



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 2

Pose

Cueing

Easy Pose

Sukhasana 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. 3mins)*

Anjali Mudra

Hands to heart center, palms together.

Revolved Easy Pose

Parivrtta Sukhasana As you inhale lift up through the crown of the head. Draw the arms open with palms facing the sky. As you exhale, twist to the left let your arms glide down with the hands landing outside the left leg. Bring your gaze down toward the floor. Long, slow, deep, breaths, breathing into that open right rib cage. Inhale lifting the arms up overhead returning to center.

Exhale now twisting to your right side. Let your arms glide down with the hands landing outside the right leg. Bring your gaze down toward the floor. Long, slow, deep, breaths, breathing into that open left rib cage. Rest and breathe. Inhale lifting the arms up overhead returning to center. When finished, inhale the arms back to Anjali Mudra and then release.

Seated Straddle Pose

Upavistha Konasana (also known as Wide Angle Seated Forward Bend) Open the legs wide and roll forward on the sitting bones. As you inhale with hands at the floor in front of you, lead with the belly, walk the hands away from you toward center. Let the upper body relax into the forward bend as you exhale. Rest here. Inhale walk the hands toward the left coming to rest just inside the left leg. Exhale rest here. Inhale lift the upper body just a little and bring the belly on or over the thigh. Exhale and rest here. Continue to breathe. When you are ready, inhale walk the hands up the leg roll the spine up one vertebra at a time. Bring the hands just inside the right leg, exhale and lower down here. Rest and breathe. Inhale lift the

upper body just a little and bring the belly on or over the right thigh. Exhale and rest here. Continue to breathe. When you are ready, inhale walk the hands up the leg roll the spine up one vertebra at a time. Turning the body back to center, exhale and lower back down to center noticing if the depth of the stretch has changed.

Head to Knee

Janu Sirsana Draw in your right leg with your foot against the inside of your left thigh. Inhale lift the arms overhead, lift up through the crown of the head. Exhale and align your belly over thigh and head to knee and release the arms to the floor. Relax into your stretch. Let the inhale lengthen the spine, the exhale relaxes you further. Rest and breathe. Inhale straighten the spine, lift the arms and return to center.

Half Upward

Boat

Eka Pada Navasana as you inhale next with a straight strong spine, relax the shoulders, lean back slightly on the sitting bones and lift the left leg up to a “V” position. The right leg remains bent on the floor. Lift the arms to shoulder height. Hold for a few rounds of breath.

Half Upward

Facing Forward

Bend

Eka Pada Urdhva Mukha Paschimottanasana As you inhale next, reach your arms around the back of your leg allowing your leg to relax just slightly, while maintaining the spine's strong posture. Your right leg remains in the same bent position on the floor. Press up through the crown of the head and breathe. On each exhale, think of drawing the leg in closer toward the face. When ready to release exhale your leg down with strength and release the arms.

Pose Dedicated to the

Sage Marichi

Marichyasana I leaving your left leg out straight in front of you, lift your right bent knee bringing the bottom of the right foot onto the floor knee pointed to the ceiling. Bringing both hands to the extended left thigh on the inside of the right knee, inhale lift through the crown of the head. As you exhale, press through the left heel, with strong spine bend forward at the hips. Be sure to keep the chin tucked. You can add onto this pose by binding the arms, right arm comes around the front of the right shin and reaches behind the back. Left arm comes around the left side of the body behind the back to reach the right. Hold and breathe. Inhale releases the bind and lifts the body up to center.

Firelog Pose

Agnistambhasana letting the right knee relax back down to the floor, bend the left leg to align left ankle over right knee (*or modify in front of right knee, or on a block*) Inhale lifts the spine, exhale lead with the belly and relax down into your

bend with the hands relaxed on the floor in front of you. Hold and breathe. When you are ready to release, inhale lifts you up to center and brings the right leg out straight and left leg bent with the left foot inside your right thigh.

