

Level 3 Master Classes – Kristin R. Mabry - 2009

Day One – Focus on Bandhas and Paths of Yoga

Music – selections from water down the ganges, yoga planet, mantra girl, zen café 2 and 4, music for active yoga volume 2

Standing warm-up and Sun Salutations

W1 with arm options

W2, ext angle, rev W, triangle - flowing on the breath with core control

Lunge to W3 or half moon, jump switch to other side (option)

Down dog to plank flow – option child;s pose to modified plank

Side plank variations

Moon salutations

Gate to kneeling side plank flow

Camel

Cat to crow progression

At wall:

L-shaped handstand

L-shaped fore-arm balance

Headstand at the wall

Shoulderstand at the wall

Fish

Lying down pigeon

Lying down spinal twist

Relaxation

Meditation

Day Two – Focus on Chakras, breathing, and emotional awareness

Music – selections from cakra healing chants, deva premal, zen café 1, music for meditation and relaxation

Supine warm-up with breath work and added in cakra exercises

Sun Salutations freestyle (on breath with SPA and core control)

Moon Salutations

Standing big toe and twist

Standing balance pigeon

Boat variations

½ lord of fishes

Choice of inversions

Choice of backbends

Knees to chest

Relaxation

Meditation