laws, and the media function to prevent and control illness.
- Compare how individuals, communities, and states prevent health-threatening environment
- issues.
- Explain how individuals can improve school or community health initiatives and/or services.
- Explain how systems of the body are affected by exercise and the impact exercise has on
- learning.
- Understand the effects of healthy living on individuals and their future generations.
- Explain how the aging process affects body systems.
- Communicate information regarding fitness levels and their effects on how the brain functions.
- Compare and contrast strategies to prevent conflict and resolve differences.

- Compare and contrast strategies to prevent conflict and resolve differences.
- Evaluate progress toward the attainment of a health goal.

Resources cited:

Illinois State Board of Education

“PE/Health Learning Standards.”

Resource: [IL State Board of Education](#)

YOGA STORIES



Michelle Rae Sobi

Watch the live video on how to bring your yoga class to life with yoga stories.

Yoga Stories

LESSON TWO

Bring your yoga class to life with yoga stories! Create two stories for each age group of your own. Remember there is no right or wrong in this assignment. The goal is to meet the standards that you created in lesson one, and implement them in your stories. Feel free to follow along with Julie's example, or create them another way.

TO DO: Submit your yoga stories for each age category. See the online lessons for examples and bonus lessons for inspiration.

- PreK - K
- Grades: 1-5
- Grades: 6-8
- Grades: 9-12

BOOK REPORT:

Select your preferred age group and include a one-page book report with your story. You will earn ten hours reading any yoga-related book that you choose to enhance your learning experience in this exercise.

PRACTICUM



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Watch the live session about how you may submit your practicum lessons in your course.

Practicum

LESSON THREE

One of the best ways to build confidence in teaching a class is through practicum. This lesson is all about putting theory into practice.

TO DO: Submit a class reflection from the Yoga Safari video and include the following information:

- Name of Class
- Age Group
- Yoga Poses
- Theme
- Game

<https://youtu.be/sjUq5Xe4cZo>

TO DO: Record a 30-minute yoga class of your own for each age group below, and submit the YouTube link. Be sure the permissions are set to either "Unlisted" or "Public" so it can be viewed.

- Submit a 30-minute video for a PreK-K yoga class.
- Submit a 30-minute video for a grades 1-5 yoga class.
- Submit a 30-minute video for a grades 6-8 yoga class.

- Submit a 30-minute video for a grades 9-12 yoga class.

*TIP – This is a great time to create a YouTube channel of your own!



CREATE A CLASS

Create a Class

LESSON FOUR

It's time to put some yoga sequences together. We have created a number of transition-friendly sequences for you in the Yoga Snippets section of the manual. You'll need it for this lesson. You can download it below.

TO DO: Create eight yoga sequences from Yoga Snippets in the manual, include appropriate modifications for each age group. Don't overthink it. Just get some practice in.

Don't Forget:

- A story for each sequence
- Label the age group
- Modifications

SAMPLE SEQUENCES

Head to the online section of your training for examples of yoga sequences and a Create a Class worksheet.



DO'S & DON'TS

Do's and Don'ts

LESSON FIVE

It is important to understand when the benefits outweigh the risk. We aim to understand common contraindications and offer modifications to address these.

TO DO: Create and submit a word document of key contraindications of yoga for the age groups.

[ACE Guidelines](#)

Kids and teens should engage in 60 minutes or more of activity each day. Most of the activity should be moderate-to-vigorous intensity cardiovascular activity. Kids should include muscle-strengthening activities and bone-strengthening activities as part of their 60 minutes at least three days per week for each. Examples of these activities are included here: <http://www.health.gov/paguidelines/midcourse/youth-fact-sheet.pdf>

Activities should be fun, age-appropriate and varied. Here are several tips to help kids enjoy activity (<http://www.acefitness.org/acefit/expert-insight-article/3/3117/getting-children-to-enjoy-physical-activity/>).

Because the average kid spends about six to seven hours per day in school, schools offer the best opportunity to ensure that kids get at least 30 minutes of physical activity. Schools should take a multi-faceted approach to increasing activity by including things like physical activity breaks, “enhanced” PE (that is, the kids actually break a sweat), activity sessions before and after school, and walking or riding a bike to and from school whenever possible.

Kids enrolled in preschool programs and daycare centers should receive ample opportunities to be active. This includes outdoor play time, portable play equipment (balls, tricycles, etc.), and access to play space and playgrounds. Staff should also receive training in the delivery of structured activity such as physical activity breaks and how to integrate activity into lesson plans.

Community leaders should aim to increase the walkability and aesthetic value of the communities by planting more trees and vegetation nearby sidewalks, increasing the number of parks and recreational offerings, developing bike trails, increasing residential density, and decreasing traffic speed and volume so that people can use methods other than cars to get around.

ACE believes strongly that schools, parents, professionals, community members, and other stakeholders should work together to make 60 minutes of physical activity a reality for all children and adolescents. ACE supports the following approaches to increase youth activity:

- Increase everyday activity through active transportation to and from school by implementing Walk-to-School programs and biking groups
- Increase opportunities for physical activity during the school day with daily scheduled short activity breaks and active recess
- Integrate physical activity into the school curriculum
- Increase the availability of physical education in schools and enhance the physical education curriculum to maximize active time for all students
- Enhance before- and after-school programs to provide more time spent in direct physical activity

ACE strongly encourages its more than 50,000 certified fitness professionals to participate in one or more of these approaches to help make the vision of a more active youth population a reality. In addition, ACE remains committed to providing the training and educational resources necessary to help fitness professionals, coaches and physical education instructors to be prepared and skilled in addressing the fitness needs of our nation's youth.

<https://www.acefitness.org/education-and-resources/professional/expert-articles/3178/ace-s-position-statement-on-physical-activity-in-school/>



CLASS GUIDELINES

Class Guidelines

Managing the classroom can be one of the most challenging parts of holding space for yoga. Review some tips for doing so below. Encourage personal power and promote speaking up.

Grades: PreK – K

- Have a basic understanding of childhood development. Toddlers tend to be restless and not able to sit still very long.
- Be upfront about rules. Sing songs that help teach children the studio rules and most importantly follow through with addressing ones who are not following through with the rules.
- Transitions can be difficult for young age groups. Try creating a story or song when cleaning up the room, for example.
- Have the children be a part of the process. If using props, direct children to help pass them out. Help each child gain a sense of purpose.
- While working with younger ages, having a consistent routine will help them to solidify their poses or postures.
- Collaborate with a teacher or family member to encourage the practice outside of the classroom.

Grades: 1-5

- Ground yourself as a teacher when working with students, make sure you are in a headspace to work through children who may not listen or understand the value of your class.
- Provide clear expectations of what yoga is and isn't. Set ground rules for respecting other students, as well as the Yoga Teacher.

- Explain why expectations matter. This is a chance to educate children on the benefits of self-awareness.
- You are a role model for the students. Encourage play and exploration with yoga but also keeping calm and balanced.
- Use language to reinforce and encourage the follow-through of classroom rules and expectations.

Grades: 6-8

- Acknowledge the students and inspire them with encouraging mantras and phrases.
- Teach Yamas and Niyamas to start educating the structure of yoga practice.
- Try to keep the imagination sparked and invite a playful experience.
- Encourage teamwork. This can be a delicate time in a student's peer building experience and your example is paramount.

Grades: 9-12

- High schoolers are much more capable of following rules, so build on the structure and guidelines of yoga.
- Acknowledge and encourage peer support.
- At this age, play might not be normalized, bring in games, and encourage self-exploration.
- Express teachings that build upon self-confidence and self-esteem to help build a healthy rapport.

GAMES



Michelle Rae Sobi

Watch the live lesson in your course about how to offer games.

Games

Create two games per age group and submit your work. Feel free to get creative and playful! See some examples below to get started!

Freeze Dance

Play calming or classical music, have the kids move to the music however they would like for a few minutes, warming themselves up as well as encouraging individuality. Once the music stops, the child will look under the yoga mat/towel/blanket and have a pose to do. This will be an activity where each child will move to another mat after each cycle so that each child can learn a new pose without having to compare themselves to other students.

Work Together

Have each child have a yoga pose photo placed facedown on the mat, when it is time to begin, have the students look at their card. There will be another child with the matching card, have kids try to find their match, and then work together to learn the pose.

Yoga Obstacle Course

Create a line (depending on how many kids, multiple lines). The first student will do a child's pose (boulder) and then the next child will hop over the boulder, this child will

then become a tree (tree pose), then the following student will jump over the boulder, go around the tree and then do a downward dog pose (bridge). This keeps going until all the students have become a different obstacle.

Yoga Bingo

Each child has a bingo card with different yoga poses. Play bingo, while teaching each child the yoga pose that has been picked. Once a child gets a bingo, work together to show the poses in their bingo line.

Reflection

This would be done after kids have had some experience with some poses. Have one be the guide, doing a yoga pose, and then the other student must reflect that pose. And then after a couple of poses, have the other child become the reflection.

Let's Draw!

Getting into pairs, one will become the tracer and the other to sculpture. A student will make a pose on a large sheet of paper and the other will trace them. Use different colors for different parts of the body or be creative with using dotted lines or anything else creative. Then switch.

Storytelling

Get in a circle and have one child start by doing any pose they would like, the child next to them then starts a story about that pose, it could relate to animals or nature that look like that pose, and then the story and the poses get passed to each child in the circle until everyone has gone.

Boardgame Yoga

Have different colored dots/mats in a board game-like fashion on the floor. Either has a colored die or a spinner with colors matching the board game spaces. Each space will have a yoga pose on it. The first child will start and once the die has been used, have that child go to the nearest color, then have each child take turns to begin. Once a child reaches the end, they will roll a regular dice and find the matching pose to that number, they will then have to try and hold that pose until all the other students are finished.

YOGA SNIPPETS FOR CHILDREN



Michelle Rae Sobi

Watch the live lesson in your course on what Yoga Snippets are and how they can aid you in teaching.

Yoga Snippets

Review Asana

Review the Yoga Snippets manual as demonstrated in the Yoga Asana Handbook. Apply your knowledge from the course and submit appropriate cues, qualities, and modifications for each asana presented for each age category in this course.

TO DO: Submit your revised Yoga Snippets Class Plans

PreK-K yoga class

1-5 yoga class

6-8 yoga class

9-12 yoga class



PETITION FOR GRADUATION

Petition for Graduation

Great work on completing this course. You are now ready to review your training material, submit your workbook, and schedule your audition video to petition for graduation.

Please be sure you have completed the following:

- Read the Required Reading
- Completed the Workbook
- Created Classes
- Comply with the Ethics Standards
- Understand your scope of practice
- Completed your practicum for each age group
- Submitted your book report on any yoga-related book that speaks to you based on the curriculum
- Reviewed your state's standards for teaching
- Understand your scope of practice
- Secured required insurance as applicable to your state
- Completed CPR/AED training
- Scheduled your mentorship exit interview with Michelle Rae Sobi
- Feel complete in your learning experience and have met your learning objectives

The spirit of this program is to offer yoga classes according to age groups. While we recognize each individual will mature at a different pace, it offers a guide for appropriate teaching. It is always best practice to meet the student where they are. Developing a class with ample cues, qualities, and modifications will aid you in doing so.

