

What happens during a Yoga class?

This is for all the people out there that are interested in taking a yoga class, but are apprehensive in doing so. The first thing that should happen is that you are welcomed in by the teacher. During this welcome the teacher may ask you to fill out a few lines of info about yourself while discussing it with you personally, including any injuries, aches, pains etc. anything relevant to physical movement. During this time you may also have some questions for the teacher, in which either case it is always good to arrive early to class. Next, the teacher will show you around the studio and show you where to put your personal belongings, and where to set up your space. We have supplies available for your use during class free of charge. Some studios may charge for this and others may not have any supplies available. (It's always good to ask in advance).

Now, I will give you the general structure of a Yoga class:

Taking a comfortable seat (using blankets and or blocks to elevate sit bones so you're able to sit with balance and comfort). During this part of class you are centering yourself to be present in mind and body. Listening to the signals your body will give you throughout your practice. Yoga is not meant to give you discomfort (caused by misalignment). If anything does not feel right ask for guidance from your teacher.

Centering options may include one of the following and is usually about 5-10 minutes (Pranayama – Breathwork, Mudra – Hand gesture, Mantra – sound vibration, Meditation) Dandasana – (staff pose) helps you create inner body length while gently lengthening hamstrings

Phalakasana – (Plank pose) integrates the musculature of the entire body

Adho mukha svanasana – (Downward facing dog) Restful to the heart, elongates the spine and relieves stiffness in the shoulders. Must activate fingers while doing this to eliminate pressure from wrists

Bhujangasana – (cobra pose) strengthens back muscles

Balasana – (child's pose) resting and also gently opening hips

Transition to standing from adho mukha svanasana walking towards front of mat

Utkatasana – (fierce pose, form of a lightning bolt) strengthens thigh muscles

Tadasana – (mountain pose) teaches all of the primary aspects of alignment that will be used in virtually every posture you will perform

Trikonasana – (Triangle pose) assists in opening hips in external rotation with stability Keeping legs strong will help lengthen hamstrings

Vrksasana – (tree pose) helps to develop balance and stability

Prasarita Padottanasana – (spread leg intensely extended pose) the hips and hamstrings are deeply opened as the groins lengthen towards the seat bones

Transition to floor

Setu Bandasana – (bridge pose) a primary backbend that provides the education and foundation needed for other asanas

Jathara Parivartanasana I – (revolved stomach pose) done reclining, a relatively non-muscular pose that allows you to feel the rotation of the spine

Savasana – (corpse pose) relaxes the body and eases breathing, soothes the nervous system and brings peace of mind

Class may end after returning to your comfy seat or with an “ohm” join in or listen

Class is finished, Enjoy how great you feel! Namaste