



Thank you for purchasing Yoga Redefined's Yoga Classes!

Each class is intended to be a blend of Hatha, Kripalu and ropana yoga and not to be rushed through. Having said that, if you teach more of an Ashtanga style, you can move more swiftly through the poses and repeat the sequences but note that the time allotted for my style class is 60 minutes. Each section has a timer at the end of the sequence to show you how long it should take you to move through that sequence.

Cueing is to instruct your student to get into a pose safely. In my opinion, the easiest way to do that is to describe what their skeleton should do with key points in the body. For example lift through the crown of the head gets them to elongate the spine. Hinge at the hips, bends at the hips without rounding the lower back. And so on. There are more creative phrasing and types of cueing to add to these. For more cueing knowledge and information, you can purchase my Learn How to Cue effectively online video! See more information on the my Shop Page linked [HERE](#)

If you have any questions about your class you downloaded, send me an email at dena@yoga-redefined.com.

Class 1

Pose

Cueing

Easy Pose

Suhkasana Come to seated sitting forward on the sitting bones and legs crossed. Lift up through the crown of the head, long straight spine.

Neck Rolls

Sit forward on the sitting bones. Relax the shoulders down and lift up through the crown of the head. Hands relax on knees. As you exhale, let your head drop down to center with chin toward chest. Inhale, roll the head up to ear over shoulder. Exhale slowly roll the head down toward center. Inhale up to the other side. Exhale to center. Repeat. (I prefer to say go at your own pace and quiet down for the remaining neck rolls with gentle reminders to sit tall watch your clients bodies and remind if they begin to settle or slump.)

Anjali Mudra

Hands to heart center, palms together.

Easy Pose

Side Stretch

Suhkasana Inhale lift arms up overhead. Exhale release the left arm to the floor. Inhale lift up, exhale reach right arm toward left as you lean to your left stretching your right side. Breathe into your right rib cage stretching in between each rib. Inhale lift both arms back up overhead. Exhale right arm down to floor. Inhale lift up. Exhale reach left arm toward right as you lean to your right stretching your left side. Breathe into your left rib cage stretching in between each rib. (Hold each side for at least one round of breath. Repeat min 2x each side)

Deer Pose Twist

Mrigasana From Easy Pose rotate the right leg while leaving the left as is. Inhale both hands together up overhead and twist to the left. Release hands to the floor or wrap the left hand to the inner right thigh. Hold pressing up through the crown of the head, shoulders relaxed. Breathe.

Sleeping Deer Pose

Supta Mrigasana Walking the hands down, belly facing the floor. Allow the body to release and breathe into this pose. Inhale walk back up and rotate the legs to the right side.

REPEAT RIGHT SIDE

Deer Pose Twist

Mrigasana Inhale both hands together up overhead and twist to the right. Release hands to the floor or wrap the right hand to the inner left thigh. Hold pressing up through the crown of the head, shoulders relaxed. Breathe.

Sleeping Deer Pose Supta Mrigasana Walking the hands down, belly facing the floor. Allow the body to release and breathe into this pose. Inhale walk back up to center.

Cow Face Pose Gomukhasana Straighten right leg and either leave out straight or bend into center while bringing your left leg over the right. Align knee over knee. Hands hold feet or bring to floor in front. Inhale lift up through sitting bones, exhale and hinge at hips fold forward. Hold for a few breaths breathing into that hip. Inhale legs out straight and *REPEAT OTHER SIDE*.

2nd time thru - end by inhaling legs out straight.

Staff Pose Dandasana Sit forward on sitting bones. Press up through crown of the head. Shoulders roll back and down away from the ears.

Wide Leg Seated Forward Fold Upavistha Konasana Inhale opens the legs wide. Rolling forward on the sitting bones. With hands on floor in front or in a toe hold, lead with the belly and bring belly down to center. Press out through the crown of the head. Relax hands to floor if they aren't already there. Walk the hands over to the left leg. Exhale down belly to thigh. Hold and breathe. Inhale brings you back to center. Walk the hands over to the right leg. Exhale down belly to thigh. Hold and breathe.

Head to Knee Janusirsasana Draw right foot into inner thigh of left leg. Left toes point to ceiling. Inhale lift arms up overhead, sitting forward on sitting bones. Relax shoulders down away from the ears. Exhale keeping arms strong hinge at the hips, lead with the belly, bend forward and hold. Very active stretch to the hamstring. Try to relax the body into the pose without compromising the alignment. Continue to breathe (*Teacher decides how many rounds of breath.*) Release arms and body down to the floor if you need to. Your next inhalation brings you back up to center.

Firelog Pose Agnistambhasana Bend the left leg to bring the left ankle on top of, on a block in front of, or on the floor in front of the right knee. Sending the breath into that interior hip as we inhale lift up, exhale and fold forward. Hands to floor in front. Hold and breathe (*min 3 rounds of breath*). Inhale returning to center walking the hands in. Release the left leg, straighten the right and align the left foot to the inner thigh of the right leg for Janusirsana.