Remember, the best teachers remain a student at heart. Be open to and embrace continuing education. Ask us about our upcoming workshops where you may keep your credentials current and refine your craft.

Namaste,

Michelle Rae Sobi, E-RYT 500 & RCYT

Owner, Edge Yoga School & Arts



ETHICS

Ethics

By continuing with this course, I accept the ethic requirements as stated on Yoga Alliance standards.

Ethics Policy for Edge Yoga School

Purpose The purpose of this ethics policy is to establish a framework for behavior that promotes respect, integrity, and accountability within the Edge Yoga School community.

Core Values We commit to the following core values:

- **Respect:** Honor the diverse backgrounds, beliefs, and experiences of all individuals.
- **Integrity:** Act honestly and transparently in all interactions.
- **Compassion:** Foster a supportive environment where everyone feels valued and included.
- **Accountability:** Take responsibility for our actions and their impact on others.

Professional Conduct

- Everyone is expected to maintain professionalism in all interactions with students and colleagues.
- Personal relationships should not interfere with professional duties or the learning environment.

Student Interaction

- Instructors must establish clear boundaries with students to maintain a safe and respectful space.
- Students are encouraged to express their concerns or grievances and should feel safe doing so.

Confidentiality

- Respect the privacy of all participants by keeping personal information confidential, unless disclosure is required by law.
- Discussions regarding progress or challenges should be conducted in a respectful and private manner.

Non-Discrimination

- Edge Yoga School is committed to providing an inclusive environment free from discrimination based on race, gender, sexual orientation, age, ability, religion, or any other characteristic.

- All participants are entitled to equal opportunities and treatment.

Harassment and Bullying

- Harassment or bullying of any kind will not be tolerated. All participants should report any incidents immediately to the appropriate authority.

Continuous Learning

- Everyone is encouraged to engage in ongoing education and self-reflection to enhance their skills and understanding of ethical practices.

- The school will provide resources and opportunities for professional development.

Reporting Violations

- Any violations of this ethics policy should be reported to the program coordinator.

- All reports will be taken seriously and investigated promptly, ensuring confidentiality as much as possible.

Policy Review

- This ethics policy will be reviewed annually and revised as necessary to adapt to the evolving needs of the Edge Yoga School community.



CHECKLIST

Checklist

This program is offered in 10 ten-hour modules. Students may choose to attend field trips to enhance their training experience in person, or enjoy the same program via interactive webinars. Lessons will be recorded, and make-up days are built into our program. Here is a sample schedule to refer to for your checklist. Webinars will be published monthly.

Techniques, Training, and Practice

- 22 / 20 Contact Hours
- 16.5 / 15 Contact Hours with LT
- 22 / 20 Total TTP Hours

Teaching Methodology

- 16.5 / 15 Contact Hours
- 13.1 / 12 Contact Hours with LT
- 16.5 / 15 Total TM Hours

Anatomy and Physiology

- 11 / 10 Contact Hours
- 11 / 10 Total AP Hours

Yoga Philosophy, Lifestyle, and Ethics

- 13.1 / 12 Contact Hours
- 13.1 / 12 Total YPLE Hours

Practicum

- 19.8 / 18 Contact Hours
- 11 / 10 Contact Hours with LT
- 19.8 Total Practicum Hours

General Background in Children's Yoga

- 13.1/ 12 Contact Hours
- 13.1/ 12 Total Children's Yoga Hours

Contact Hours

- 95.7 / 87 Contact Hours
- 40.7 / 37 Contact Hours with Lead Trainer

Total Training Hours to petition for graduation. 95.7 / 95 Hours

Students will need to demonstrate mastery of the learning objectives prior to graduation, in addition to their required training hours. We will rely heavily on the required reading to ensure a rich understanding of what it means to offer a trauma-informed class. Upon completion, students will need to present (in person or online) a 55-minute trauma-informed yoga class for their preferred age group.

Online Lessons

Students will be required to review all of the material online prior to graduation.

- **Our Program** <https://michelleraesobi.com/courses/1042382/lectures/21963715>



- **Required Reading**



- **Course Overview**



- Standards



- Yoga Stories



- Practicum



- Create a Class



- Yoga Snippets



- Do's and Don'ts



- Class Guidelines



- Games



Practicum

- PreK-K Practicum



- Grades 1-5 Practicum



- Practicum Grades 6-8



- Practicum Grades 9-12



- Graduation Petition



To petition for graduation, students will have a private mentorship session via Zoom with Michelle Rae Sobi to ensure all components of the program have been met. Completion of hours is required, along with demonstrating mastery and submitting all assignments.

Schedule

Jan 11th

The following ten hours module will be offered via interactive and recorded webinars, as well as in person field trips. Students may choose which medium works best for their learning style. We will refer to the required reading for these lessons, so be sure to bring your books to lab.

- Techniques, Training, and Practice (TTP) 1.20
- Teaching Methodologies (TM) 2.00
- Anatomy and Physiology (AP) 1.50
- Yoga Philosophy, Lifestyle, and Ethics ((YPLE) 1.00
- Practicum (PRAC) 1.20
- General Background in Children's Yoga 1.80

Please bring a yoga mat, two blocks, a strap, journal and pen, water bottle, vegetarian snacks and lunch that do not require reheating or heavy scents. Registration is required to attend, and a journal reflection will be required to be submitted within one day of the training.

Feb 8th

The following ten hours module will be offered via interactive and recorded webinars, as well as in person field trips. Students may choose which medium works best for their learning style. We will refer to the required reading for these lessons, so be sure to bring your books to lab.

- Techniques, Training, and Practice (TTP) 1.20
- Teaching Methodologies (TM) 2.00
- Anatomy and Physiology (AP) 1.50
- Yoga Philosophy, Lifestyle, and Ethics ((YPLE) 1.00
- Practicum (PRAC) 1.20
- General Background in Children's Yoga 1.80

Please bring a yoga mat, two blocks, a strap, journal and pen, water bottle, vegetarian snacks and lunch that do not require reheating or heavy scents. Registration is required to attend, and a journal reflection will be required to be submitted within one day of the training.

Mar 8th

The following ten hours module will be offered via interactive and recorded webinars, as well as in person field trips. Students may choose which medium works best for their learning style. We will refer to the required reading for these lessons, so be sure to bring your books to lab.

- Techniques, Training, and Practice (TTP) 1.20
- Teaching Methodologies (TM) 2.00
- Anatomy and Physiology (AP) 1.50
- Yoga Philosophy, Lifestyle, and Ethics ((YPLE) 1.00
- Practicum (PRAC) 1.20
- General Background in Children's Yoga 1.80

Please bring a yoga mat, two blocks, a strap, journal and pen, water bottle, vegetarian snacks and lunch that do not require reheating or heavy scents. Registration is required to attend, and a journal reflection will be required to be submitted within one day of the training.

Apr 12th

The following ten hours module will be offered via interactive and recorded webinars, as well as in person field trips. Students may choose which medium works best for their learning style. We will refer to the required reading for these lessons, so be sure to bring your books to lab.

- Techniques, Training, and Practice (TTP) 1.20
- Teaching Methodologies (TM) 2.00
- Anatomy and Physiology (AP) 1.50
- Yoga Philosophy, Lifestyle, and Ethics ((YPLE) 1.00
- Practicum (PRAC) 1.20
- General Background in Children's Yoga 1.80

Please bring a yoga mat, two blocks, a strap, journal and pen, water bottle, vegetarian snacks and lunch that do not require reheating or heavy scents. Registration is required to attend, and a journal reflection will be required to be submitted within one day of the training.

May 10th

The following ten hours module will be offered via interactive and recorded webinars, as well as in person field trips. Students may choose which medium works best for their learning style. We will refer to the required reading for these lessons, so be sure to bring your books to lab.

- Techniques, Training, and Practice (TTP) 1.20
- Teaching Methodologies (TM) 2.00
- Anatomy and Physiology (AP) 1.50
- Yoga Philosophy, Lifestyle, and Ethics ((YPLE) 1.00
- Practicum (PRAC) 1.20
- General Background in Children's Yoga 1.80

Please bring a yoga mat, two blocks, a strap, journal and pen, water bottle, vegetarian snacks and lunch that do not require reheating or heavy scents. Registration is required to attend, and a journal reflection will be required to be submitted within one day of the training.

Jun 14th

The following ten hours module will be offered via interactive and recorded webinars, as well as in person field trips. Students may choose which medium works best for their learning style. We will refer to the required reading for these lessons, so be sure to bring your books to lab.

- Techniques, Training, and Practice (TTP) 1.20
- Teaching Methodologies (TM) 2.00
- Anatomy and Physiology (AP) 1.50
- Yoga Philosophy, Lifestyle, and Ethics ((YPLE) 1.00
- Practicum (PRAC) 1.20
- General Background in Children's Yoga 1.80

Please bring a yoga mat, two blocks, a strap, journal and pen, water bottle, vegetarian snacks and lunch that do not require reheating or heavy scents. Registration is required to attend, and a journal reflection will be required to be submitted within one day of the training.

Jul 12th

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- Techniques, Training, and Practice (TTP) 1.20
- Teaching Methodologies (TM) 2.00
- Anatomy and Physiology (AP) 1.50
- Yoga Philosophy, Lifestyle, and Ethics ((YPLE) 1.00
- Practicum (PRAC) 1.20
- General Background in Children's Yoga 1.80

Please bring a yoga mat, two blocks, a strap, journal and pen, water bottle, vegetarian snacks and lunch that do not require reheating or heavy scents. Registration is required to attend, and a journal reflection will be required to be submitted within one day of the training.

Aug 9th

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- Techniques, Training, and Practice (TTP) 1.20
- Teaching Methodologies (TM) 2.00
- Anatomy and Physiology (AP) 1.50
- Yoga Philosophy, Lifestyle, and Ethics ((YPLE) 1.00
- Practicum (PRAC) 1.20
- General Background in Children's Yoga 1.80

Please bring a yoga mat, two blocks, a strap, journal and pen, water bottle, vegetarian snacks and lunch that do not require reheating or heavy scents. Registration is required to attend, and a journal reflection will be required to be submitted within one day of the training.

Sep 13th

The following ten hours module will be offered via interactive and recorded webinars, as well as in person field trips. Students may choose which medium works best for their learning style. We will refer to the required reading for these lessons, so be sure to bring your books to lab.

- Techniques, Training, and Practice (TTP) 1.20
- Teaching Methodologies (TM) 2.00
- Anatomy and Physiology (AP) 1.50
- Yoga Philosophy, Lifestyle, and Ethics ((YPLE) 1.00
- Practicum (PRAC) 1.20
- General Background in Children's Yoga 1.80

Please bring a yoga mat, two blocks, a strap, journal and pen, water bottle, vegetarian snacks and lunch that do not require reheating or heavy scents. Registration is required to attend, and a journal reflection will be required to be submitted within one day of the training.

Oct 11th

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- Anatomy and Physiology (AP) 1.50
- Yoga Philosophy, Lifestyle, and Ethics ((YPLE) 1.00
- Practicum (PRAC) 1.20
- General Background in Children's Yoga 1.80

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Nov 8th

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- Teaching Methodologies (TM) 2.00
- Anatomy and Physiology (AP) 1.50
- Yoga Philosophy, Lifestyle, and Ethics ((YPLE) 1.00
- Practicum (PRAC) 1.20
- General Background in Children's Yoga 1.80

Please bring a yoga mat, two blocks, a strap, journal and pen, water bottle, vegetarian snacks and lunch that do not require reheating or heavy scents. Registration is required to attend, and a journal reflection will be required to be submitted within one day of the training.

