

Keep the Trinity Strong!



For this class you will need a yoga block or a towel or a cushion

Exercise	Instruction	Teaching Points	Notes
Standing, feet in parallel, block between big toe knuckles, heels are very slightly part.	Inhale to lift arms out and up, exhale to lower	Feel the awareness of the block and how it helps to bring the connection through the feet to the inner thighs. Keep the weight equal through both feet. Be aware of the heels drawing together during the moves	
	Hold arms out, bring arms to the front as flex the mid spine, open arms out as extend.		
	Side bend to the left, return and rotate to the right. Repeat other side.		
Roll down	Keeping awareness through the feet, roll down through the spine and return		
100	Lying supine, legs fully extended along the mat, block between the knees. Curl up into spinal flexion. Beat arms, breathing in for 5 and out for 5.	Gently squeeze the block Keep feet flexed and aligned and legs on the mat Ensure the spine is flexed evenly Beat strongly with arms	
Roll-up	Seated with the block between the knees. Exhale to flex through the spine, inhale through the arm movement and exhale to return.	Gently squeeze the block Keep feet flexed and aligned, pressing away through the heels Move sequentially through the spine	
Shoulder bridge	Holding the block between the knees, exhale to flex up not the bridge, inhale to gently squeeze the block and exhale to return. Add in one leg lengthening away, keeping block still	At the top of the bridge bring awareness to the thighs almost spinning inwards rather than outwards Keep mild pressure through the arms and feet. Lengthen the leg away, keeping the knees at the same height.	

Exercise	Instruction	Teaching points	Notes
Rolling back	Holding the block between the knees, inhale to roll back, exhale to return	Focus on keeping the C shape. Gently squeeze the block Keep elbows wide	
Side kick series	Side lying, head resting on arm, block between knees. Exhale to lift legs and inhale to lower. Tap both legs front and both legs back	Keep length through the back line Keep whole of body aligned Lengthen top hip away, creating equal length through the waist	
Double leg kicks	Lying prone, holding the block between the feet. Exhale to kick in twice and inhale to extend the spine and shoulders.	Focus on how the block keeps the inner thighs active. Focus on opening the front of the body	
Spine twist	Seated tall with the block between the feet. Inhale to rotate and extend	Use the block to emphasise how the feet should remain aligned and still as you twist Lift up out of the hips	
Double leg stretch	Flex spine and bring legs over the hips keeping the block between the knees. Inhale to extend legs and arms away and exhale to return.	Gently keep squeezing the block Make sure the spine is evenly flexed	
Tick tock	Lying supine, knees in, spine lengthened. Inhale to take legs over to one side, exhale to return	Keep knees aligned, do not let the top leg draw backwards. Keep ribcage still	
Dips	Flex spine and bring legs over the hips keeping the block between the knees. Inhale to dip feet towards the mat, extending the hip only and exhale to return.	Gently keep squeezing the block Make sure the spine is evenly flexed	
Corkscrew prep	Lying supine, knees in, spine lengthened. Inhale to begin circling the knees and exhale to complete the circle.	Keep the spine slightly imprinted Keep the ribcage still	

Exercise	Instruction	Teaching points	Notes
Teaser prep	Seated with the block between the knees, one leg extended. Inhale to lift the arms up, exhale to flex through the spine. Inhale to lift the arms and exhale to return.	Gently squeeze the block to focus on the trinity and help open the hips. Articulate sequentially through the spine	
Leg pull front prep	On all fours, block between the knees. Hover the knees slightly above the mat, Squeeze the block	Keep the spine lengthened and aligned Make sure the elbows do not lock out	
Swan dive	Lying prone, with the block between the knees, hands under the shoulders. Inhale to extend through the spine an hip, exhale to return	Focus on opening through the whole front of the body Use the block to keep the legs parallel and aligned	
Seal	Seated with hands threaded through holding the ankles, bring the spine not the C curve. Inhale to roll back, exhale to return and open out at the hips two times.	Maintain the C curve Open from hips to stretch out the inner thighs.	