Head to Knee Janusirsasana Inhale lift arms up overhead, sitting forward on sitting bones. Relax shoulders down away from the ears. Exhale keeping arms strong hinge at the hips, lead with the belly, bend forward and hold. Very active stretch to the hamstring. Try to relax the body into the pose without compromising the alignment. Continue to breathe (*Teacher decides how many rounds of breath.*)

Release arms and body down to the floor if you need to. Your next inhalation brings you back up to center.

(Coming into Firelog Pose.)

Firelog Pose **Agnistambhasana** Bend the right leg to bring the right ankle on top of, on a block in front of, or on the floor in front of the left knee. Sending the breath into that interior hip as we inhale lift up, exhale and fold forward. Hands to floor in front. Hold and breathe (*min 3 rounds of breath*). Inhale returning to center walking the hands in.

Release the right leg into Easy Pose. Hands to floor lean forward, cross the ankles and roll over feet onto knees for Table Pose.

16 min

Table Pose **Bharmanasana** Hands under shoulders. Knees under hips.

Cat Cow Pose **Marjaryasana** Inhale lift the gaze forward. Drop the belly. Arch the back. Exhale round the back. Tuck the tailbone. Drop the head. Repeat 3x. Bring this to stillness.

Puppy Pose **Uttana Shishosana** Take a step away with the hands. Take a step back with the feet. Exhale and let the belly and chest sink toward the floor. Keep the elbows straight feel that big stretch around the shoulder blades, under the arms and into the chest. Hold for several breaths. Inhale realign to Table Pose.

Table Pose **Bharmanasana** Hands under shoulders. Knees under hips.

Downward Dog **Adho Much Savasana** With hands under the shoulders, knees under hips, press up and back. Drop head between arms. Draw back with the thighs. Press hands into floor. Press heels down to floor. (*Can alternate heels while you hold this pose and then settle in with both feet down.*) Continue to breathe.

Plank Pose **Phalakasana** Inhale roll the spine up and forward into Plank Pose. Hands under the shoulders. Back is in a straight line to the heel. Breathe.

Downward Dog **Adho Much Savasana** With hands under the shoulders, knees under hips, press up and back. Drop head between arms. Draw back with the thighs. Press hands into floor. Press heels down to floor. Continue to breathe.

ADD MOVEMENT TO DOWNWARD DOG

Inhale right leg lifts. Exhale right knee to right elbow. Inhale right leg back (lifted). Exhale right knee to left elbow. Inhale right leg back (lifted). Exhale right leg to center belly. Inhale right leg back (lifted).

Pigeon Pose **Kapotasana** Inhale right knee forward into pigeon. Knee bent. Hips squared to the floor. Engage the spine. Hands at either side just in front of the hips. Next inhale hands can come to knee. Engage the legs. To add on you can fly your Pigeon with arms out to a “T”. Hold for breaths. Inhale and sweep knee back and return to Downward Dog.

Downward Dog **Adho Much Savasana** With hands under the shoulders, knees under hips, press up and back. Drop head between arms. Draw back with the thighs. Press hands into floor. Press heels down to floor. Continue to breathe.

ADD MOVEMENT TO DOWNWARD DOG

Inhale left leg lifts. Exhale left knee to left elbow. Inhale left leg back (lifted). Exhale left knee to right elbow. Inhale left leg back (lifted). Exhale left leg to center belly. Inhale left leg back (lifted).

Pigeon Pose **Kapotasana** Inhale left knee forward into pigeon. Knee bent. Hips squared to the floor. Engage the spine. Hands at either side just in front of the hips. Next inhale hands can come to knee. Engage the legs. To add on you can fly your Pigeon with arms out to a “T”. Hold for breaths. Inhale and sweep knee back and return to Downward Dog.

8 min

*YOU CAN REPEAT THIS FOLLOWING SEQUENCE SEVERAL TIMES
AND/OR CHANGE THE SPEED*

Downward Dog **Adho Much Savasana** With hands under the shoulders, knees under hips, press up and back. Drop head between arms. Draw back with the thighs. Press hands into floor. Press heels down to floor. Continue to breathe.

Warrior I **Virabhadrasana** Inhale and sweep right leg forward to front of mat. Press into the right foot lifting the upper body and sweep the arms up with elbows straight. Continue to breathe as you settle in bringing the right thigh as close to parallel to the floor as is comfortable. Press through the left heel to straighten the back left leg. Engage the right quadricep to keep that knee tracking straight. Lower the shoulders back and down. Hold for several breaths.

