Appendix B. Class elements and postures per session

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Class element/posture | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| *General class elements* |  |  |  |  |  |  |  |  |  |
| Introduction | X | X | X | X | X | X | X | X | X |
| Breath awareness | X | X | X |  |  |  |  |  |  |
| Wake up, warm up |  |  |  | X | X | X | X | X | X |
| Rest pose | X | X | X | X | X | X | X | X | X |
| Meditation | X | X | X | X | X | X | X | X | X |
| Integration | X | X | X | X | X | X | X | X | X |
| Closing | X | X | X | X | X | X | X | X | X |
| *Sitting postures* |  |  |  |  |  |  |  |  |  |
| Easy pose | X |  |  |  |  |  |  |  |  |
| Seated side bend | X |  |  |  |  |  |  |  |  |
| Seated spinal twist | X |  |  | X |  |  |  |  |  |
| Seated cat/cow | X |  |  |  |  |  |  |  |  |
| Bound angle | X | X |  |  |  | X |  |  | X |
| Sitting exercises for the feet and legs |  |  | X |  |  |  |  |  |  |
| Seated half-forward bend |  |  |  | X | X |  |  |  |  |
| Wide-legged seated forward bend |  |  |  |  | X | X | X |  |  |
| Seated full forward bend |  |  |  |  |  | X | X |  |  |
| *Standing postures* |  |  |  |  |  |  |  |  |  |
| Mountain pose | X | X |  |  |  | X |  |  |  |
| Standing forward bend | X |  | X | X |  | X | X |  |  |
| Chair pose | X |  |  | X |  | X |  |  | X |
| Swinging twist |  | X |  |  |  |  |  |  | X |
| Body shaking |  | X |  |  |  |  |  |  |  |
| Body throbbing |  | X |  |  |  |  |  |  |  |
| Moving standing postures |  |  | X |  |  | X |  |  |  |
| Standing back bend |  |  | X | X |  |  | X |  |  |
| Standing side bend |  |  | X |  |  | X |  |  | X |
| Balance on tip toes |  |  | X |  |  |  |  |  |  |
| Tree pose |  |  | X |  | X |  |  |  | X |
| Balance lifting legs up |  |  | X |  |  |  |  |  | X |
| Downward facing dog |  |  |  | X |  |  | X |  |  |
| Ear to shoulder stretch |  |  |  | X |  | X |  | X |  |
| Squats with breath |  |  |  | X | X |  |  | X |  |
| Warrior I |  |  |  |  | X |  |  | X |  |
| Warrior II |  |  |  |  | X |  |  | X |  |
| Goddess pose |  |  |  |  | X |  |  | X |  |
| Half moon |  |  |  |  | X |  | X |  |  |
| Three-part breath with arms |  |  |  |  | X |  |  | X |  |
| *Postures on hands and knees* |  |  |  |  |  |  |  |  |  |
| Cat/cow |  | X | X |  |  | X |  | X | X |
| Hand and knees side-to-side |  | X | X |  |  | X |  |  |  |
| Balance on hands and knees |  | X |  |  |  | X | X | X |  |
| Child’s pose |  |  |  | X |  |  | X | X | X |
| Prone plank |  |  |  |  |  |  | X | X |  |
| *Postures lying on the back* |  |  |  |  |  |  |  |  |  |
| Thread-the-needle |  | X |  |  |  |  |  |  | X |
| Knees-to-chest |  | X |  |  |  |  | X | X |  |
| Supine twist |  | X |  |  |  | X | X | X |  |
| Bridge pose |  |  |  |  | X |  | X | X |  |
| *Postures lying on the belly* |  |  |  |  |  |  |  |  |  |
| Prone boat |  |  |  | X |  |  |  |  | X |
| Cobra pose |  |  |  | X |  |  |  |  | X |