Thank you so much for trusting Edge Yoga School & Arts for your journey. I look forward to working closely with you in mentorship. Please watch your inbox for an invitation to join our Slack community where you may submit your work and ask questions directly to Michelle Rae Sobi. Please feel free to send me a CHAT on my website below.

Namaste,

Michelle Rae Sobi

E-RYT 500, RCYT, RPYT, YACEP

Owner, Edge Yoga School & Arts

edgeyogaschool.com



THE YOGA ASANA HANDBOOK



EDGE YOGA SCHOOL
mind body academy

Michelle Rae Sobi



**ACE →
CERTIFIED**

Welcome to your yoga teacher training program!

We appreciate your commitment to furthering your understanding of yoga. The cornerstone of our training is to make yoga available to all by offering approachable, inclusive classes.

The training is arranged in snippets for your ease of learning. Many teachers find that transitioning from one pose to the next is the most challenging component of instruction. By offering our training in segments of three, much of the work is done for you. This approach is the hallmark of our training program. It provides interchangeable snippets so that the instructor is not so dependent on class plans. We believe this makes for a more versatile instructor that can respond to the group class element with ease. We often do not know who our students we be until they arrive, this style allows for the instructor to deliver a class that fits their group.

Edge Yoga School® is committed to providing you a comprehensive knowledge base of yoga asanas (poses). These asanas can be taught in an array of formats from the stillness of Hatha Yoga to the seamless flow of Vinyasa Yoga. The poses remain the same, while the pace and order of the snippets are decided by the instructor.

It is said that the best instructors remain students throughout life. We look forward to walking alongside you on your journey.

Edge Yoga School® is a proud member of Yoga Alliance® and The American Council on Exercise.

Shanti,



Michelle Rae Sobi
Owner, Edge Yoga School



EDGE YOGA SCHOOL
mind body academy

**A Registered
Yoga Alliance® School**



“Yoga has no destination”
– Michelle Rae Sobi

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YOGA SNIPPETS

WARRIOR DANCE

CUES

- Hips forward, square under shoulders
- Open arms and hips
- Reverse back

QUALITIES

- Back foot 45 degrees
- Divided weight evenly front/back
- Lengthen side body

MODIFICATION

- Smaller stance

NOTES



WARRIOR I



WARRIOR II



REVERSE WARRIOR

STAR HINGE PLIES



STAR

CUES

- Star reaches
- Goddess sinks
- Hinge forward

QUALITIES

- Active core
- Strong arms press forward/back
- Soften through back



GODDESS

MODIFICATION

- Bend knees

NOTES



OPEN LEG FORWARD FOLD

WARRIOR FLIGHT

CUES

- Open Warrior II
- Turn Warrior I
- Straighten front leg, arms back

QUALITIES

- Even weight front/back
- Active core
- Arms lengthen

MODIFICATION

- Narrow stance

NOTES



WARRIOR II



WARRIOR I



PYRAMID

FLOAT ROUNDS



EXTENDED SIDE ANGLE

CUES

- To begin, side angle pose
- Float forward, down, and around
- Circle through, return to side angle pose

QUALITIES

- Energy from lengthened foot alongside body
- Naval hugs spine
- Obliques pull up and return to side angle pose



SUNFLOWER

MODIFICATION

- Make it smaller, bend knees

NOTES



SIDE ANGLE REACH

SWITCHFOOT SCISSORS

CUES

- Arms alongside body
- Legs 45 degrees
- Toe to heel, and switch

QUALITIES

- Wrap thighs
- Active core
- Soft neck

MODIFICATION

- Bend knees, travel down

NOTES



LEFT STAFF SCISSORS



BILATERAL HEEL TO TOE



RIGHT STAFF SCISSORS

BRIDGE LIFTS



SUPINE KNEE POSE



BRIDGE



SINGLE LEG BRIDGE

CUES

- Knees up and together
- Arms alongside body
- Lift hips
- Lift one leg, switch

QUALITIES

- Thigh wrap
- Naval to spine
- Balance weight front/back evenly
- Soft neck

MODIFICATION

- Open leg stance, bend knee

NOTES

CAMEL SWINGS

CUES

- Kneeling, reach one hand to ankle
- Switch
- Reach other hand to ankle
- Both meet for camel

QUALITIES

- Hips over knees
- Active core
- Wrap thighs

MODIFICATION

- Hand on low back, one side at a time

NOTES



TREE GROWS



TREE TO CALF



TREE TO THIGH



TREE TO SKY

CUES

- Begin in tree, below or above the knee, arms in prayer
- Draw arms high, palms together
- Open tree, feel free to sway

QUALITIES

- Active core
- Do not prop foot on knee joint
- Divide weight evenly front/back

MODIFICATION

- Keep foot at ankle, hands in prayer

NOTES

TRI-MOON

CUES

- Begin in Triangle, shoulders stacked
- Lean into bent knee, arms stretched
- Stay here or go for it!
- Straighten standing leg and lift back leg

QUALITIES

- Active core
- Center weight to begin
- Launch into Half Moon

MODIFICATION

- Back leg remains on ground

NOTES



TRIANGLE



LATERAL LEG LAUNCH



HALF MOON

LEG LAUNCHES



WARRIOR III PREP

CUES

- Reach arms forward with bent front knee
- Lift back leg, hinge at hips
- Arms reach forward, front leg straightens

QUALITIES

- Hips forward
- Naval to spine
- Launch into it



WARRIOR III PREP LIFT

MODIFICATION

- Keep back foot on ground

NOTES



WARRIOR III

HIP HINGES

CUES

- Back leg 45 degrees, track into front knee
- Reach to feet, chest open, gaze forward
- Step back into Plank

QUALITIES

- Divide weight evenly
- Arms lengthen
- Active core

MODIFICATION

- Back knee drops to floor

NOTES



CHEST TO TAIL



SPHINX



PLANK



DOWNWARD FACING DOG

CUES

- Open chest wide, soft back extension
- Wrap legs
- Press into Plank
- Push back into Downward Facing Dog

QUALITIES

- Soft back
- Shoulders over wrists
- Thighs wrap

MODIFICATION

- Knees to floor

NOTES

THASS LIFTS

CUES

- Hips over knees
- Lengthen back leg, swim arm back, alternate
- Opposite arm, opposite leg reaches strong

QUALITIES

- Active core
- Shoulders & hips are square

MODIFICATION

- One limb reaches at a time

NOTES



SUPINE EXTENDED LEG



HANDS KNEES



OPPOSITE ARM/LEG

SIDE GATES OVER



KNEELING LEG ABDUCTION

CUES

- Kneeling, outstretch one leg
- Arm glides past knee
- Opposite arm tosses over

QUALITIES

- Hip over knee
- Do not prop knee
- Rainbow to other side



SIDE GATE RIGHT

MODIFICATION

- Remain seated for lateral bends

NOTES



SIDE GATE LEFT

THIGH ABDUCTS

CUES

- Prop foot in front of body
- Lengthen extended leg
- Swing leg forward and back

QUALITIES

- Shoulder above elbow
- Active core
- Do not side to collapse

MODIFICATION

- Side remains on floor

NOTES



ROLL UPS



MORNING STRETCH

CUES

- Reach the body long
- Scoop belly
- Reach forward long

QUALITIES

- Wrap thighs
- Naval to spine
- Fall into it



ROLL UP

MODIFICATION

- Bend knees, do not come so far forward

NOTES



SEATED FORWARD BEND

FLAT BACK CRUNCH

CUES

- Lift straight leg, bend other leg
- With flat back, arm behind head
- Open elbows wide
- Reach opposite elbow to opposite knee & switch

QUALITIES

- Active core
- Arm shoulder height
- Soft fingertips

MODIFICATION

- Keep straight leg on floor

NOTES



ELBOW TO KNEE CRUNCH R



ELBOW TO KNEE CRUNCH L



ELBOW TO KNEE CRUNCH R/L

FORWARD STRETCH



FORWARD REACH ABDUCTED



FORWARD BEND ABDUCTED



FORWARD REACH ABDUCTED

CUES

- Sit tall on SITS bones
- Arms parallel to floor
- Reach forward
- Return back to tall sit

QUALITIES

- Lift knees, strong quads
- Zipper ankle to thigh
- Naval dives into spine

MODIFICATION

- Open legs, bend knees

NOTES

FORWARD TWIST CROSS

CUES

- Sit tall in SITS bones
- Open legs mat width
- Hinge arms to opposite shins
- Switch opposite side

QUALITIES

- Knees lift, active quads
- Arms wide, shoulders down
- Active core

MODIFICATION

- Reach halfway, bend knees

NOTES



STAFF ARMS ABDUCTED



STAFF HAND TO FOOT CROSS

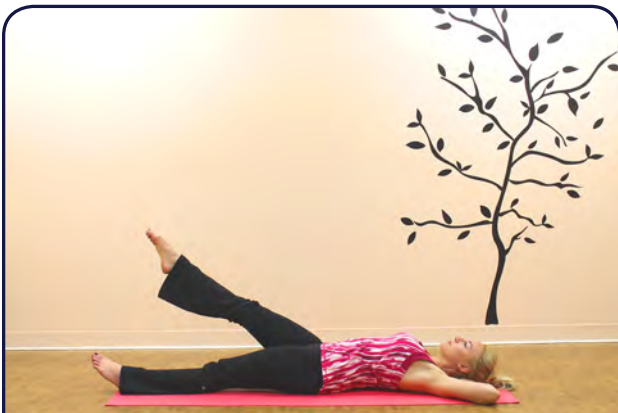


STAFF ARMS ABDUCTED

FIGURE 8 CIRCLES



SUPINE LEG LIFT



SUPINE LEG LOWER



SUPINE LEG CIRCLE

CUES

- Stack hands under head
- One leg rises, toe points
- Slowly trace figure 8s
- Switch sides

QUALITIES

- Active core
- Straight leg presses floor for active quads
- Change directions

MODIFICATION

- Make it smaller, bend knee

NOTES

LEG LOWERS

CUES

- Stack hands under head
- Both legs rise, toes point
- Lower legs together, return

QUALITIES

- Legs wrap from ankle to thigh
- Naval dives into spine
- Difficulty increases as legs lower

MODIFICATION

- Bend knees

NOTES



SUPINE STAFF POSE

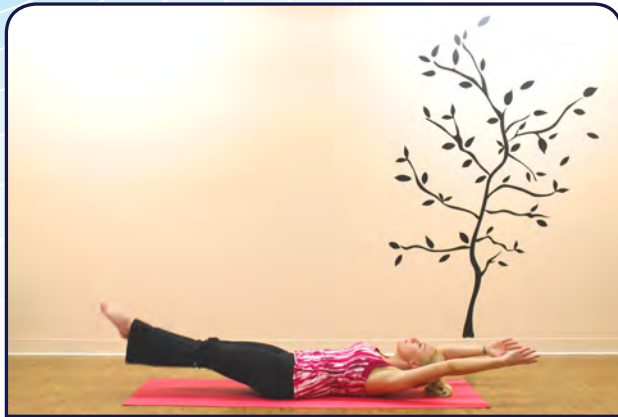


SUPINE LEG LOWERS



SUPINE LEG LIFTS

CRUNCH EXTENSIONS



MORNING STRETCH EXTENDED



LIFTED KNEES TO CHEST



HANDS TO ANKLES REACH

CUES

- Lengthen body, slight lift of arms and legs
- Bend knees into chest
- Reach for ankles
- Return to extension

