

Simple Class overview (Beginners Class Plan 1)

Time	Teacher activity and flow
9.30	You arrive and create a safe and soothing environment - checklist above
9.45 - 10.00	*Welcome students personally. *Check for H&S *Ask if they have practice yoga before *Add to register if not already booked
10.00-10.10	1.Savasana - Becoming Present
10.10-10.25	Seated flow to bring the students into their correct seated posture Awareness to correct seated posture Root Chakra awareness Observe the breathe Shoulder rolls and letting go Seated side bends and gentle twist
10.25 - 10.30	BREATHWORK 1 Beginners alternate nostril breathing - simply left and right nostril breathing
10.30 -10.45	Warming up to standing sequence 1 Stretch into the spine A transition (with options) to move into the Cat and Cow Cat and Cow Camel Pose Down Dog Practicing the transition Chest to floor, elbows to the back of the room - SAFE TECHNIQUE
10.45 - 11.00	15. Sun Salutation - Sequence 1
11.00 - 11.10	Balance and Stretch Sequence Tree Wide Forward Fold
11.10 - 15	Coming Down Sequence 1 Squat - Forward Stretch Legs up Happy baby Spinal twist
11.15 - 11.25	Deep relaxation - Yoga Nidra See script in manual
11.25 - 11.30	Sealing your practice Reflection, body scan, open stretch to prayer, namaste