**Beginners Vinyasa Flow Class**

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**Class 3**

**Janet Hanspal**

**NewMoi**

**Beginners Vinyasa Flow Class 3rd Class – 1 hour**

**Lesson 1 – Continue to learn, ‘Sun Salutations’ from mat to Standing Poses and Ujjayi Breathing**

**\*\*MOVE TO YOUR OWN BREATH NOT NEIGHBOURS\*\***

**Revision on Lessons to date & questions**

1. **CHILDS POSE** - Settle mentally and into the mat, relax and concentrate on your breathing, stay here for around 1-2 minutes.
2. **TABLE TOP, COW, CAT,** **DOWN WARD FACING DOG - ‘Home Base’!!**
3. Push down into a **HIGH PLANK**
4. Move into **CHATURANGA** elbows back on Knees or Toes.
5. Move into **COBRA,** keep elbows bent.
6. Back to **TABLE TOP** into **DOWNWARD FACING DOG**, move around and settle in relax back into your ‘home base’!!
7. Step into **RAGDOLL** and relax
8. Walk feet inwards touching your toes, **FORWARD FOLD** and raise up stretch to sky hands to heart, into a **MOUNTAIN** pose, clasp hands together except index fingers and stretch to one side, into an **EXTENDED MOUNTAIN** pose, return to centre and repeat other side.
9. Move into a **EXTENDED MOUNTAIN** with a **BACK BEND** to **MOUNTAIN** pose
10. **FORWARD FOLD** to **HIGH PLANK** onto tip toes into **UPWARD FACING DOG** Arms straight, move back to **DOWNWARD FACING DOG** and settle in relax.
11. Step in half way forward fold lift to the sky into **CHAIR POSE** Move shoulders away from ears, forward fold, half way, step back into HIGH PLANK, into **UP FACING DOG** into **DOWN FACING DOG**
12. **THREE LEG DOWNWARD FACING DOG** **(RIGHT HEEL TO SKY)** , R Knee to nose, back, R Knee to Right elbow, back, R knee to left elbow, back, step in with R leg to **CRESENT LUNGE** (DROP on Knees if needed) relax shoulders reaching hands to sky,
13. Move into **WARRIOR 2** check you can see big toe
14. Into **REVERSE WARRIOR** Wrap arm around the back if required
15. Into **EXTENDED RIGHT ANGLE**, bend front knee, rest elbow on knee, to floor or rest on a block
16. Back to **HIGH PLANK, CHADERANGA, UP DOG, DOWN DOG** reset
17. **DOWNWARD FACING DOG,** into **CHILDS POSE** to reset
18. Into seated position, feet together and relax, hinge forward hands on feet or forward and stretch
19. **HIGH PLANK** and move into **R SIDE PLANK** on knees or toes, into **CADERANGA, UP DOG, DOWN DOG.**
20. **FORWARD FOLD** half way, extend lift arms up to sky hands to heart.
21. Into **CHAIR POSE**,
22. Move into a **R** **WARRIOR 3**, toes point down drop right hip, drop to **HALF MOON** using block for this section
23. Stand to **Mountain** to **Extended Mountain stretches L & R**
24. **MOUNTAIN** move into **R TREE POSE** – using options for foot placement.
25. **FORWARD FOLD, HIGH PLANK, CHADERANGA, UP DOG, DOWN DOG or CHILDS POSE,** reset in home base
26. **R PIDGEON Pose,** rest front knee or hip on block if needed back up to **R 3 LEG DOWNWARD FACING DOG** bending knee opening hip to release blood flow

**Repeat on L side**

**Repeating 2 times though the flow i.e. LRLR side.**

**Lesson 2 - SAVASANA**

This is a restorative asana that is a key component of yoga. It usually follows Vinyasa or is practiced near the end of a yoga session. See below for the Poses we will be practicing at the end of each lesson.

**JanetHanspal**