QUALITIES

- Active core
- Crunch in
- Wrap thighs

MODIFICATION

- Return head to floor between sets

NOTES

SKY EARTHS

CUES

- Reach tall from Mountain
- Hinge forward flat back
- Forward fold
- Ragdoll up

QUALITIES

- Naval to spine

MODIFICATION

- Bend knees

NOTES



SKYWARD MOUNTAIN



MONKEY TO SHINS



FORWARD FOLD

CHAIR SWIMS



REVOLVED MOUNTAIN TWIST R



CHAIR



REVOLVED MOUNTAIN TWIST L

CUES

- Swim arms back from Mountain
- Sink into Chair
- Swim other side
- Repeat 3x

QUALITIES

- Zipper ankle to thigh
- Sit low
- Naval to spine

MODIFICATION

- Widen stance

NOTES

BUTTERFLY TWISTS

CUES

- Palms of feet together
- Arms above head, stretched
- Drop legs to one side, arms opposite side
- Knees to center, drop to opposite side

QUALITIES

- Naval to spine
- Lengthen spine
- Return to Butterfly

MODIFICATION

- Twist only legs, arms remain neutral

NOTES



TEETER TOTTER



SWAN PREP

CUES

- Gentle back extension
- Return palms to forehead
- Heel to glutes
- Knee lifts

QUALITIES

- Wrap thighs
- Active core
- Soft neck

MODIFICATION

- Keep knees on floor

NOTES



SWAN PREP KNEE LIFT R



SWAN PREP KNEE LIFT L

PLANK LOWERS

CUES

- Shoulders above wrists, thighs wrapped
- Lower down slowly
- Pull triceps into torso
- Press back into Plank

QUALITIES

- Shoulders over wrists
- Active core
- Soft neck

MODIFICATION

- Knees to floor

NOTES



PLANK



CHATURANGA



CROCODILE POSE PREP

PIGEON SAILS



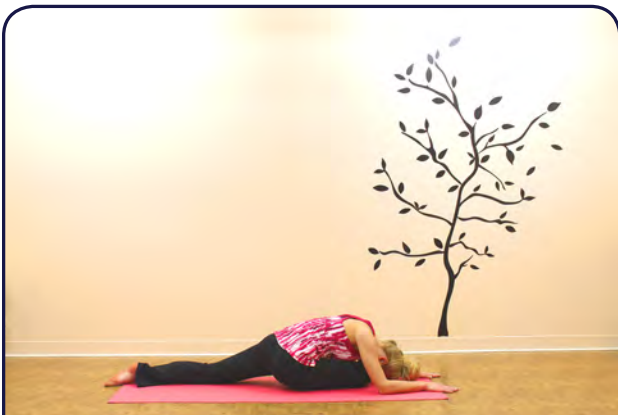
HALF PIGEON

CUES

- Sail knee through hands
- Back leg lengthens
- Shoulders over hips, round front
- Press back into Child's Pose

QUALITIES

- Only for persons without knee issues
- Soft back extension

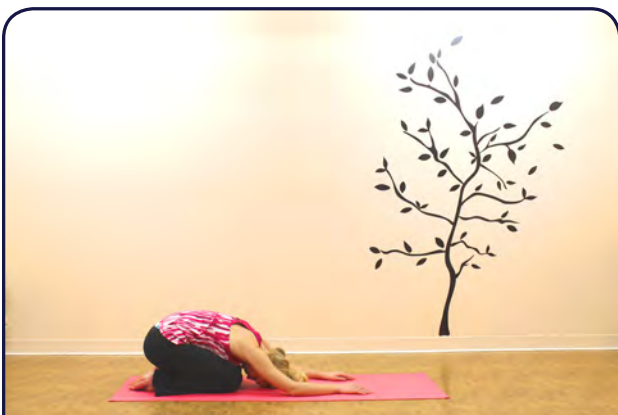


PIGEON

MODIFICATION

- Do not sit on knee

NOTES



CHILD'S POSE

CHILD'S THREAD

CUES

- Sail knee through hands
- Back leg lengthens
- Shoulders over hips, round front
Press back into Child's pose

QUALITIES

- Only for persons without knee issues
Soft back extension

MODIFICATION

- Can be done with knees together or apart,
hips up or down

NOTES



CHILD'S POSE



THREAD THE NEEDLE



CHILD'S POSE

SEATED FLOATS



EASY POSE

CUES

- Begin in easy pose
- Arms float up
- Palms meet and float back down again

QUALITIES

- Hips fall open
- Sit tall on SITS bones
- Soft arms
- Breathe with the movement

MODIFICATION

- Sit on blanket to elevate hips



EASY POSE ARMS REACH

NOTES



EASY PRAYER POSE



ASANAS

BOAT

PARIPURNA NAVASANA



Strengthens the abdominals, hip flexors, and spine. Core strength. Improves digestion, posture and stability.

CUES

Sit tall with a flat back. Lift on leg parallel to the floor, followed by the other.

QUALITIES

Shoulders are pressed back and down away from the ears. Neck is soft. Naval hugs spine. Abs are engaged.

MODIFICATION

To deepen this pose, draw the legs out further. If more balance is needed in this pose, keep one toe on the mat.

BOW

DHANURASANA

CUES

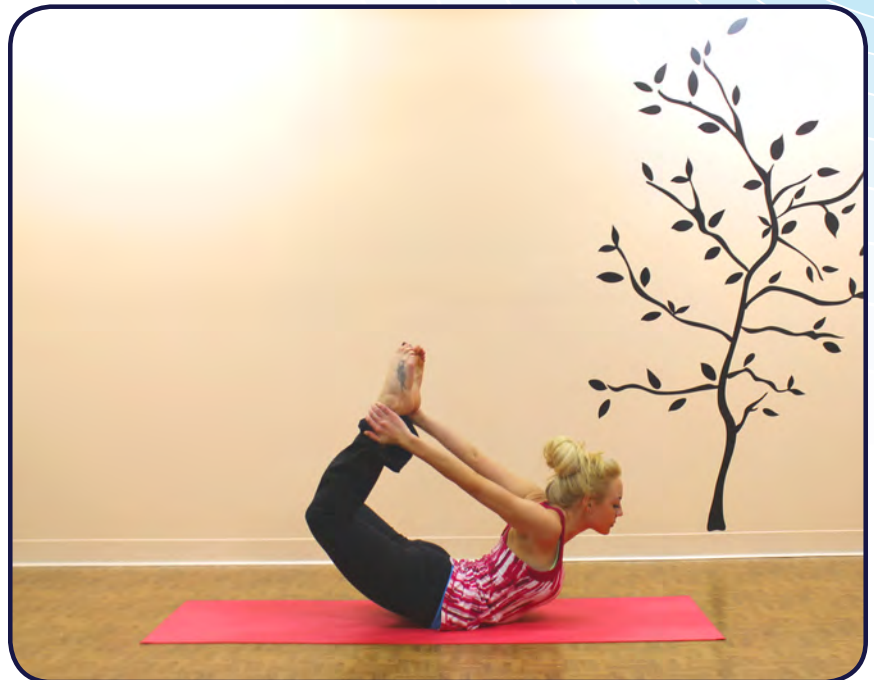
Lay on your stomach. Bend knees, bring heels towards your bottom. Grab your ankles or tops of feet. Bring your breath into your lower belly, don't allow it to stay in your thoracic spine.

QUALITIES

Keep your knees parallel. Don't allow them to widen. On the exhale, extend legs up and away from your bottom. Lift the sternum. Hold.

MODIFICATION

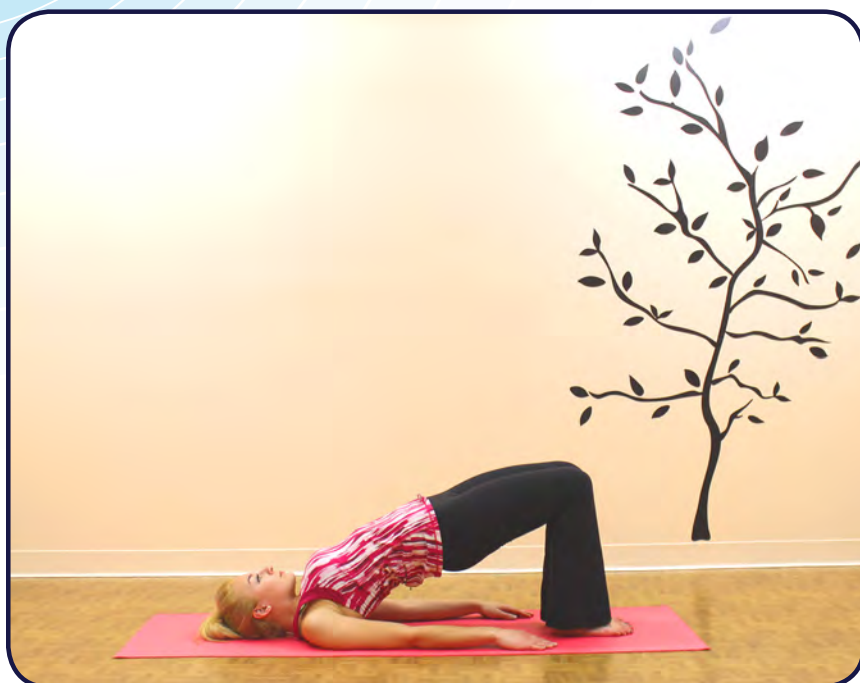
Use a belt to wrap around your ankles. You can opt out of the belt and just reach for your ankles and hold, not extending up.



Flexibility, power, and strength. Opens up the entire body in a way that most other poses can't. This deep backbend opposes all of the sitting we do each day.

BRIDGE

SETU BANDHA SARVANGASANA



Opens up the lumbar spine, great for bad posture. Feel the lengthening of the spine and grounding through the feet.

CUES

Lie supine with your glutes to your heels. Engage your core. Arms alongside you. Lift your hips to the sky as you wrap your thighs for strength and stability.

QUALITIES

Shoulders are pressed back and down away from the ears. Neck is soft. Knees are directly above the ankles.

MODIFICATION

To deepen this pose, come up to the balls of the feet and wrap your shoulders and arms underneath you as you interlace your fingers. If this brings discomfort to the knees, move the feet further away from the glutes.

BUTTERFLY

CHITRAPATANGA

CUES

Lie supine with your glutes to your heels. Engage your core. Arms alongside you. Palms of feet together.

QUALITIES

Shoulders are pressed back and down away from the ears and the neck is soft. Knees press open. Relax into the hips.

MODIFICATION

For a more open stretch, bring arms outstretched.



Relax the hips in this pose. Allow the inner thighs to stretch and knees to fall open. Relax your body and find your mind quiet in this pose.

CAMEL

USTRASANA



Open the chest with a back extension to stretch up the entire spine. Backbends increase the ability to strengthen and lengthen the back.

