

Sample 60-Minute Class

Most fitness and recreational facilities allot 60 minutes per class. To expand a 30-minute basic class into a 60-minute class, you can simply double the holding times in each pose and use more time to focus on alignment and breathing. Alternatively, you can use the additional 30 minutes to add postures for increased variety. The additional time also gives you a chance to walk through the class and provide any necessary adjustments for students, especially in larger classes. As students become more comfortable with the asanas—and as their awareness, flexibility, and endurance increase—you can begin to add variety to the class by substituting different postures.



1 Tadasana, 3 minutes

See
chapter 6,
pages 77-80



3 Utthita Trikonasana, right side
for 1.5 minutes



4 Uttanasana, 1 minute



5 Vrksasana, standing on
right leg for 2 minutes



6 Utthita Trikonasana,
left side for 1.5 minutes



7 Uttanasana, 1 minute



8 Vrksasana, standing
on left leg for 2 minutes



9 Virabhadrasana I, right side for 1 minute



10 Parshvottanasana, right side for 1 minute



11 Uttanasana, 1 minute



12 Virabhadrasana I, left side for 1 minute



13 Parshvottanasana, left side for 1 minute



14 Uttanasana, 1 minute



15 Malasana, 1 minute



16 Janu Shirshasana, right side for 1 minute



17 Janu Shirshasana, left side for 1 minute



18 Matsyasana, 1 minute



19 Gomukhasana, right side for 1 minute



20 Gomukhasana, left side for 1 minute



21 Dandasana, 1 minute



22 Paschimottasana, 2 minutes



23 Purvottasana, 1 minute



24 Navasana, 1.5 minutes



25 Baddha Konasana, 1 minute



26 Upavishtha Konasana, 1.5 minutes



27 Supta Padangusthasana, right side for 2 minutes



28 Supta Padangusthasana, left side for 2 minutes



29 Jathara Parivartanasana, legs to left side for 2 minutes



30 Jathara Parivartanasana, legs to right side for 2 minutes



31 Shavasana, 14 minutes