

Sample 90-Minute Class

Many yoga studios and some fitness facilities allot 90 minutes per class. This amount of time may seem daunting at first; however, the additional time allows for more creativity and more opportunity to practice asanas that often require more hands-on help from the instructor, such as Salamba Shirshasana and Salamba Sarvangasana. Many instructors also use the additional time to teach in a more workshop-oriented style, opening up more time for discussion and individualized practice.



1 Tadasana, 3 minutes

See
Chapter 6,
pages 77-80



3 Utthita Trikonasana, left
side for 2 minutes



4 Ardha Chandrasana, left
side for 1.5 minutes



5 Uttanasana, 1 minute



6 Vrksasana, standing on right
leg for 2 minutes



7 Utthita Trikonasana, right
side for 2 minutes



8 Ardha Chandrasana, right
side for 1.5 minutes



9 Uttanasana, 1 minute



10 Vrksasana, standing on left
leg for 2 minutes



11 Virabhadrasana I, right
side for 1 minute



12 Parshvottanasana, right
side for 1 minute



13 Uttanasana, 1 minute



14 Virabhadrasana I, left side for 1 minute



15 Parshvottanasana, left side for 1 minute



16 Uttanasana, 1 minute



17 Virabhadrasana II, right side for 1.5 minutes



18 Utthita Parshvakonasana, left side for 1 minute



19 Uttanasana, 1 minute



20 Virabhadrasana II, left side for 1.5 minutes



21 Utthita Parshvakonasana, right side for 1 minute



22 Uttanasana, 1 minute



23 Malasana, 1 minute



24 Janu Shirshasana, right side for 1 minute



25 Janu Shirshasana, left side for 1 minute



26 Gomukhasana, right side for 1 minute



27 Gomukhasana, left side for 1 minute



28 Dandasana, 1 minute



29 Paschimottasana, 2 minutes



30 Purvottasana, 1 minute



31 Navasana, 1.5 minutes



32 Baddha Konasana, 1 minute



33 Upavishtha Konasana, 1.5 minutes



34 Salamba Shirshasana, 5 minutes



35 Salamba Sarvangasana, 5 minutes



36 Matsyasana, 1 minute



37 Supta Padangusthasana, right side for 2 minutes



38 Supta Padangusthasana, left side for 2 minutes



39 Jathara Parivartanasana, legs to left side for 2 minutes



40 Jathara Parivartanasana, legs to right side for 2 minutes



41 Shavasana, 17 minutes