CUES

Come to a kneeling position. Emphasize the lengthening of your lumbar spine as you press your hips forward. Glance back to each side and reach for your heels. Open your chest and allow the gaze to drift skyward.

QUALITIES

Squeeze your glutes for stability. Expand your ribcage. Press your hip bones forward as you lengthen your lower back.

MODIFICATION

If you are unable to reach both your heels, try one side at a time for Half a Camel. Dorsiflex the feet to lift your heels higher. Tuck your hands behind your hips if you cannot reach the heels.

CAT

MARJARYASANA

CUES

Start in Tabletop pose with your hips over your knees and shoulders over your wrists. Round your back towards the sky as you tuck your chin toward your chest.

QUALITIES

Core is engaged. Spine is fully rounded. Press into the palms of the hands while lifting the arches of the palms.

MODIFICATION

Come down on forearms for those who find this pose uncomfortable on wrists.



Rounding the spine relaxes upper back and neck. Take a moment to undo all of the sitting we do each day.

CHAIR

UTKATASANA



Uses core, thigh, calf, and back muscles. Stretches shoulder, arm, and chest. Stretching and strengthening.

CUES

Stand in Mountain. Divide your weight evenly between the balls of your feet and your heels as you slowly draw your arches away from the mat. Sit back into a chair pose. Pull your navel toward your spine as you engage your abs. Gaze is soft and before you. Arms rise skyward and land alongside your ears.

QUALITIES

You should be able to see your toes in this pose, but do not gaze at the feet. Thighs are wrapped and glutes are engaged. Arms are strong and fingers outstretched long. Navel hugs spine to protect lumbar spine. Sit deeply in this pose.

MODIFICATION

Keep your arms alongside you. Do not sit as deep.

CHATURANGA

DANDASANA

CUES

Begin in Plank. With your triceps hugging your torso, slowly lower down until your elbows are above your wrists. Engage your core, squeeze your glutes.

QUALITIES

Keep torso above elbow level. Distribute your weight evenly as you squeeze the glutes and engage the core. Press your weight into your heels to assist. Shoulders remain back and down behind you.

MODIFICATION

Perform with knees on the floor.



Strengthens arm, core, and leg muscles. **STRENGTH!**
Power. All over body strengthener. Known as prone Mountain pose.

CHILD'S POSE

BALASANA



Resting pose that lengthens and stretches the spine. Connecting your third eye to the mat. Feel the palms draw forward and into the mat as the spine opens.

CUES

Lay prone. Extend your arms out before you as if to bow. Press back until your belly sets atop your thighs. Press into the palms of your hands. Rest your forehead softly on the mat.

QUALITIES

Open our ribcage and tuck your navel to your spine as you lengthen back. Relax the face.

MODIFICATION

Do not sit back all the way on the heels. Allow a space between glutes and heels. To further the pose, drop arms alongside you in Seal pose.

CORPSE

SAVASANA

CUES

Lie supine with arms and legs outstretched. Engage your core. Arms alongside you. Allow your feet to roll away from the midline naturally.

QUALITIES

Body is soft and relaxed. Arms are about a foot away from the body. Palms are facing skyward.

MODIFICATION

For low back tightness, put a bolster under the knees. For neck comfort, put a soft pillow roll or blanket roll under the neck.



Relax the body and teach
patience. Calms the nervous
system and physical body.
Explore the inner self.

COW

BITILASANA



This back extension opens up the spine. Opens the chest. Strengthens the lower arm complex.

CUES

Begin in Tabletop pose. Draw the chin upward and open the chest.

QUALITIES

Spine is long and tailbone reaches for the sky. Arches of the palms of the hands lift against the floor.

MODIFICATION

Rest on your forearms. Dorsiflex the feet if more comfortable.

CROSS LEGGED POSE

SUKHASANA

CUES

Begin seated on your SITS bones. Comfortably cross one leg over the other. Bring hands to prayer pose.

QUALITIES

Try switching legs. Spine is tall. Chin meets the horizon.

MODIFICATION

Do not stack legs so tightly. For deeper work, stack one leg on top of the other.



Settles the mind-body connection.
Improves posture. Quiet the day's
events in your head.

DANCER'S POSE

NATARAJASANA



Improves balance. Stretches the legs, shoulders, chest, groin, legs, and ankles. Aids in a mindful balancing moment.

CUES

Start in Mountain pose. Bend one knee and grab the top of foot or big toe. Keep knees pointing downward. Exhale, extend foot up and out, extend opposite hand out. Keep working heel away from the bottom.

QUALITIES

Micro bend standing knee (knee not locked), ground down through standing leg, pressing down on all three points of your foot. Don't allow the hip to open to the side, keep hip sockets pointing downward.

MODIFICATION

Stand near a wall, use it as support. Use strap to wrap around the top of the foot instead of hand on foot.

DOWNWARD FACING DOG

ADHO MUKHA SVANA

CUES

Begin in Mountain pose. Swan dive down into Forward Fold. Walk your hands out until your hips are skyward. Weight is even in the hands and feet. Press the shoulders low as your ears track alongside your biceps. Drop your heels toward the ground.

QUALITIES

Slowly peddle the heels to lengthen the calves. Sink shoulders down as you inch the hips higher. Press firmly into the palms of the hands and feet. Open the ribcage. Create a space from the palm of the hands to engage the forearms.

MODIFICATION

Bend the knees into a Puppy Pose. Do not lengthen heels all the way to mat.



Energizes the body. Calms the brain. Feel strength, while getting a full body stretch. Feel tall, lifted and strong when raising the hips high to the sky.

EAGLE

GARUDASANA



Improves balance, strengthens and stretches the calves and hamstrings.

Stretches shoulders, chest and arms. Balancing, stretching, mindful thinking and strengthening all in one.

CUES

Ground down through standing leg. Bend standing leg and allow other leg to cross over. Working the toes around the calf. Swing the arms together, placing elbows on top of each other. Palms are facing each other. Move shoulders away from your ears and down your back. Hold.

QUALITIES

Find a dristi, a gaze. Finding a point of focus in balance poses will help steady the mind. Keep weight balanced on all three points of the standing foot.

MODIFICATION

Work on standing on one leg with arms intertwined. Lift leg on the other without the toes reaching around the calf. Can also stand near a wall for support.

EXTENDED SIDE ANGLE

UTTHITA PARSVAKONASANA

CUES

Begin in Warrior Two. Reach front arm to the instep of your front foot, and your back arm reaches overhead. Bend deep into the knee. Press into the edge of the foot. Heart center faces skyward. Gaze goes to the sky.

QUALITIES

Power begins at the edge of the foot, along the side body and through the arms and fingertips. Core is active and holding the body up. Chest is open.

MODIFICATION

Do not bend deeply into the knee. Tuck hand behind hip. Keep gaze forward.



Stimulates internal organs, strengthens legs and stretches shoulders, arms, and chest.

Energizes the entire body. Channel energy from the sole of the foot, through side body, to finger tips.

FORWARD FOLD

UTTANASANA



Stretch the hamstrings. This inversion lengthens the spine. Revitalizing stretch with the properties of an inversion.

CUES

From Mountain Pose, inhale, lengthen the torso. Hinging from the hips, fold forward. Allow hands to rest on the floor, grab big toes, or place hands under feet. Keep weight balanced on both feet.

QUALITIES

Allow the exhales to melt you deeper into this asana. Allow gravity to deepen this pose. Be mindful you aren't pulling your shoulders out of their sockets to touch the ground. Allow the crown of your head to release in the direction of the floor.

MODIFICATION

Keep knees slightly bent. Hold elbows. If dizziness occurs, come up slowly, often a result of low blood pressure.

GATE

PARIGHASANA

CUES

Begin kneeling with hips pressed forward. Feet dorsiflex for additional support. Arms outstretched, level with shoulders. Step right leg out. Anchor your weight on the edge of the foot. Squeeze glutes for stability. Glide right arm to the shin of the outstretched leg. Gaze up.

QUALITIES

Core is active. Body is open and in side bend. Obliques are stretched.

MODIFICATION

Bend knee. Gaze forward. Tuck hand behind hip rather than overhead.



Stretches the torso and obliques.
 Opens the shoulders. This is a
 great whole body stretch through
 the side.

GODDESS

UTKATA KONASANA



Stretches and strengthens, circulates heat throughout the body. Feel the power in this pose. From the toes to the fingers, the whole body is engaged. Feel the strength within.

CUES

Step open to a wide leg stance. Bring arms to a goal post position. Hug navel into spine.

QUALITIES

Active core. Gaze is forward. Body is as if placed between two panes of glass. Arms are engaged. Shoulders are back and down away from the ears.

MODIFICATION

Do not come down so low into Plie.

HALF CAMEL

ARDHA USTRASANA

CUES

In a kneeling position, press hips forward. Reach arms skyward. Draw your right arm to your right heel. Switch sides.

QUALITIES

Hips press forward and are square under the shoulders. Belly is stretched.

MODIFICATION

Tuck hand behind opposite hip if you cannot reach your foot.



Opens up the lumbar spine,
great for tight shoulders.
Stretches belly. Strengthens
core. Backbend with slight
rotation.

HALF MOON

ARDHA CANDRASANA



Relieves stress, improves digestion and improves coordination and sense of balance. The sense balance in this pose feels as if we are flying. The connection felt with the mind in this pose is strong and centered.

CUES

Approach this asana from Warrior Two or extend side angle pose. From an external rotation pose, place hand on the ground, the same side as the forward leg. Lightly bend back leg, spring leg and lift off. Straightening the grounded leg. Working towards stacking your hips and shoulders on top of each other. Lift opposite hand towards the ceiling, fingers spread wide, gaze towards the ceiling.

QUALITIES

Toes point to the side of the room. Hips open and work towards stacking them on top of each other. Shoulders work on stacking on top of each other. Find a dristi, or gaze, to steady your mind. Use control to come in and out of this asana.

MODIFICATION

Place hand on a block. Stand near a wall for support. Keep your gaze down.

HALF PIGEON

ARHA KAPOTASANA

CUES

Begin in Three Legged Downward Facing Dog. Bring knee forward to land parallel to the top of the mat, or as close to it as feels comfortable. Bring the spine into extension as you softly drop your shoulders back and down. Fingertips are light.

QUALITIES

To protect the knee, press back side hip onto mat. Back leg is engaged. Neck is soft. Foot can be near groin rather than parallel to the mat.

MODIFICATION

This pose can be done supine as a single leg stretch.



Lengthens hip flexors, prepares the body for backbends and lotus pose. Often stress is held within the hips. A yummy stretch with benefits all around.

LUNGE

ASHWA SANCHALANASANA

CUES

Begin in Downward Facing Dog. Front foot tracks under knee. Back leg powers on ball of foot, with heel up. Kneecaps are lifted to engage the quads. Arms are on each side of the foot, with a flat palm. Core is active. Gaze forward.

QUALITIES

Shoulders are back and down. Hips are square with shoulders. Knee is above ankle. Neck is soft. Chest is open.

MODIFICATION

Drop back leg to the knee. Bring back foot to 45-degree angle.



Stretches the groin, arms, and legs. This hip opener has the potential to strengthen and stretch the arms and the legs.

