

YIS Class Template

Opening Wave:

- YIS Principles
- Chanting of OM
- Meditation
- Sankalpa - intention of the practice

Warm Up Wave:

- Cat/cow
- Sahaja flow
- Any movement to slowly warm up the hips, shoulders, hamstrings, spine
- Introduction to peak pose movement

Solar/Lunar Wave:

- Standing sequence building on the warm up wave
- Any of the namaskars
 - Ardha, Surya A & B with modification for a solar flow
 - Chandra with modifications for lunar flow

Core Cultivation Wave:

- Very helpful for arm balancing classes
- Uddiyana bandha integration
- This can be left out for deep back bending classes or lunar classes
- Can be used after back bending as a counter pose
- Can be helpful before back bending to integrate core muscles
- It should mirror or pattern the movements and actions that support the main body of the class or peak pose
- Bakasana on back to prep Bakasana
- Moulin Rouge core cultivation for Tittibhasana

Solar/Lunar Wave Cycle II:

- Can be the first Solar/Lunar wave cycle with additional poses building on the peak pose or can be a new sequence entirely
- If using a new sequence, it still should have a thread or connection to the first Solar/Lunar Wave

Back Bending Wave

Counter Pose Wave:

- Twisting after back bending
- Internal rotation for hips after deep external hip rotation - Eka Pada Rajakapotasana

Inversion Wave:

- If not practicing inversions, legs up wall (which is an inversion), Supta Badha
- Konasana, Supta Virasana
- Encourage a more restorative Inversion Wave

Sahaja Wave:

- Optional wave if there's time
- Any additional movement that a student might need to move them closer Savasana

Closing Wave:
Pranayama
Chanting
Savasana