



Anusara Yoga Class Plan

GOAL: For students to leave class feeling better about themselves, empowered by the revelation of own Divine nature; highest intention of practicing Anusara Yoga (AY) is to align with the Divine. Our highest intention is to see and experience the universal everywhere, within and without in the full range of diversity.

I. Theme Development* Poem, Personal Story, Anecdote, Lyrics, Heart Quality Characteristics

*<http://potentialwithin.wordpress.com/2008/07/29/develop-a-heart-oriented-theme-a-working-template/>

A. Anusara Yoga Philosophy http://www.anusara.com/?pagerequested=about_philosophy

How theme relates to AY Philosophy? Life Affirming, Body is sacred instrument of alignment & reunion w/ Divine, poses are prayers, offerings, celebrations, diverse forms of spiritual art which glorify divine, kula, (inclusive, life affirming, & evolving), Intrinsic Goodness, to unveil our innate goodness, worthiness & supreme nature, build & empower self-esteem, inspiring light heartedness, playfulness, and joyful creativity within yoga practice; Tantric view ~ freedom by aligning w/ divine flow simultaneous within physical experience. The philosophy serves as the vision by which all energy of the practice is directed in both quality and magnitude of mind and heart. Choosing that which is life enhancing. (See Immersion booklet p. 5 – 9.)

B. Chit Ananda ~ How theme relate to the two Main Purposes for Practicing AY

1. Self-Knowledge (Chit)

Awakening, recognition, remembrance, self-realization, enlightenment, discovering the bliss of being. Because we are part of the divine ~ a microcosm ~ knowledge of ourselves IS knowledge of the Divine (pure consciousness)

2. Delight of creative expression (Ananda)

To enjoy the freedom of being. To make beauty, to love, to exult in the goodness of life, to celebrate the Supreme through art/music, to serve by adding more joy & laughter to life (Shakti principle)

II. Teaching Objectives

What specifically do I want them to learn or get out this class? Which UPA's & Loops will I focus on in my teaching?

A. Universal Principles of Alignment (UPAs) Read [John Friend's *Go with the Flow: Alignment in Anusara*](http://www.yogajournal.com/practice/1330) <http://www.yogajournal.com/practice/1330>

1. Open to Grace

Invoking grace, softening outer boundary, releasing limiting definition of oneself, emptying out in order to be filled up with the universal. Remembering the universal. We start by opening up to something bigger.

2. Muscular Energy ~ Draws energy from the periphery to the focal point circumferentially

3. Inner (Expanding) Spiral

Widening the back body, both in the hips and the upper back/shoulders. Broadening the back connects us to the universal (Shins in, thighs out, stick your butt out!)

4. Outer (Contracting) Spiral

Narrowing the back body, both in hips and the upper back/shoulders. Narrowing the back pushes us into the front body ~ individual

5. ACTIVE Organic Energy

Descend to ascend (root to rise); Always extends down first. When focal point is pelvis -- pelvis & tailbone move down, sacrum and rest of spine move upward.

B. Loops

1. **Ankle** ~ Organic energy helps to initiate

2. **Shin** ~ Muscular energy helps to initiate

3. **Thigh** ~ Inner spiral relates to

4. **Pelvic** ~ Outer spiral relates to

5. **Kidney** ~ Opening to Grace helps establish

6. **Shoulder** ~ Muscular energy helps to initiate

7. **Skull** ~ Organic energy helps to initiate

C. Scope or Energetic Effect

What do I want to do or accomplish? Backbends, Inversions, Arm Balances, Hip Openers, Forward Bends, Twists, Full Spectrum, Energy enhancing, Soothing/Cooling, Restorative (PMS headache relief); Check Immersion booklet p. 41 - 45.

II. Yoga Class Plan ~ How am I going to do this?

A. Opening

1. Invocation/Centering

Devotional recognition of the grace bestowing power of the Universal spirit within and around us;

“I offer myself to the Light, the Auspicious One, who is the True Teacher within and without ~ the teacher of all teachers ~ Who assumes the forms of Reality, Consciousness and Bliss, Who is ever present and full of peace, Independent in its existence, the vital essence of illumination.”

[Christina Sell's interpretation and discussion.](#)

<http://christinasell.blogspot.com/search?q=song>

2. Pranayama

If teaching, what technique & why; Breath is the medium between attitude & action

3. Warm-Up

Dynamic in coordination w/breath

B. Asana Practice (as based around a peak pose format) ~ Teach SANSKRIT names!

1. PEAK Pose ~ What is it going to be? Interesting details, story about origin; Refer to syllabus breakdown in back of Immersion Booklet by pose category. In planning, consider the common misalignments likely to be seen in students for each pose. How will I work with that? What modifications or forms of the pose might be needed; (i.e. Bus stops!)

2. Poses Before ~ What do we need to open/prep?
3. Poses After ~ How we will counter, cool down or round out practice?
 - a. Savasana ~ Regular or any type of restorative?

C. Closing

Bringing it full circle, meditation, closing thought, taking it off the mat

IV. Supplies Needed ~ Things to bring to class or to make sure that I have available

- A. Media & Supplies ~ Music, boombox, books for any readings, photos of poses, etc.
- B. Props

V. Don't forget to mention ...

- A. Reminders & Promos ~ upcoming events, workshops, class schedule changes
- B. Class Etiquette
- C. Etc. ~ kula news, acknowledgments, miscellaneous

VI. Post Class Reflection ~ How did the class flow? Any changes needed to the sequence?

Insights, discoveries, additional teaching needed, ideas for further development?

*** Keep a record of each class plan in a notebook for future reference!**