MARICHI'S TWIST

MARICHYASANA

CUES

Begin in Staff Pose. Invite left knee to body. Cross left foot over right thigh. Wrap left arm around left knee and twist back to the right. Switch.

QUALITIES

Sit on your SITs bones. Inhale to lengthen. Exhale to twist.

MODIFICATION

Do not twist as far back. Do not cross foot over the extended leg.



Stimulates the circulatory system. Opens the spine with rotation. A chance to move the body out of the frontal plane.

MOUNTAIN

TADASANA



Improves posture, strengthens the body as a whole, while improving balance. With the core engaged, kneecaps lifted and body lengthened, feel the power within during this pose.

CUES

Feet are hip-width apart. Center lines of your feet are parallel. Squeeze shoulder blades together and down your back. Shoulders move away from your ears. Palms are facing forward. This is the base for all standing poses.

QUALITIES

Bring your awareness into your body. Breathe into your low belly. Feel the weight distributed on your feet in the three connected areas; heel, ball mounts, toes.

MODIFICATION

Not necessary unless doing therapeutic yoga. This is accessible for most.

MOUNTAIN UPWARD SALUTE

URDHVA HASTASANA

CUES

Begin in Mountain pose. Raise arms skyward. Base of feet together. Active core. Arms alongside ears.

QUALITIES

Thighs wrapped. Kneecaps lifted to engage quads. Chest is open and arms reach long. Shoulders retract back and down. Crown reaches skyward.

MODIFICATION

Keep knees slightly bent. Slightly bend arms.



Opens the ribcage to allow for a deep breath. Relaxes the traps. Connect from ground to sky in this mindful pose.

OPEN LEG FORWARD FOLD

PRASARITA PADOTTANASANA



CUES

Begin in Star. Hug naval into the spine. Feet facing forward. Hinge at hips, arms reach towards the floor.

QUALITIES

Neck is soft. Kneecaps lift to engage quads. Core active.

MODIFICATION

Slight knee bend. Hands reach for elbows rather than floor. Walk the hands out forward to deepen this stretch.

Stretch up the back of the legs, calves, and back. Inversions are good for circulation. The stretch is so therapeutic and so revitalizing at the same time.

OPPOSITE ARM/LEG

BALANCING TABLE POSE

CUES

Begin in Table Top. Press right heel away from the body. Press left arm away from the body. Naval to spine. Switch.

QUALITIES

Active core. Power into the heel. Reach into the fingertips.

MODIFICATION

Extend only one limb at a time. For a more advanced movement, abduct the legs and arms. Add an elbow to knee crunch. For those with wrist pain, this can be done with fists instead of a flat palm.



Core Strength. Mindfulness.
Evenly distribute the weight of
the extended body for stability
and balance.

PLANK

CHATURANGA DANDASANA



Strengthens the whole body.

Strength and power. Hold the plank as the body starts to shake with an invigorating force. Engages full body.

CUES

Begin in Downward Facing Dog. Track the shoulders over the wrists into a plank position. Press into heels as you wrap the thighs and squeeze the glutes. Core is engaged and obliques hug toward the midline. Naval hugs spine. Shoulders are back and down, and the chest is open. Knee caps are lifted to engage the quads.

QUALITIES

Body is strong. This pose is primarily driven by core strength. Hug the naval to the spine. Squeeze the glutes.

MODIFICATION

Drop knees down. Come down to forearms.

PLOUGH

HALASANA

CUES

Begin from Shoulder Stand or Bridge or from lying on your back. Exhale legs up, place hands on low back for support. Extend the legs up, as in shoulder stands, then begin to hinge from the hips folding legs over your head. Arms can stay supporting low back or release palms down pressing them into the ground.

QUALITIES

While legs are overhead resting on the floor behind you or you are working your legs towards the floor, slightly resist your chin away from your sternum (relieves pressure from cervical spine). Do not turn your head while in this pose.

MODIFICATION

Keep knees bent coming into pose and coming out. Play with your exhales to work your knees slowly in the direction of straight.



Calms the brain, stimulates internal organs and thyroid gland. Stretches shoulders and spine. Revitalizing.

PYRAMID

PARSVOTTANASANA



Improves posture, sense of balance, and digestion. Yummy stretch up the back of the leg, while mindfully balancing and coordinating the body.

CUES

Begin in Warrior Two. Invite your front arm forward. Straighten front leg. Pull naval into spine. Bring nose to chin. Hands to floor alongside feet.

QUALITIES

Feel the stretch along the back of the leg. The core is active. Chest is open.

MODIFICATION

Slight bend in front leg. Do not bring hands to floor.

RABBIT

SASANGASANA

CUES

While on your knees, in a high kneel position, place your forehead on the floor. Reach back towards your heels. Grab your heels. On an exhalation slightly roll on to the crown of your head and reach your navel towards the ceiling.

QUALITIES

In the full extension of this asana, the crown of your head is on the mat. Allow your shoulders to move away from your ears. Round the back, reaching the navel towards the ceiling. Extend upon your exhales to get the most flexion in your spine. Do not put too much weight on the top of your head.

MODIFICATION

Stay in the pose, by reaching for your heels with your hands and not extending up. Or exhale up to your desired comfortable level. Or rest your hands on the side of your legs instead of reaching for heels.



Increases spines mobility and elasticity. Also feeds the nervous system fresh blood and oxygen. Great for headaches.

REVERSE PLANK

PURVOTTANASANA



Stretches and strengthens the arms, wrists, and legs. Power and strength while getting a stretch.

CUES

Sit on your mat with legs extended out in front of you. Place hand directly below your shoulders, fingers facing towards your body. Spread fingers wide and firmly press palms into the ground.

QUALITIES

Exhale, lift the navel towards the sky. Head is an extension of the spine, don't let it hang or have tension to keep it lifted. Squeeze your back body to help engage the lift. Keep lifting your navel and hips towards the ceiling.

MODIFICATION

Work in reverse Tabletop. Keeping legs bent instead of straight. Keep feet parallel. Lift the navel to the sky, creating an inverted tabletop.

REVERSE WARRIOR

VIPARITA VIRABHADRASANA

CUES

Begin in Warrior Two. Draw back arm to extended leg's thigh. Front arm reaches to the sky. Naval hugs spine. Chest is open. Gaze skyward.

QUALITIES

Shoulders are back and down. Belly is stretched. Knee is tracked above ankle. Thigh is parallel to floor.

MODIFICATION

Narrow the stance. Bring back arm to hip rather than hamstrings. Arms in prayer pose to chest. Gaze forward.



Opens the ribs and strengthens thighs while also getting a side body stretch. Feel powerful, exotic and beautiful in this pose.

REVOLVED SHOULDER TWIST

JATHARA PARIVARTANASANA



CUES

Begin in Knees to Chest pose. Drop knees to the right. Outstretch arms. Gaze follows left arm. Switch.

QUALITIES

Soft belly. Outstretch legs. Keep neck soft and allow gaze to follow arms.

MODIFICATION

Toss arms to the left and legs to the right. Switch. Keep both arms outstretched.

Good for the circulatory and nervous system. Let go and relax into the pose. The body falls earthbound with a soft mind.

SHOULDER STAND

SALAMBA SARVANGASANA

CUES

Begin as you would Plough. Lay flat on back, knees up. Knees are hip-width distance apart and do not go over your toes. Work your shoulder blades together and down your back. Almost as if you are rolling your shoulders under you. Sternum becomes lifted.

QUALITIES

Exhale, lift your legs up. Use your hands to support lower back, fingers face skyward. Extend legs up towards the ceiling. Press out with the ball mounts of your feet. Slightly work your chin away from your sternum to keep cervical spine safe. Do not turn your head while in this asana. Use control to exit this asana rolling vertebrae by vertebrae.

MODIFICATION

Can use a wall. Sit near a wall with your knees facing the wall. Extend your feet on to the wall at a 90-degree angle. Lift your hips off the ground.



Improves digestion, strengthens the upper body, and nervous system. Known as “The mother of all asanas.”

SINGLE LEG BRIDGE

SETU BANDHA SARVANGASANA



CUES

Begin in Bridge. Raise one leg up. Point toe. Keep weight on shoulders and feet and hips pressed skyward. Gaze is neutral and skyward.

QUALITIES

Neck is soft. Extended leg is strong with thighs wrapped. Core is engaged and prompts the leg to rise. Arms are strong and press into the mat.

MODIFICATION

Slight bend in the extended knee. Keep both feet on the floor.

Strengthens core, stretches chest, hip flexors, shoulders, and spine.

Increases energy. Powerful, revitalizing and yummy stretch.

SPHINX

SALAMBA BHUJANGASANA

CUES

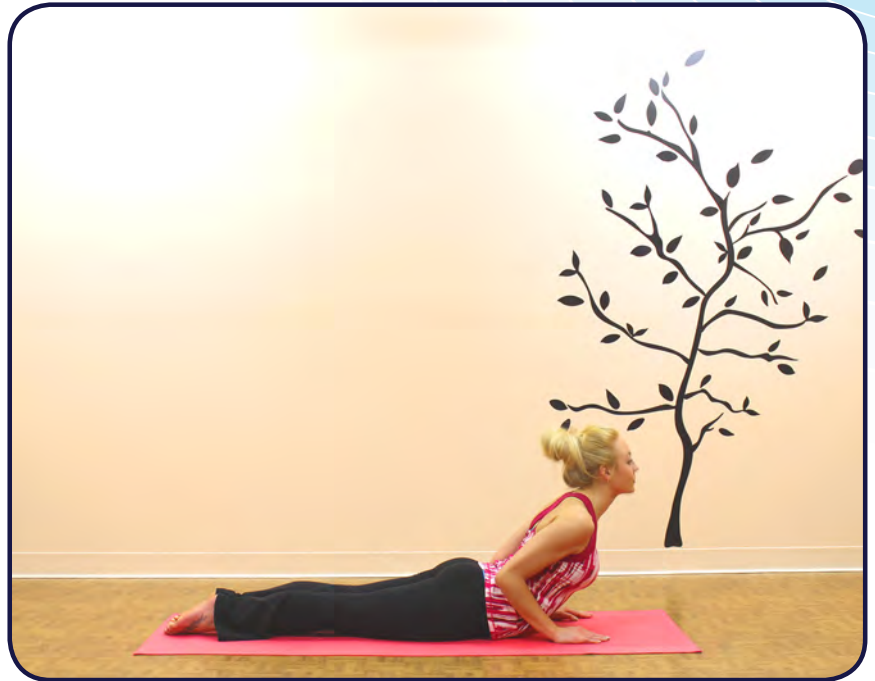
Begin laying prone on your mat. Arms outstretched and legs active. Pull obliques toward the midline. Chest is open. Naval hugs spine. Wrists are under shoulders.

QUALITIES

Shoulders are back and down. Thighs are wrapped. Palms of hands press firmly into mat. Back is slightly extended. Heart center and gaze are forward. Triceps hug torso. Soft neck.

MODIFICATION

Less back extension.



Strengthens the spine, stretches chest, lungs, and abdomen. A good way to ease into a baby backbend.

STANDING MOON

ARDHA CANDRASANA



Stretches out the side body. Adds great energy through the whole body. Feel the energy rejuvenate and cleanse the body.

CUES

From Mountain pose, inhale, arms up. Ground down through shoulders, moving shoulders away from the ears. Can have palms together or apart. Sway to one side, hold, release then do the other.