*REPEAT RIGHT
SIDE*

Head to Knee

Janu Sirsana Draw in your left leg with your foot against the inside of your right thigh. Inhale lift the arms overhead, lift up through the crown of the head. Exhale and align your belly over thigh and head to knee and release the arms to the floor. Relax into your stretch. Let the inhale lengthen the spine, the exhale relaxes you further. Rest and breathe. Inhale straighten the spine, lift the arms and return to center.

**Half Upward
Boat**

Eka Pada Navasana as you inhale next with a straight strong spine, relax the shoulders, lean back slightly on the sitting bones and lift the right leg up to a “V” position. The left leg remains bent on the floor. Lift the arms to shoulder height. Hold for a few rounds of breath.

**Half Upward
Facing Forward
Bend**

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Firelog Pose

Agnistambhasana letting the left knee relax back down to the floor, bend the right leg to align right ankle over left knee (*or modify in front of left knee, or on a*

block) Inhale lifts the spine, exhale lead with the belly and relax down into your bend with the hands relaxed on the floor in front of you. Hold and breathe. When you are ready to release, inhale lifts you up to center and brings both legs out straight in front of you.

Posterior Stretch Paschimottanasana Inhale lift up through the crown of the head, lift the arms. Exhale lead with the belly, lower down belly to thighs, allow the arms to release to the floor, hold the feet, or rest on the legs. Hold for a few rounds of breath

16 min

Inclined Plane Purvottanasana as you exhale, release the hands down to the mat behind you with palms on the floor just behind your sitting bones, fingers facing either toward you or away. As you press into your heels and palms, lift the bottom off the floor. Think of creating a straight line as you point your toes from your toes working backward to your forehead, like a ramp if you will. Making sure to let the head come back keeping the spine aligned. Hold for a few rounds of breath. Exhale when ready and release the bottom down slowly with control.

Posterior Stretch Paschimottanasana Inhale lift up through the crown of the head, lift the arms. Exhale lead with the belly, lower down belly to thighs, allow the arms to release to the floor, hold the feet, or rest on the legs. Breathe.

BRING THE LEGS IN TOWARD THE CHEST AND ROTATE INTO TABLE POSE

Table Pose Baharmanasana As you come into Table, align your hands under your shoulders knees under the hips.

ALTERNATE

Cat Pose/ Marjaryasana Inhale stay in Table Pose. Drop the belly, arch the back, look up.

Cow Pose Bitilasana Exhale round the back, tuck the tailbone, drop your head. Coordinate the alternating poses with your breath. Minimum 3 rounds of breath. Bring this to stillness and return to Table Pose.

Thread the Needle Urdhva Mukha Pasasana Inhale sweep your left arm up toward the sky, let your exhale swing it back down under the belly with the back of your hand on the floor with a twist in your torso. Inhale sweep the left arm back up, exhale and repeat threading your needle. On the next inhale sweep the left arm up but as you thread the right arm through again, allow yourself to settle onto the outside of your left shoulder. Your left side of your head will rest on the mat and turn the gaze slightly up. Your right hand can rest with the palm on the mat by your left shoulder or you can release it around to the lower back with the fingers tucked in on the left

inner thigh. Hold for a few rounds of breath. Inhale when you are ready and return to Table Pose

REPEAT RIGHT SIDE

Thread the Needle Urdhva Mukha Pasasana Inhale sweep your right arm up toward the sky, let your exhale swing it back down under the belly with the back of your hand on the floor with a twist in your torso. Inhale sweep the right arm back up, exhale and repeat threading your needle. On the next inhale sweep the right arm up but as you thread the left arm through again, allow yourself to settle onto the outside of your right shoulder. Your right side of your head will rest on the mat and turn the gaze slightly up. Your left hand can rest with the palm on the mat by your right shoulder or you can release it around to the lower back with the fingers tucked in on the right inner thigh. Hold for a few rounds of breath. Inhale and return to Table Pose.

Puppy Pose Uttana Shishosana from Table Pose, inhale and take a step forward with the hands and a step back with the knees. Exhale keeping the elbows straight, let the chest settle down toward the mat. Bring your forehead to the mat. The bottom stays lifted up in the air. Breathe. Inhale and return the body to Table Pose.

