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)
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
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