

Class planning with hands on focus

Class Plan 1

Exercise	Addition	Focus	Hands on
Shoulder bridge Articulation through flexion & extension X 5	Press back of head lightly into the mat x 3 before each bridge Take feet further away to really focus on the hip extensors	Ensure hip extension Keep weight in big toes Chin to the ceiling	Hands on front of shins, just below knees & ask to press into.
Dynamic hamstring release			
One leg circle- keep weight in head 3 each way each side	Press heel of stabilising leg down x3 before each 3 circles	Circling leg only goes as straight as can keep weight in stabilising leg Keep reaching chin to the ceiling	Fist to heel of supporting leg & ask to push into it
Bend knee in of circling leg and use it to roll up to sitting			
Roll up- as far as can keep control X 6	Small ball between big toes	Focus on turn the hips on the way down, moving the ribs on the way up Keep head as first vertebrae	Hands to front of feet and ask them to pull
Inner thigh opening- soles of feet together & round over			
Spine twist X 5 each way	Hands behind head and press back	Press back of legs down Keep neck long	Fist to heel of foot they are rotating to & ask them to push into it
Side Kicks- long line forwards & back, up & down, circles x 6 each	Lift onto elbows	Keep ribs quiet Lengthen top hip away	Gently pull kicking leg longer
Swan prep- Hands under shoulders, elbows up	Add in neck mobility- lift into extension and circle head down, to left, to right	Keep legs in parallel Lift top of head to ceiling	Gently press elbows down as they extend up to help seesaw head up
Rest position to high kneeling, hands behind head & side bend			

Exercise	Addition	Focus	
One leg kick- lower body only X 5 each leg		Easy shoulders Reach from the front of the hip	Place finger behind knee & ask them to kick around it.
Rest position and roll up to standing			
Push up		Keep weight in middle of foot not heels Elbows into side of body	

Class Plan 2

Exercise	Addition	Focus	Hands on
Roll up with arm opening X6	When sitting tall, open arm out to side & twist	Keep legs strong Lengthen up on twist	As they twist, draw front arm forwards to keep them over their centreline
Side bend prep- Shoulder focus X 4	Elbow bend in Add lift hips	Heavy elbow Keep elbow pulling into your side	Hover your hand over the crown of their head to encourage head line to track with spine
One leg circle X 4 each way	Have elbows bent, fists to ceiling to focus on arm & shoulder alignment	Circling leg only goes as straight as can keep weight in stabilising leg Keep reaching chin to the ceiling	Place hands on sides of shoulders & ask them to press out into your hands.
One leg stretch X 8	Use hands to help find the “sweet spot”	Keep tailbone lifted Elbows out wide & up	Place your hands on their elbows & ask them to press out to keep width in upper back & shoulders
Shoulder bridge Heel lifts X 8	Lift leg up & add 3 kicks each side	Keep hips level Roll through the foot	Place a hand on the inside line of the supporting foot & ask them to press into it.
Pull knees in and use to sit up			
Spine stretch X 5		Focus on full breath Keep weight on back of hips	Track up the spine to make sure they glide the vertebrae back rather than slouch
Swing legs round & lie on front			

Exercise	Addition	Focus	
Swan prep X 6	Lift one leg up behind as lower upper body	Keep legs in parallel Carry head up & down	Offer resistance by lightly pressing on the back of the ankle of the lifting leg
Thread the needle into rest position into roll up to standing. Walk hands out to long line, walk legs in and sit down			
Seal X 6		Open from the hips Keep looking into t-shirt	