- Warrior II** **Virabhadrasana** Rotate the hips to the side as you lower the arms to a T position. As you press out through your fingers and hands, check to make sure both arms are straight out from the shoulders. Your right heel is aligned with the arch of the left foot. Press up through the crown of the head. Relax your shoulders down. Your gaze falls over your right hand. Again engage the quadriceps to draw open that knee so it points out straight. Breathe. Hold for several breaths.
- Exalted Warrior** **Viparita Virabhadrasana** Inhale turn the palms upward. Lift the right arm to the sky as you lower the left arm down behind you. Feel free to rest the left hand on the back of the left thigh. Slightly arch the back as you reach upward and bring your gaze to the sky. Continue to breathe. Hold for several breaths.
- Warrior II** **Virabhadrasana** Inhale lift the left arm back up, as you return your upper body tall, right arm returns forward again for Warrior II. Your heel should still be aligned with the arch of the back foot. Breathe.
- Side Angle** **Utthita Parsvakonasana** Exhale lower the right arm down to either the elbow to the thigh, palm facing up, or hand to the floor in front or behind the right foot, or to a block in either position. Left arm will sweep up and along the side of head/ear as you lean into your right leg creating a straight line from your right fingertips along your side body to the heel of your left foot. Turn your gaze upward. Hold and breathe. *(To release)* Exhale cartwheel the arms as you turn the body down toward the floor and step the feet together for Forward Fold Pose.
- Forward Fold Pose** **Uttanasana** Feet hip width apart. Inhale flat back. Exhale relax down. Stretch and breathe. *(To release)* Step the feet back to Plank Pose.
- Plank** **Phalakasana** Strong body strong mind. Keeping the spine straight, shoulders neutral. Hands directly under shoulders.
- Downward Dog** **Adho Much Savasana** Press back into Downward Dog. Drop head between arms. Draw back with the thighs. Press hands into floor. Press heels down to floor. Continue to breathe.
- Warrior I** **Virabhadrasana** Inhale and sweep left leg forward to front of mat. Press into the left foot lifting the upper body and sweep the arms up with elbows straight. Continue to breathe as you settle in bringing the left thigh as close to parallel to the floor as is comfortable. Press through the right heel to straighten the back right leg. Engage the left quadricep to keep that knee tracking straight. Lower the shoulders back and down. Hold for several breaths.

- Warrior II** **Virabhadrasana** Rotate the hips to the side as you lower the arms to a T position. As you press out through your fingers and hands, check to make sure both arms are straight out from the shoulders. Your left heel is aligned with the arch of the right foot. Press up through the crown of the head. Relax your shoulders down. Your gaze falls over your left hand. Again engage the quadriceps to draw open that knee so it points out straight. Breathe. Hold for several breaths.
- Exalted Warrior** **Viparita Virabhadrasana** Inhale turn the palms upward. Lift the left arm to the sky as you lower the right arm down behind you. Feel free to rest the right hand on the back of the right thigh. Slightly arch the back as you reach upward and bring your gaze to the sky. Continue to breathe. Hold for several breaths.
- Warrior II** **Virabhadrasana** Inhale lift the right arm back up, as you return your upper body tall, left arm returns forward again for Warrior II. Your heel should still be aligned with the arch of the back foot. Breathe.
- Side Angle** **Utthita Parsvakonasana** Exhale lower the left arm down to either the elbow to the thigh, palm facing up, or hand to the floor in front or behind the left foot, or to a block in either position. Right arm will sweep up and along the side of head/ear as you lean into your left leg creating a straight line from your left fingertips along your side body to the heel of your right foot. Turn your gaze upward. Hold and breathe. *(To release)* Exhale cartwheel the arms as you turn the body down toward the floor and step the feet together for Forward Fold Pose.
- Forward Fold Pose** **Uttanasana** Feet hip width apart. Inhale flat back. Exhale relax down. Stretch and breathe.

15 min

YOU CAN REPEAT THIS PREVIOUS SEQUENCE SEVERAL TIMES
AND/OR CHANGE THE SPEED

- Chair Pose** **Utkatasana** Feet can either be hip width or just slightly parted. With toes pointing forward, inhale reaches the arms up palms facing together. Exhale and sit back. Keep the weight back toward the heels. *(You should be able to maintain the pose and lift the toes at the same time.)* Hold and breathe. Exhale lowers you deeper all the way down to sit. Maintain strength and control.

5 min

- Boat Pose** **Paripurna Navasana** With knees bent lower leg parallel to the floor. Keep the spine straight press through the crown of the head. Chest lifts forward. Either

using the hands behind the legs or without the use of the hands slowly lower down to a supine position.

Knees to Chest Pose

Apanasana Knees come into the chest while the hands give them a hug. Feel free to release the hands to the sides and allow the knees to roll around massaging the lower back into the floor. Continue to breathe. After several rounds of breath, bring the knees to stillness and while holding the left knee release the right leg out straight relaxed on the floor. Continue to breathe that knee into the chest. Inhale and return the right leg into the chest and release the left leg to the floor while holding the right knee on the exhale. Breathe into that stretch. Inhale when done and return the left leg into the chest. Then exhale both feet to the floor with knees bent.

Supine Twist

Supta Matsyendrasana Exhale arms to a T position and release the knees to the left side. Bring your gaze to the right side. Breathe and release the body preparing for Savasana. Let the body settle into the floor. Hold for several breaths. Inhale returns the legs to center. Exhale and release the knees to the right side. Gaze falls to the left. Breathe. Inhale returns the knees to center. Release the legs out straight on the floor. Arms come down by your sides.

8 min

Savasana 8 min