



# Signature 5 Week Series Beginner's Vinyasa 101 Workshop

## Intro Class + Teaching Guide

Assists, Enhancements, Hands-On Adjustments and Props

<u>Asanas to Teach</u>	<u>Week(s) to Teach</u>
Mountain	1, 4
Anahatasana	4
Child's Pose with modifications	1, 4
Downward Facing Dog	1, 4
Knees to Chest	1
Goddess, Lunar and Solar Flow	3
Forward Fold	1
Monkey/ Gorilla	2
Lateral Flexion	3
Chest Expansion Forward Fold	3
Chair	2, 4
Warrior 1, 2, Reverse, Side Angle	2, 4
Triangle	4
Seated Straddle Splits	5
Balancing Half Moon	5
Tree	2



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Cat/ Cow Flow	1, 3
Spinal Balance Flow	1
Side Plank	5
Locust	1
Bow	3
Camel	5
Seated Forward Fold	1, 3
Cradle the Baby (Supine / Reverse Pigeon)	5
Butterfly and Supine Cobblers Pose	1, 3
Boat	3
Seated Spinal Twist/ Variations	3
Incline Plank/ Table Top	3
Happy Baby	1, 4
Supine Spinal Twist	1, 2, 4
Bridge	1, 2
Legs Up Wall (strap)	1, 4
Lunge Options	3, 4, 5
Chatarangua (breakdown)	5
Cobra Wave	2, 3, 4
Sphinx	1, 5



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Upward Facing Dog (breakdown)	4, 5
Surya Namaskar Half Series	3, 4
Surya Namaskar A and B	4, 5
Half Splits / Ardha Hanuman	4
Crescent lunge	4
Savasana	All Weeks

**Each Week teach a PART of a yoga class, after the last week put it all together in a Vinyasa flow Master Class 75 minute, preferably in Far Infrared Heat.**

**Intro Week~ Offer a 1 or 2 free trial intro class. Teach a Modified Vinyasa 101 Class. Get enrollments for the 5 week workshop.**



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### Promotional Intro Class Sequence~

Child's Pose  
Knees to Chest  
Supine Twist  
Cat/ Cow  
Spinal Balance  
Lunge  
Switch  
Forward Fold  
Monkey  
Reverse Swan Dive  
Mountain  
Swan Dive  
Forward Fold  
Downward Facing Dog  
Child's Pose  
Down Dog  
Lunge/ switch  
Forward Fold  
Rev. Swan  
Mountain  
Warrior 1  
Warrior 2  
Rev. Warrior  
Side Angle Flow with Arms  
Warrior 2  
Lunge/ Switch  
Downward Facing Dog  
Childs Pose  
Locust  
Childs Pose  
Roll Over/ Knees to Chest  
Butterfly Supine  
Legs Up Wall (strap)  
Knees To Chest to Savasana



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### **Every Class ~**

WELCOME CLASS.

INTRODUCTIONS~ EVERYONE GOES AROUND AND SPEAK THEIR VOICE INTO THE GROUP.

Use their names often.

Start with Pranayama; a different one weekly or review again from a previous week.

After Savasana do a closing OM.

Have an open class discussion of what came up for them and encourage them to talk while cleaning their mats.

Take a group photo!

### **Class 1~**

Introduce teachers, tell your story. Everyone tell their name and where they are from and if they have a story. Get them to laugh a bit. Hand out nametags/sharpie and place at top of mat.

Class discussion.

Ha- Tha Definition~ Sun + Moon= Forceful

Everyone review what they have noticed the first week.

Alternate Nostril Breathing.

Sequence poses from suggested list above

### **Class 2~**

Definition of Yoga: To Yoke together, also to link.

What is Vinyasa: To place in a specific order, feeling and moving with breath.

Three Parts of a Yoga Class: Warm Up 1 Breath per movement/ Work Phase 3-5 breaths/ Cool Down 5-15 breaths/ Savasana

Pranayama Definition

Essence of Yoga: Breathing, Feeling, Letting go, Staying in the present moment

'You are only as strong as your breath'

'Your energy follows your mind'

3 part breathing

Sequence poses from suggested list above



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### **Class 3~**

SPA~ Seven Principles of Alignment (see Y4L TT manual)

Review the last two classes

Ujayii Breathing

Sequence poses from suggested list above

### **Class 3 Sequence (Idea, but you can create your own)~**

Ujayii Breathing

Alternate nostril breath

Supine spinal twist flowing one breath per movement

Core Reverse Superman Hollow Body

Forward Fold

Ragdoll

Reverse Swan Dive

Mountain

Surya Namaskar/ Sun Salutations intro and break down workshop style

Warrior 1

Warrior 2

Reverse warrior

Side Angle

Vinyasa Flow

Child's pose

All 4's

Lunge both sides with blocks

Half Splits / Ardha Hanuman

Crescent lunge

Mountain

Warrior 2

Triangle

Mountain

Triangle

Pyramid

Forward fold

Seated

Staff



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Prasarita Padottanasana / Seated Forward fold  
Bridge  
Legs Up Wall/ Viparita Karani  
Core Reverse Superman Hollow Body  
Savasana

### **Class 4~**

Any pranayama that you would like to review. Open class discussion.  
3 part breathing  
Teach about the 3 Bandhas or yogic locks.  
Vinyasa Practice, add more flow and begin to pick up the pace.  
Sequence poses from suggested list above

### **Class 5~ Last Week**

Create a full vinyasa from the list of asanas adding in any you may not have taught yet from the list

### **Optional after Class Series is complete:**

Offer a Master Class, 75 minute full Vinyasa Practice, using any combination of the Yoga 4 Love Signature Flows and your intuition.  
Sign up at end of the Workshop Series.



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## TEACHING NOTES

Asanas not covered or need more work:

**Week 1~**

**Week 2~**

**Week 3~**

**Week 4~**

**Week 5~**