QUALITIES

Don't round shoulders down, but rather rotate armpit towards the ceiling. Sternum rotates towards the ceiling. Allow both feet to stay grounded into the earth.

MODIFICATION

Lessen the degree of the bend. Lightly sway to the side, activating your oblique.

STAR

UTTHITA TADASANA

CUES

Standing feet apart with toes pointing outward. Outstretch arms to the sky. Pull your navel into your spine.

QUALITIES

Core is active. Chest is open. Chin is level with the horizon. Fingertips are spread wide.

MODIFICATION

Allow a slight bend in the knee. Do not fully extend arms. Ease into a slight baby backbend, if it feels good to do so.



Aligns the spine, stretches the entire body and opens the chest. Feel the heart and chest opening up to the sky. Serves as a nice transitional pose.

SWAN

HAMSASANA



Extension of the spine.
 Opens the chest. Step away
 from the chair and open the
 body up in this pose.

CUES

Lay prone on the floor. Stack forearms together, parallel with the edge of the mat. Rest forehead on forearms. Lift from the belly, opening the chest. Dristi is forward.

QUALITIES

Core is engaged. Rib cage is open. Neck is soft. Extended legs are engaged and glutes are squeezed.

MODIFICATION

Do not lift off the ground. Rest forehead on forearms.

THREAD THE NEEDLE

SUCIRANDHRASANA

CUES

Begin in Child's pose. Draw your right arm under the left reaching perpendicular to the body. Exhale deeply into this pose.

QUALITIES

Hips are above knees. Tops of feet rest comfortably on the mat.

MODIFICATION

Do not bring face all the way to the floor.



Inversions can be great for headaches. Also beneficial for tight shoulders. Stretch out your shoulder in this pose.

TREE

VRKSASANA



Improves balance, stretches the chest, shoulders, and arms, while strengthening the legs. Find your inner quietness to allow the body into this balancing pose.

CUES

Ground down through standing leg. Place opposite foot near groin, allowing the knee to point downward. Place hands in Namaste or variations. Can also perform Tree pose as in modifications, placing foot on calf or thigh externally rotating the knee outward. Neutral spine.

QUALITIES

Allow weight to be distributed on all three points of your foot. Don't lock your knee, but have a microbend in the joint. Find your dristi, gaze. Avoid foot on knee to prevent injury.

MODIFICATION

Option to place foot on ankle, calf or thigh. Use a wall for support. Place foot on ankle or shin.

TRIANGLE

TRIKONASANA

CUES

Begin in Warrior Two. Straighten front leg. Draw front arm to the instep of foot. Arms stack open. Heart center faces skyward. Gaze goes to the sky.

QUALITIES

Arms are level with the shoulders. Chest is open. Core is active and holding body up.

MODIFICATION

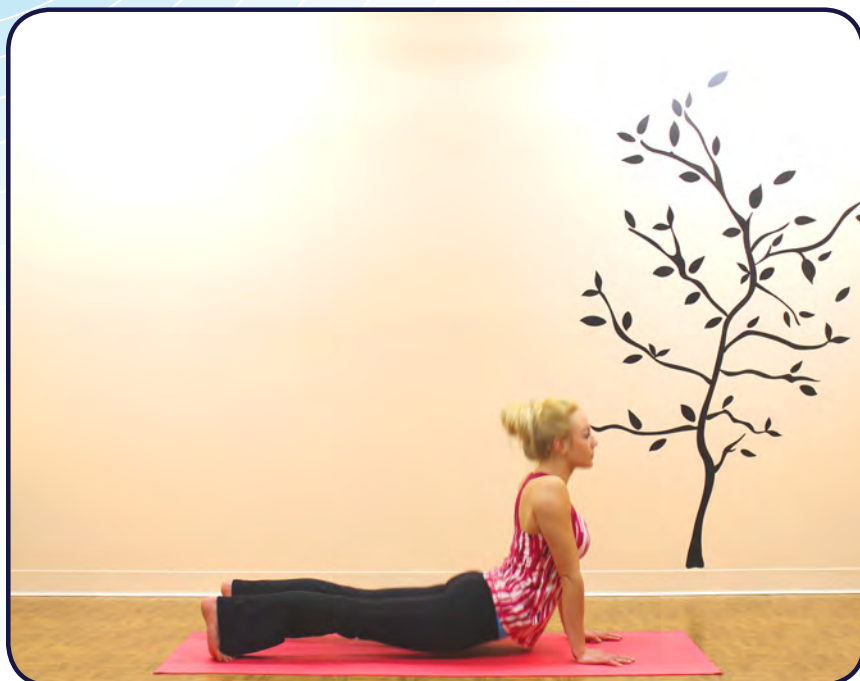
Allow slight bend in knee. Smaller stance. Keep gaze forward.



Strengthens and stretches the legs. Stimulates internal organs. Improves digestion. The energy in this pose is revitalizing and powerful.

UPWARD FACING DOG

URDHVA MUKHA SVANASANA



Improves posture, strengthens the spine, arms, and wrists. Chest opener that is also a great strengthening pose.

CUES

Begin laying prone on your mat. Arms outstretched and legs active. Pull obliques toward midline. Chest is open. Naval hugs spine. Wrists are under shoulders. Slowly draw the knees off of the mat.

QUALITIES

Shoulders are back and down. Thighs are wrapped. Palms of hands press firmly into the mat.

MODIFICATION

Less back extension. Have feet flexed rather than the tops of the feet on the mat.

WARRIOR I

VIRABHADRASANA I

CUES

Shoulders and hips are square and facing forward. Back foot is at a 45-degree angle. Front knee is above the ankle. Arms are skyward. Gaze is forward. Core is active.

QUALITIES

Divide weight evenly between front and back leg. Core holds this pose up. Neck is soft. Shoulders are back and down.

MODIFICATION

Narrow the stance. Lessen the bend in the front knee.



Strengthens legs. Stretches arms and shoulders. Improves balance. Power! It has been said this pose represents the monster being slain and the head held overhead to show the village it has been brought to safety.

WARRIOR II

VIRABHADRASANA II



Increases stamina, stimulates internal organs, strengthens legs and stretches upper body. Power. Stillness. Pure connection from mind to body.

CUES

Begin in Warrior One. Open hips and arms to Warrior Two. Arms are level with the shoulders. Front thigh is parallel with the floor. Knee is above ankle.

QUALITIES

Weight is even between front and back leg. Core strength holds this pose upright. Gaze is forward between fingertips. Shoulders are back and down. Neck is soft.

MODIFICATION

Narrow the stance. Lessen the bend of the knee.

WARRIOR III

VIRABHADRASANA III

CUES

Come into this asana from Warrior One. Bend the front knee, place fingertips on floor and spring up or lift off. Balancing on one leg, working opposite leg in a continuous line of the torso. Place hands either in front, to the side, or behind you.

QUALITIES

Keep extended leg's toes pointing downward. Keep hips pointing downward. Hold. With control, float back down to Warrior One. Keep a micro-bend in the standing leg, don't lock knee. Finding a dristi will focus the mind. When exiting bend front knee and allow back leg to meet the floor.

MODIFICATION

Use a block to place your hands on. Keep back foot on ground.



Strengthens core and legs, improves balance, and posture. Strengthens shoulders and back. Mind-body connection, balance improvement, strength, and stretch.

WHEEL

CHAKRASANA



Increases energy, opens the chest, strengthens the legs, arms, and core. Astounding energy throughout the body within this pose. Strength and stretch all in one.

CUES

Lay on your back with knees bent. Feet hip width distance apart. Place hands near ears, fingers pointing towards your body. Exhale, press hands into mat, activate your arms and lift torso up.

QUALITIES

Press palms into the ground. Keep elbows and knees parallel. Lift your pelvis and navel towards the ceiling. Strong arms. Don't lock elbows. Allow your breath to expand the small of your back, allow space in your lumbar spine.

MODIFICATION

Can start with Bridge to build up to Wheel. Have a spotter help lift your hips, taking some of the weight off your arms. If wrists are tight you can do wrist stretches to develop that range of motion.



THE WORKBOOK

8 LIMBS OF YOGA

The eight limbs of yoga coined by Patanjali are Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadi. Each of them play a valuable role in the life of a yogi.

History of limbs?

Define each limb.

Reflect on how the yamas and niyamas can affect your life experience.

What roles do the asanas play in the 8 limbs of yoga?

YAMAS

Yamas are how you interact with others. They are considered social policies to aid a yogi in social interaction, as a whole. It greatly influences the yogi's worldview.

Define it.

What does it mean to you?

How can you apply it to your daily life?

What are some benefits of applying it to your daily life?

NIYAMAS

Gaze inward to niyamas, the interaction with yourself. One's thoughts, feelings, and vibrations all lend to how our inner world translates into our outer world experience.

Define it.

What does it mean to you?

How can you apply it to your daily life?

What are some benefits of applying it to your daily life?

ASANAS

The postures of yoga. Asanas are said to prepare the body for meditation. Yoga is called a practice as there is no “finish line.” Try and become familiar with the many expressions of each postures available to the student. Remember, there is no right or wrong in yoga.

Define it.

What does it mean to you?

How can you apply it to your daily life?

What are some benefits of applying it to your daily life?

PRANAYAMA

The breath. As we move through the limbs of yoga, we integrate breath. It can be very powerful to marry pranayama with asana. Students can more easily see the mind body relationship when these two are used in tandem. For example, we might say inhale into cow and exhale into cat. Pranayama covers a wide array of breathing techniques to include alternate breathing techniques, ujjayi breath and countless others.

Define it.

What does it mean to you?

How can you apply it to your daily life?

What are some benefits of applying it to your daily life?

PRATYAHARA

Withdrawal. Withdrawal from the senses, and the world. To truly go inward. Meant to prepare for the next limb, dharana.

Define it.

What does it mean to you?

How can you apply it to your daily life?

What are some benefits of applying it to your daily life?

DHARANA

Concentration. To truly remove all mental conflict by concentrating inward. Allow the mind to discard all that is external. Meant to prepare for the next limb, dhyana.

Define it.

What does it mean to you?

How can you apply it to your daily life?

What are some benefits of applying it to your daily life?

DHYANA

Meditation. This can mean very different things to different students. For some, it is a guided meditation offered by the instructor. For others, it is an out of body experience. Meant to prepare for the next limb, samadhi.

Define it.

What does it mean to you?

How can you apply it to your daily life?

What are some benefits of applying it to your daily life?

SAMADHI

Enlightenment. Many refer to samadhi as connecting with their higher selves, some god. It has been suggested that it is to connect to one's inner light. It is up to the student to define what samadhi means to them. Implies bliss. Some believe you reach samadhi and stay there, while others believe you move in and out of it throughout life.

Define it.

What does it mean to you?

How can you apply it to your daily life?

What are some benefits of applying it to your daily life?

MODIFICATIONS

If you are teaching in a group setting, offer modifications early. Get the whole class into a posture and offer deeper expressions from that point. This allows your yoga class to be all levels and appropriate for any practitioner.

Bend it?

Make it smaller?

Do it slower?

Do something else?

