

Sample 30-Minute Class

A 30-minute class is most likely the shortest class you will teach. Although short, a 30-minute class can nicely introduce students to the basics of asana practice—the names of postures, the flow of a class, and the initial work on body awareness and alignment. This duration is used in many school-based physical education programs. The following outline includes foundational postures and an easy progression through which to introduce students to yoga.



1 Tadasana, 1.5 minutes

See
chapter 6,
pages 77-80



3 Utthita Trikonasana, right side for 1.5 minutes



4 Uttanasana, 1 minute



5 Utthita Trikonasana, left side for 1.5 minutes



6 Uttanasana, 1 minute



7 Virabhadrasana II, right side for 1 minute



8 Uttanasana, 1 minute



9 Virabhadrasana II, left side for 1 minute



10 Uttanasana, 1 minute



11 Malasana, 1 minute



12 Janu Shirshasana, right side for 1.5 minutes



13 Janu Shirshasana, left side for 1.5 minutes



14 Matsyasana, 1 minute



15 Durga-Go, 1.5 minutes



16 Supta Padangusthasana, right side for 1 minute



17 Supta Padangusthasana, left side for 1 minute



18 Jathara Parivartanasana, legs to left side for 1 minute



19 Jathara Parivartanasana, legs to right side for 1 minute



20 Pavanamuktasana, 30 seconds



21 Shavasana, 6.5 minutes