Plank on Forearm Adho Mukha Svanasana on Forearms Exhale bend the elbows and bring yourself down onto your forearms, palms on the floor. Align the elbows under the shoulders. Step the feet back so your legs are straight and your toes are flexed on the floor. Keep your core strong and back straight. Try to find relaxation within your strength. Hold for a few rounds of breath.

Dolphin Pose Ardha Pincha Mayurasana Inhale and walk the feet in toward the hands. Press the heels down toward the mat. Think of a Downward Dog Pose but on the forearms. Your palms are on the mat pressing away from you to deepen the stretch. Hold and breathe. When ready, your exhale lowers your knees to the mat. Inhale lifts you up from your forearms. Exhale presses you back to rest in Child's Pose.

Child's Pose Balasana As you settle onto your knees, open the heels just slightly as your bottom comes down onto your heels. Your forehead comes to the mat. Your shoulders fall forward toward the mat. Your hands come down by your sides, palms facing up with your whole body settling into the floor. Breathe.

6 min

Downward Dog **Arho Mukha Svanasana** Inhale into Table Pose briefly as you are aligned hands under the shoulders, knees under the hips. Press into the feet and the hands as you press the body up and back lifting through the hips, draw the belly toward the thighs. Press the heels into the floor. Let the head align between the arms *(Can alternate heels while you hold this pose and then settle in with both feet down.)* Continue to breathe.

When ready next inhale lifts the left leg up and exhale draws the left knee to the left elbow. Inhale leg back in the air, exhale left knee to right elbow. Inhale leg back, exhale left knee draws into the midline of the body, hold as you inhale, then exhale and release it to the floor as you glide that knee up between the hands for Pigeon Pose.

Pigeon Pose **Kapotasana** your left knee glides over toward the left hand, the left foot is in the area of the right hand. For this Pigeon we will walk the upper body down and let the left hip stretch, be sure to keep the hips square to the floor. You can remain right here or feel free to reach back to the right foot and bending the right knee, bring the right heel as close to the bottom as you can stretching the hip flexor and quadricep of the right leg. Hold and breathe. When ready walk the upper body back up, release the right leg and let your Pigeon take flight lifting the arms to a T position. Keep the back strong, head neutral. Hold and breathe. When you are ready, exhale and release the hands to the floor if they aren't there already. Inhale and press into the hands and back foot to sweep yourself back to Downward Dog.

Downward Dog **Arho Mukha Svanasana** Inhale into Table Pose briefly as you are aligned hands under the shoulders, knees under the hips. Press into the feet and the hands as you press the body up and back lifting through the hips, draw the belly toward the thighs. Press the heels into the floor. Let the head align between the arms. Continue to breathe.

When ready next inhale lifts the right leg up and exhale draws the right knee to the right elbow. Inhale leg back in the air, exhale right knee to left elbow. Inhale leg back, exhale right knee draws into the midline of the body, hold as you inhale, then exhale and release it to the floor as you glide that knee up between the hands for Pigeon Pose.

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up, release the left leg and let your Pigeon take flight lifting the arms to a T position. Keep the back strong, head neutral. Hold and breathe. When you are ready, exhale and release the hands to the floor if they aren't there already. Inhale and press into the hands and back foot to sweep yourself back to Downward Dog. Your inhale steps the feet to the top of the mat and into Standing Forward Fold.

6 min

FOR THIS NEXT SESSION YOU WILL RUN THIS THROUGH THREE TIMES

Standing Forward

Fold **Uttanasana** exhale into your Forward Fold. Fit hip width, toes pointing forward. Soft knees. Your next inhalation brings you to Extended Forward Fold.

Extended Forward

Fold **Uttanasana** Lengthen the spine through the crown of the head. With a strong straight spine, press into the feet and extend further. Back is straight. Hands are at the floor beside the feet or at the shin or thighs if you wish. Your next inhale sweeps the arms up into Mountain Pose

Mountain Pose **Tadasana** Bringing your hands to your heart center, spine straight shoulders down away from the ears. As you exhale next sit back into your chair pose.

