

Nourishing the teacher: *class planning*

With manuals closed and the brain filled up it can be of benefit to have a short list to invoke remembrance when you are planning your classes or personal practice. Use the following lists to spark ideas for sequences, warm ups, and postures. If you are not familiar with a particular pose or pratapana (*warm up*), google it, ask a friend, or email me. Many of the following are derived from both the Kripalu Yoga Tradition as well as the Anusara® Yoga Method.

Pratapana:

From Seated:

Sun breaths
Reverse sun breaths
Seated side stretch (& rotation)
Elbow to knee
Dandasana sun breaths (*watch low back*)
Madonna vogue stretch
Arms at T hand/wrist rotations/stretch
Neck stretch
Elbow stretch
Dolphin waves and revolved torso twist
Windshield wiper legs
Hip circles
Baby cradle
Bun crawl
Butterfly
Reverse table, one legged, legs to side
Tin slider
Shoulder rolls and arm rolls
Wrist rolls
Contract and release
Palms above head stretch, wiggle
Seated cat/cow
Arms in front pull into belly
Arms up high pull into belly
Eagle arm rotations
Cactus arms

From lunge

Runners stretch cat/cow
low lunge
Side twist
hand/arms inside foot
Arm rotations
Back knee pulse
Jump switch

From standing:

Arm circles
Hip circles
Utkatsana pulse, *arm fluidity*
Goddess pulse

From supine (*first on the list core*)

Bicycle kicks, variation on forearms
Crunch
Water wheel, one legged and two
Scissors
Toe touches
Pavana muktasana core
Eagle core
Block lift hips, lift head
Cross legged resistance press
Bent knee crunches and twisting
Up Boat
Knees side to side & variations
...
Head rolls
Elbow grab, side to side
Gentle spinal rocking
Bridge lift
Leg up circles, can use tie
Supta Boddha Konasana
Full body stretch
Hand to wrist stretch
Wind relieving
Hamstring stretch
Windshield wiper legs

From down dog:

Three legged dog, tippy toe dog
Fire hydrant, knee to heart
Donkey kicks
Lunge
Walk one heel at time
Little sway, squat bend side to side

From Table:

Cross crawl
Fire hydrant and circles
Donkey kicks
Hip circles

Warrior, goddess
Helicopter twists
Shoulder rolls, arm rolls
Contract and release
Eagle arms
Quarter moon
Seed to tree
Hand to wrist side stretch
Sun breaths, *one arm at a time variation*
Folding and coming up with breath
Uttanasana
Sun salutes & variations
Cactus arms
Hug
Tie stretches
Goddess Tai chi

Cat/dog
Pointer (*elephant trunk, arm/leg kick*)
Bowling vajrasana/puppy
Thread the needle
Down dog pulse
Child, table, down dog
Child with side stretch
Down dog kicks (*knee to chest, out to side*)

Asana:

<p><u>Standing:</u> Mountain Standing half moon Chair Flying chair Standing forward fold Wide legged standing forward fold Warrior I (<i>one arm pulse, op hand to op waist</i>) Will (<i>hand to heart then expand</i>) Will Reversed warrior Humble warrior Flying warrior Goddess Extended side angle pose (<i>hand on inside of foot for hip stretch</i>) Triangle (& revolved) Balancing half moon (& revolved) Tree, twisting tree, backbend Eagle Extended hand to big toe Standing yoga Mudra Standing Crane</p>	<p><u>Sitting, forward bends, hips:</u> Child Staff Hero Diamond Easy pose Adept pose Lotus Bound angle Pigeon Cow face Fire log Wide angle seated forward bend Heron Garland Monkey pose Seated forward bend Head to knee forward bend Frog Bridget's Cross (<i>torso on floor twist</i>) Quad lunge (<i>one or two hands behind</i>)</p>
<p><u>Sitting Twists:</u> Easy pose twist Marichyasana I, III Half lord of the fishes Hero Child Lotus Head to knee forward bend Revolved wide angle seated forward bend</p>	<p><u>Backbends:</u> Cobra (<i>dancing cobra</i>) Locust (<i>boat</i>) Upward facing dog Bow Half frog Pigeon with back leg Reclining hero Inclined plane (<i>reverse plank</i>) Camel Camel Lunge Quad stretch backbend Fish Bridge Upward facing bow (<i>wheel</i>) Dancers Crocodile</p>
<p><u>Inversions:</u> Shoulder stand (<i>& variations</i>) Head stand (<i>& variations</i>) Plow (<i>& variations</i>) D. Dog -3 legged -tippie toes -twisting -scorpion dog</p>	<p><u>Arm balancing:</u> Side plank (<i>& variations</i>) Crow/Crane (<i>& side</i>) One legged crow/crane One legged koundinyasana Hand stand One leg over arm Eight angle pose Forearm balance Pendant pose Arm pressing pose Plank</p>

	Four limb staff pose
Supine: Reclining hand to big toe (& variations) Eye of the needle Reclined child Happy baby Ecstatic bug pose Revolved abdominal pose Knee down twist Wind relieving	