



YogaFit Basics®

B2G

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In this workshop, YogaFit presents our key elements – what makes YogaFit classes unique. Promoting a user-friendly and safe yoga practice, we at YogaFit believe that Yoga is for everybody and every body™. By offering opportunities throughout class to rest or flow we encourage self-pacing and staying in the present moment. YogaFit encourages us to listen to our bodies, deepening our mind-body connection and physical practice through muscular strength, endurance, flexibility, stamina, lung capacity and overall wellness.

The YogaFit Essence:

- Breathing
- Feeling
- Listening to our Bodies
- Letting go of Judgment
- Letting go of Expectations
- Letting go of Competition
- Staying Present

The Three Mountain Format:

- Mountain 1: Warm-Up – 1 Breath 1 Movement
- Valley 1: Sun Salutations – 1 Breath 1 Movement
- Mountain 2: Work Phase – Hold 3-5 Breaths
- Valley 2: Balance – Hold 5-10 Breaths
- Mountain 3: Floor Work & Meditation – 5-10 Breaths

Seven Principles of Alignment (SPA)

- Establishing Base and Dynamic Tension
- Core Stability
- Spinal Stability
- Softening and Aligning the Knees

- Relaxing the Shoulders Down and Back
- Hinging at the Hips
- Shortening the Lever

YogaFit® Basics Sample Class

Mountain 1 – Warm-Up

1. Mountain Pose
2. Moonflower Flow
3. Sunflower Flow
4. Chair Flow
5. Swan Dive
6. Cat/Cow Flow
7. Spinal Balance Flow
8. Childs Pose to Plank
9. Down Dog pedal heels
10. Forward Fold
11. Mountain Pose

Valley 1 – Sun Salutations

12. Modified Sun Salutations
13. Full Sun Salutations

Mountain 2 – Work-Phase

14. Chest Expansion
15. Warrior 1
16. Rest or Flow
17. Warrior 1
18. Warrior 2
19. Reverse Warrior
20. Rest or Flow

Valley 2 -Balance

21. Tree

Mountain 3 – Floor Work & Stretching

22. Child's Pose

23. Locust
24. Child's Pose
25. Camel Pose
26. Child's Pose
27. Seated Spinal Twist
28. Boat
29. Table top
30. Butterfly
31. Knees to Chest
32. Ab Work
33. Bridge
34. Knees to Chest
35. Figure Four
36. Spinal Twists
37. Dead Bug
38. Relaxation
39. Easy pose – Namaste

NOTES:

YogaFit® Worldwide Training Systems has partnered with Australia Fitness Network, bringing our user friendly and safe yoga teacher trainings to Australia.
Please visit: www.fitnessnetwork.com.au/yogafit to find a local training near you!