Chair pose **Utkatasana** Sitting back on the heels, slightly lift the toes hands still at Anjali Mudra shift the weight to the left foot tap that right toe spine, straight, pressing out through the crown of the head lift the right foot up off the floor lightly bent left knee reach that right foot back and slowly lower it with control eventually touching the toes to the floor to bring yourself into Warrior I.

Warrior I **Virabhadrasana** Inhale reaches the arms up overhead shoulders are back and down gaze forward. You can lift the heel up on that back leg pressing through that heel that is crew kripalu style, or choose to drop the heel down with a slightly angled foot for Hatha. Hips are facing forward your left knee is over your left ankle, strong, proud warrior, slight bend in that upper back as you press up through the crown of the head. Hold and breathe. Your next inhale, rotates the arms drops the back heel if you aren't there already and rotates the hips open to your right side for a warrior II.

Warrior II **Arms** come to a tea, position, hands or straight out from the shoulders gauge the left quadriceps drawing open that left leg, but also keeping that left knee directly over the left ankle press through that right heel keeping that right knee straight gaze falls over your left hand on your next exhalation.

- Exalted Warrior Viparita Virabhadrasana** Exhale release that right hand down to the inner right thigh. Inhale turn the left palm up, inhale lift the left arm up to the sky. Checking in with those shoulders relax them down away from the ears inhale returns the arms out to a T position to your Warrior II.
- Side Angle Utthita Parsvakonasana** Exhale relax that left forearm down to the left thigh inhale reaches that right arm up, exhale, leaning into the left leg, reach the right arm up by the right ear for your side angle. Continue to breathe your left knee lines directly over the left ankle . Your body creates a straight line from your right fingertips down to the outside of your right foot. Coming into Triangle next.
- Triangle Trikonasana** Inhale press into the feet, rotate the arms back up to a T position while straightening that left knee lift up through the crown of the head, exhale reach that left arm out both legs straight, rotate the arms now for your Triangle Pose. Your left hand comes to either the left shin in front of the left foot or behind the left foot your right arm should be directly above your right shoulder, pressing up to the sky feel the rotation in the ribs. Your gaze can be at the floor forward or up to that right hand. Continue to breathe. On your next exhale release your top arm and bring both arms by your left foot, rotate the hips to face the floor, press into the front left foot, begin to transition yourself to Warrior III. (Challenging Transition!)
- Warrior III Virabharasana** With hips facing the floor lengthen the spine straight, soft bend in the left knee lift the right foot off the floor and press through the right leg. Simultaneously the upper body lifts up. The upper body and the right leg are parallel to the ground. Hands can come to Anjali Mudra, you can keep them along your sides or you can reach them forward (elbows by ears). Your exhale when you're ready returns that right leg next to the left coming back into Mountain Pose.
- Mountain Pose Tadasana** Bringing your hands to your heart center, spine straight shoulders down away from the ears. As you exhale next sit back into your chair pose.
- Chair pose Utkatasana** Sitting back on the heels, slightly lift the toes hands still at Anjali Mudra shift the weight to the right foot tap that left toe spine, straight, pressing out through the crown of the head lift the left foot up off the floor slightly bent right knee reach that left foot back and slowly lower it with control, eventually touching the toes to the floor to bring yourself into Warrior I.
- Warrior I Virabhadrasana** Inhale reaches the arms up overhead shoulders are back and down gaze forward. You can lift the heel up on that back leg pressing through that heel that is crew Kripalu style, or choose to drop the heel down with a slightly

angled foot for Hatha. Hips are facing forward your right knee is over your right ankle, strong, proud warrior, slight bend in that upper back as you press up through the crown of the head. Hold and breathe. Your next inhale, rotates the arms drops the back heel if you aren't there already and rotates the hips open to your left side for a Warrior II.

