

Baptiste Series

Baron Baptiste Sequence

LF= Low Flow

DD=Down Dog

Call the pose before cueing the breath

Integration Series

Child's Pose

Downward Facing Dog

Ragdoll

Sun Salutation A (2X)

Samastithi

Mountain Pose

Standing Forward Ben

Halfway Lift

High Push-Up

Low Push-Up

Upward Facing Dog

Downward Facing Dog

Jump Forward

Halfway Lift

Standing Forward Bend

Mountain Pose

Samastithi

Sun Salutation B (1X)

Baptiste Series

Samastithi

Chair pose

Standing Forward Bend

Halfway Lift

High Push-Up

Low Push-Up

Upward Facing Dog

Downward Facing Dog

Warrior I, right leg forward

High to Low Push-Up, Upward Facing Dog, to Downward Facing Dog

Warrior I, left leg forward

High to Low Push-Up, Upward Facing Dog, to Downward Facing Dog

Jump Forward

Chair Pose

On the third round of Sun Salutation B, add Warrior II, Reverse Warrior II, after Warrior I and end the Vinyasa in Samastithi.

Warrior Series– (Don't lift the leg– just step through)

Crescent Lunge

Revolving Crescent Lunge (inhale)– W2 – (exhale)–Reverse Warrior– (inhale)– Extended Side (exhale)– High Plank (inhale)–Side Plank–left arm lifts right arm on mat (exhale)– Modify – drop knee to mat– LF

Other side:

Extended Side Angle

High Plank

Side Plank

Baptiste Series

Prayer Twist (R & L)

Forward Fold

Gorilla Pose (1 X)

Crow Pose- or Goddess Squat

Jump or float back - LF- DD

Balancing Series

Eagle Pose - R & L

Standing Leg Raise, Front- Big Toe Pose- Modify- Grab Knee

Standing Leg Raise, Side- Big Toe Pose

Airplane Pose

Dancer's Pose

Tree Pose

Triangle Series

For one hour class:

Triangle Pose-Pyramid Pose-Forward Fold- 1/2 way lift- LF

(Twisting Triangle)

(Reverse Namaste Forward Bend)

(Standing Straddle Bend)

Backbending Series

Choose one:

Locus Bow

Camel Bridge Wheel

Supta Baddha Konasana

Baptiste Series

Abdominal Series

Choose one

Scissor Legs and 60/30 Lift

Abdominal Twists

Boat Pose

Inversions

Choose one

Shoulder Stand

Plow

Deaf Man's Pose

Hip Series

On back or on Wall

Half Pigeon

Double Pigeon

Frog

Forward Bends

Choose one

Single Seated Leg Extension

Seated Leg Extension

Tabletop

Fish Pose

Surrender to Gravity

Choose one Dead Bug Pose Supine Twist

Savasana

Baptiste Series