CHAKRAS

There are seven main chakras in yoga. They are root (red), sacral (orange), solar plexus (yellow), heart (green), throat (blue), third eye (indigo), and crown (violet). They align with the spine and nervous system. An easy way to remember their corresponding colors is R.O.Y.G.B.I.V. Each chakra also has a corresponding sound vibration and symbol.

What are Chakras?

List each chakra location in the body?

Define the influence of chakra's on one another?

Name some examples of how chakra's affect your daily life?

MEDITATION TECHNIQUES

Yoga is as much about mastery over the mind as it is the body. Meditation is best accomplished with practice over time. Start with a daily, one-minute meditation and build from there. Guided meditations can also be helpful in quieting the monkeys of the mind.

Visualization?

Body awareness?

Chakras?

Teach them something?

PROPS

Blocks can be a great way to bring the floor to you. This can be particularly helpful in postures such as Triangle, where the emphasis is on opening the chest, rather than reaching the floor. To help the students understand the purpose of the props, be sure to tell them what you want them to experience in the posture (i.e. opening.) While props are helpful, less is more. Too many props can be cumbersome. Be sure all props are in good condition and are clean before sharing with the class. If you are going to have the whole class use blocks for your class, be sure to pass them out before class.

Benefits of props?

Downsides of props?

List your favorite props?

Some examples of using your props with sequence?

HISTORY OF YOGA

Yoga is thousands of years old. Nobody knows for sure the history of yoga. Recently, palm leaves have been discovered with yoga teachings written on them. We must embrace all lineages of yoga and the role they play in today's practice. There is no right or wrong in yoga, only good alignment and a balanced class. Yoga in the West is largely comprised of Iyengar's teachings. Sanskrit is yoga's native language. Many teachers in the West choose to offer postures in English, in addition to or instead of, Sanskrit. It is up to the instructor to decide what is right for their population.

Pre-Classical?

Classical?

Post-Classical?

Modern?

SPIRITUALITY VS. RELIGION

Often times a yoga instructor will be told someone cannot participate in yoga because of their religion. It is important to offer a class that is free of religion so that it is inclusive to all that may want to come. Assure the student that in yoga we connect to our higher selves – whatever that means to each of us. It is between the student and their mat.

How to leave religion out of it?

When to incorporate spirituality into it?

When is okay to include religion?

What is the difference between religion and spirituality?

EFFECTIVE CUING

Keep it simple. Choose cues that are clear, short and to the point. Avoid excessive descriptive words that muddy the point. Use voice inflection to highlight cues you want to emphasize.

How do you keep it simple?

How do you give clear instruction?

Why teach in English then communicate in Sanskrit?

Amplify your voice in a calm way.

QUALITIES OF MOVEMENT

Once you have the student in the basic posture you are looking for, it's time to fine-tune it. These are the cues that help the student really get deeper into the posture.

Where to draw the focus?

Name some common qualities.

Change difficulty level.

Choose your adverbs.

ANATOMY OF ASANA

Yoga and anatomy are closely tied together. Yoga affects the body on a muscular, connective tissue, skeletal and cellular level.

In what ways does yoga change the muscular structure to improve health?

How do the postures in yoga work to enhance the connective tissue?

How does yoga go so deep it affects the skeletal structure and how so?

Going even deeper, how does yoga penetrate the cellular level and the benefits that result?

YOGA RETREATS & OTHER VENUES

You don't need a studio to practice yoga! Bring your practice and students outside. Bringing your students out of the classroom comes with a number of responsibilities. Remember insurance certificates, yoga mats, water, music, waivers, and meals. If you bring them outside, have a backup plan in case of inclement weather. Be sure to have a first aid kit and other necessities with you.

Where do you get insurance?

What nutrition food and drink would you like to bring? Included or for sale?

What items do you bring extra in case a student forgets something?

What is your backup plan in case weather turns sour?

YOGA IN THE WORKPLACE

There's more to do than yoga when you're a yoga instructor. Holding a space for yoga is a great responsibility. Some things to take into account include: liability insurance, waivers, props, mats, special populations, cleanliness, accounting and more.

How to market your classes?

What is your before class checklist?

What is your after class checklist?

What are some professional tips?

BENEFITS & CONTRAINDICATIONS OF YOGA

Too much of anything is not a good thing and yoga is no exception. While inversions are great for energizing the body and circulation, remember that staying in an inversion too long can be harmful. Those with high blood pressure or vertigo, for example, should refrain from inversions.

What is the max time to keep a student in an inversion?

What posture helps counter balance an inversion?

If a student has a reaction to an inversion how do you assist?

What are the benefits of inversions?

TYPES OF ASANAS

Create a balanced class by including forward bends, backbends, twists, side bends, and inversions in your sequence.

Prone vs. Supine?

Forward folds versus backbends?

Twists versus lateral bends?

Inversions?

ADDRESSING YOUR POPULATION. WHO SHOWS UP TO CLASS?

Yoga is for everybody! If you are teaching group classes, chances are you'll have all types of abilities and limitations come to your class. Consider having props ready such as blocks, straps and chairs for those who may benefit from them.

Modifications? Implies easier.

If you want to bring this to the next level, what do you do?

Pick a posture for easier modification?

Pick a posture to take the student to the next level?

HOW STUDENTS LEARN

Students are people and like people, they learn in different ways. Let this be your guide to finding the right balance between visual demos and verbal cues. Allow your voice to put emphasis on that which you want to highlight. Sometimes a moment of silence is exactly what the students need to move into the posture. Sometimes less is more.

What do doer learners need?

What do visual learners need?

What do audio learners need?

How can manual adjustments help students learn?

ADJUSTING THE STUDENT

Hands on or hands off? Before adjusting the student, be sure to ask permission. Remember that body language counts, too. Remember there may be a reason your student isn't choosing the full expression of a posture. The body is an amazing system that helps prevent itself from harm. Stick to a light touch, mirroring or verbal adjustments if you're not sure. If the adjustment is needed to keep the student safe, do so mindfully.

You're there to push your students, but when do you know to back off?

If a student can't do full expression what replacement posture do you recommend?

Benefits of hands-on?

Downsides of hands-on?

BREATHING TECHNIQUES

What does it mean to follow your breath in yoga? Some benefits include moving more deeply into a posture on an exhale. Open up your backbends with an inhale and remove all of the old air as you exhale into a forward fold.

Abdominal breathing?

Yogic breathing?

Breath retention?

Ujjayi breath?

LEVELS OF YOGA

The most seasoned yogi is still a beginner. Posture can range in their expression by extending or bending the pullies and levers of the body.

But why?

Stages of the class.

Choosing cues towards your apex.

Passing out props.

YOGA STYLES

There are so many styles of yoga and new ones are being created all of the time. Styles are largely influenced by lineage. This is why there is no right or wrong in yoga, just good alignment and proper form. Some popular styles include Vinyasa, Restorative, Power and Gentle yoga. Perhaps create a yoga style of your own!

What are some lineages of yoga?

Why is there no right or wrong in yoga?

Alignment.

What are some of your favorite style?

ASANA WORKSHEET

Use the template below to deepen your understanding of this asana.

Write out your cues as you would speak them in class:

Expand on the qualities given with trusted resources:

Offer some progressions and regressions to modify the asana.

Provide a brief sequence including the asana:

AYURVEDA FUNDAMENTALS

Early Eastern medicine. Focus is on healthy living in alignment with one's doshas. Doshas are a person's constitution – Kapha (Earth), Vata (air) and Pitta (fire.) Most people are predominantly one or two. Balance is believed to be achieved when all three operate equally.

What is Ayurveda?

What are Dosha's?

What are some benefits of an Ayurvedic diet?

Reflect on your constitution quiz?

SNIPPETS- WHAT IS IT AND HOW CAN IT HELP ME DESIGN A CLASS?

Transitions can be the key to offering a smooth class. Teaching sequences in snippets of three not only make the class easier to deliver for the instructor, but also allows the student to feel successful knowing the sequence.

To provide a smooth class?

To allow for an all level's class through cues and qualities?

Identify modifications?

Identify anatomy?

CREATE YOUR OWN SNIPPETS SEQUENCES

Choose three postures that flow together nicely and create your own snippets. As your students come to know the snippets, they can follow along with ease.

Qualities?

Modifications?

Cues?

Sequence?

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CREATE A RESTORATIVE YOGA CLASS

Restorative yoga is all things props! Get your blocks, blankets and straps out to assist your students into the deepest expression of postures available to them. Allow some time to stay in the posture long enough to open and lengthen the muscle and surrounding connective tissue.

Cues?

Qualities?

Modifications?

Sequence?

CREATE A GENTLE YOGA CLASS

What is gentle yoga? Gentle yoga is slow, silky and allows even more time for moving into and out of postures more mindfully.

Cues?

Qualities?

Modifications?

Sequence?

CREATE A POWER YOGA CLASS

Who said you can't lose weight doing yoga? Power yoga gets the heart rate up and stresses the muscles further to increase strength.

Cues?

Qualities?

Modifications?

Sequence?

CREATE A VINYASA FLOW CLASS

Vinyasa means flow. Slow flow, quick flow, and everything in between! Sequence your postures in a way that transitions from one to the next with ease.

Cues?

Qualities?

Modifications?

Sequence?

CREATE A PRENATAL FRIENDLY YOGA CLASS

Learn some basics about prenatal yoga. Even if you don't plan on specializing in this style of yoga, it is helpful to know what to do if a pregnant student shows up in your group class. Some key reminders is to caution them on minimizing backbends, inversions and prone positions. Did you know a pregnant student should roll to their left side, rather than their right side in the fetal position since the placenta is on the right side?

Cues?

Qualities?

Modifications?

Sequence?

CREATE A HATHA YOGA CLASS

Essentially, all styles of yoga can be discovered in Hatha yoga. Hatha yoga simply represents the asanas of yoga, just one of the eight limbs named by Patanjali.

Cues?

Qualities?

Modifications?

Sequence?

CREATE SUN SALUTATIONS A CLASS

Begin your day with sun salutations and howl at the moon with moon salutations! Sun salutations are a great way to warm up for any sequence. Consider bringing them outside for a yoga excursion during solstice. Don't forget to participate in 108 Sun Salutations for charity!

Cues?

Qualities?

Modifications?

Sequence?

CREATE SUN SALUTATIONS B CLASS

Begin your day with sun salutations and howl at the moon with moon salutations! Sun salutations are a great way to warm up for any sequence. Consider bringing them outside for a yoga excursion during solstice. Don't forget to participate in 108 Sun Salutations for charity!

Cues?

Qualities?

Modifications?

Sequence?

CREATE SUN SALUTATIONS VARIATION CLASS

Begin your day with sun salutations and howl at the moon with moon salutations! Sun salutations are a great way to warm up for any sequence. Consider bringing them outside for a yoga excursion during solstice. Don't forget to participate in 108 Sun Salutations for charity!

Cues?

Qualities?

Modifications?

Sequence?

CREATE MOON SALUTATIONS CLASS

Howl at the moon with moon salutations! Moon salutations are a great way to compliment any sequence. Consider bringing them outside for a yoga excursion during solstice.

Cues?

Qualities?

Modifications?

Sequence?

BOOK REPORT

Find an area of yoga that resonates. Read about it. Reflect on your take-away. (1-3 pg.)

What book will you read?

What is the main idea?

How do you relate to this book?

What is your main takeaway from this reading?