Warrior II **Virabhadrasana** Arms come to a tea, position, hands or straight out from the shoulders gauge the right quadriceps drawing open that left leg, but also keeping that right knee directly over the left ankle press through that left heel keeping that left knee straight gaze falls over your right hand on your next exhalation.

Exalted Warrior **Viparita Virabhadrasana** Exhale release that left hand down to the inner left thigh. Inhale turn the right palm up, inhale lift the right arm up to the sky. Checking in with those shoulders relax them down away from the ears inhale returns the arms out to a T position to your Warrior II.

Side Angle **Utthita Parsvakonasana** exhale relax that right forearm down to the right thigh inhale reaches that left arm up, exhale, leaning into the right leg reach the left arm up by the left ear for your Side Angle. Continue to breathe your right knee lines directly over the right ankle. The body creates a straight line from your left fingertips down to the outside of your left foot. Coming into Triangle next.

Triangle **Trikonasana** Inhale press into the feet, rotate the arms back up to a T position while straightening that right knee lift up through the crown of the head, exhale reach that right arm out both legs straight, rotate the arms now for your Triangle Pose. Your right hand comes to either the right shin in front of the right foot or behind the right foot your left arm should be directly above your left shoulder, pressing up to the sky. Feel the rotation in the ribs. Your gaze can be at the floor forward or up to that left hand. Continue to breathe. On your next exhale release your top arm and bring both arms by your right foot, rotate the hips to face the floor, press into the front right foot, begin to transition yourself to Warrior III. (Challenging Transition!)

Warrior III **Virabharasana** With hips facing the floor lengthen the spine straight, soft bend in the right knee lift the left foot off the floor and press through the left leg. Simultaneously the upper body lifts up. The upper body and the left leg are parallel to the ground. Hands can come to Anjali Mudra, you can keep them along your sides or you can reach them forward (elbows by ears). Your exhale when you're ready returns that left leg next to the right coming back into Mountain Pose.

Mountain Pose **Tadasana** Bringing your hands to your heart center, spine straight shoulders down away from the ears.

Standing Forward

Fold **Uttanasana** exhale into your Forward Fold. Fit hip width, toes pointing forward. Soft knees. Relax and release.

12 min

Standing Forward

Fold **Uttanasana** exhale into your Forward Fold. Fit hip width, toes pointing forward. Soft knees. Relax and release. Your next inhalation brings you to Extended Forward Fold.

Extended Forward

Fold **Uttanasana** Lengthen the spine through the crown of the head. With a strong straight spine, press into the feet and extend further. Back is straight. Hands are at the floor beside the feet or at the shin or thighs if you wish. Your next inhale sweeps the arms up and lift the body into Mountain Pose.

Mountain Pose **Tadasana** Exhale bringing your hands to your heart center, spine straight shoulders down away from the ears. As you exhale next sit back into your chair pose.

Chair pose **Utkatasana** Sitting back on the heels, slightly lift the toes hands reach up with elbows straight, palms face each other. Hold from two rounds of breath. Inhale when ready and return to Mountain Pose briefly to lead you into Shiva Twist.

Mountain Pose **Tadasana** with arms up overhead

Shiva Twist **Parivrtta Natarajasana** shift the weight to the right foot tap that left toe spine, straight, pressing out through the crown of the head lift the left foot up off the floor, slightly bent right knee. With the left knee forward from the body and the knee directly out from the hip, your exhale bends the elbows, chest open, bent elbow straight out from the shoulder, hands open with palms facing forward. Inhale. Exhale and twist to the left. Hold for a couple of rounds of breath.

As you inhale next, keeping arms in the same position as you unwind coming back to center and exhale release the left leg down to the mat. Shift the weight to the left, inhale and lift the right leg. Exhale and twist to the right. Hold for two rounds of breath. Inhale returns to center, exhale releases the leg down. Inhale sweep the arms up, exhale sit back into Chair Pose.

- Chair pose** **Utkatasana** Sitting back on the heels, slightly lift the toes hands reach up with elbows straight, palms face each other. Hold from two rounds of breath. With your next exhalation, sit very slowly down to the floor and come seated on your bottom, sweeping right into Boat Pose.
- Boat Pose** **Navasana** Press up through the crown of the head, knees can be bent or straight legs and upper body are in a V position. Reach the arms straight out from the shoulder with palms facing each other. Hold for a few rounds of breath. Exhale when you are ready and lower yourself down onto your back (supine). Rolling gently down you can hold behind your knees if needed.
- Gentle Sit Up** Bringing the hands behind the head and knees bent over the hips, your inhale lifts the head bringing the gaze to the belly. Exhale simultaneously extend the right leg out straight and bring the right elbow to touch the left knee. Inhale return to neutral, exhale extend left leg straight and bring the left elbow to touch the right knee. Continue for several rounds of breath. (*I prefer to say continue at your own pace until you have completed 10 on each side.*) Exhale when you get to it will release the legs to the floor legs straight and inhale the arms up overhead for a Full Body Stretch
- Full Body Stretch** Reach the arms away from your, reach your feet away in the opposite direction, feel that stretch all the way through your abdomen.
- Supine Straddle**
Lifting Through **Supta Upavistha Konasana** Inhale lift the legs up in a V position, lift the head and shoulders, bring your gaze to your belly. As you exhale, reach the arms straight through the legs. Inhale return with the arms up overhead, keeping the legs in the V position, exhale reach the arms through the legs as you lift the shoulders off the floor. Continue for several rounds of breath. (*I prefer to say continue at your own pace until you have completed 10.*) Exhale when you get to it will release the legs to the floor legs straight and inhale the arms up overhead for a Full Body Stretch.
- Full Body Stretch** Reach the arms away from your, reach your feet away in the opposite direction, feel that stretch all the way through your abdomen.
- Knees to Chest**
Pose **Apanasana** Inhale brings both knees into the chest. Give them a hug if you wish. Allow the knees to roll around massaging your lower back into the floor while you begin to deepen and slow your breaths in preparation for Savasana. Continue to lengthen your breaths. (*Quiet time for them.*) Bring this to stillness and release your feet to the floor.

Extend out the left leg straight along the floor and inhale the right knee into the chest. Holding underneath or on top of that bent right knee, as you exhale draw that right knee into the chest while simultaneously pressing through the heel of the left foot. Hold and breathe a few rounds of breath. Wrap your right hand around the outside of the right knee. Exhale and allow that right knee to fall toward the floor on your right side changing the stretch to the inner thigh.

When you are ready your exhale releases the right foot down to the floor. Your inhale brings up the left leg while extending the right leg out straight. Holding underneath or on top of that bent left knee, as you exhale draw that left knee into the chest while simultaneously pressing through the heel of the right foot. Hold and breathe a few rounds of breath. Wrap your left hand around the outside of the left knee. Exhale and allow that left knee to fall toward the floor on your left side changing the stretch to the inner thigh. When you are ready your exhale releases the left foot down to the floor. Inhale draw the right leg up into a bent position with the foot on the floor to join the left.

Supine Twist

Jathara Parivritti Lying on your back you will bring your arms out to a T position. Inhale lifts the feet up off the floor and puts the knees directly over the hips, your exhale allows the body to twist at the waist and settle the legs down to the floor to the side. Knees are approximately the same height as the hips. Your gaze will fall to the opposite side of the body. Hold for a few rounds of breath while you continue to deepen and slow your breaths in preparation for Savasana. Your inhale when you are ready brings your gaze to center and lifts the legs back up to center. Your exhale will release the legs down to the opposite side letting the body relax as you bring your gaze to the opposite side. Hold for a few rounds of breath. When you are ready, your inhale will bring your gaze to center and lifts the legs back up to center.

12 min

Corpse Pose

8 min

Savasana Exhale allows the feet to the floor, and straighten the legs on the floor. Allow your arms to come down by your sides palms facing up. Let the body completely relax into the floor.