

ARRIVAL

DURATION		MEDITATION	
CLASS	SEGMENT	THEME	
0 : 0	0 : 0	ALLOW	begin in savasana.... Allow stillness allow your breath's natural rhythm notice if it is shallow, or fast, or ragged, but simply allow it. Allow thoughts to float into your consciousness. We cannot stop our minds from producing thoughts. We are not here to stop thoughts, we practice releasing attachment to thoughts so we can be fully present here and now, the only moment where your life is.
		RELEASE	when we look outside we dream, when we look inside we awaken. Go inside and investigate sensation TOGETHER we will practice conscious breath control called Ujayii. I invite you to use a visualization
	2 : 14	GO INSIDE	to bring in as much life and energy on your inhales as possible Imagine a very loose fitting belt around your navel that you expand your belly to touch on each inhale. Once we begin to move all inhales and exhales will be through the nose, but now make your exhales as loud as you can from your mouth as we release together something you carried in not yours to carry
2 : 15	0 : 0	UJAYII	INHALE NOSE EXHALE MOUTH twice more EVEN THE AIR THAT GIVES US LIFE WOULD SUFFOCATE US IF NOT RELEASED
3 : 45	1 : 30	MOVEMENT	
3 : 59	1 : 14	SEGMENT END	

BEASTIE BOYS
EUGENE'S LAMENT

0 : 0

2 : 14

BEASTIE BOYS
NAMASTE

0 : 0

1 : 14

WARMUP

DURATION

CUES

BEASTIE BOYS
NAMASTE

CLASS	SEGMENT	POSE	CUES			
4 : 0	0 : 0	FULL BODY STRETCH	inhale	grow long		
		SELF HUG	exhale	squeeze	repeat x2	
		SPINE TWIST RIGHT	rt leg long	cactus arms	left leg rt	exhale
		SPINE TWIST LEFT	left leg long		right leg left	
		CACTUS	hands low back	string to heart		
		KNEELING SKY ARCHER	left hand rt wrist		right hand left wrist	
		TT FIRE HYDRANTS R/L	rt knee inline with hips		exhale	touch bicep
		PUPPY	hips over knees	inhale	reach corners	chin to mat
		SPHYNX	palms dn elbows	roll shoulders from ears		abs/ lats
		FOREARM PLANK	round between shoulder blades		quads straighten knees	
		DOWN DOG	exhale	hips lift	equalize wt	abs/ quads
10 : 0	6 : 0	TADASANA	tiptoe	roll up	palms fwd	eyes shut
10 : 0	6 : 0	SEGMENT END				

1 : 15

3 : 59

NO DOUBT
EX GIRLFRIEND

0 : 0

3 : 30

3 : 30

INTENTION

DURATION

MEDITATION

ALLMAN BROTHERS BAND
LITTLE MARTHA

CLASS

SEGMENT

THEME

10 : 0

0 : 0

PRACTICE

this is our practice. This is where you are safe to explore you and how you feel. Free from judgement this is where you forge an unbreakable connection to your true self. Go inside and listen.

TRUST

Trust what you find and as you continue to practice you will form the most amazing, most important relationship in all existence: your relationship with you

YOU

RELEASE

I encourage you to be your own best friend. Give yourself the patience and love you give friends and loved ones. **Let go expectations** and discover that every single thing you need you already have. **THERE IS NO WAY TO**

HAPPINESS

HAPPINESS, HAPPINESS IS THE WAY

BREATHE

release your attachments to a need to invert or to that thought that keeps floating in.
DEEP INHALE EXHALE release EYES OPEN

12 : 0

2 : 12

SEGMENT END

2 : 12

SURYA NAMASKAR

DURATION

CUES

STEVE MILLER
ALL YOUR LOVE

CLASS	SEGMENT	POSE	CUES
12 : 0	0 : 0	UTTANASANA	exhale
		1/2 lift	inhale
		FOLD	repeat 1/2 lift & fold twice more
15 : 11	3 : 11	TADASANA	INHALE FILL UP PALMS TOUCH OVERHEAD
15 : 11	0 : 0	UTTANASANA	EXHALE
		CHATURANGA	EXHALE ELBOWS TIGHT TO RIBS SLOW
		COBRA	INHALE SHOULDERS ROLL AWAY FROM EARS
		DOWN DOG	EXHALE HIPS LIFT EQUALIZE WEIGHT GAZE AT FEET SPREAD FINGERS MELT HEELS TOWARDS MAT ENGAGE ABS TO FLEX HIPS ENGAGE QUADS TO STRAIGHTEN LEGS
			TWICE MORE
18 : 30	6 : 30	SEGMENT END	

0 : 0

3 : 11

POLICE
DRIVEN TO TEARS

3 : 21

3 : 21

VINYASA 1

DURATION		CUES				PAUL SIMON
CLASS	SEGMENT	POSE				DIAMONDS on the SOLES
18 : 30	0 : 0	3LD RT / BOY DOG RIGHT	bend knee	open hip	roll ankle	dist wt even
		KNEE CRUNCHES X3	exhale	round & curl	inhale	heel to sky
		EZ TWIST	inhale	float rt hand	stack shoulders	gaze fingers
		SCANDASANA	exhale	left knee bends		
		LIZARD	runners lunge	frame left foot	LIZARD melt to mat	
		SCANDASANA		right knee bends		
		LIZARD		frame right foot	LIZARD melt to mat	
		REVOLVED TRIANGLE	runners lunge	straighten rt knee	left hand rt foot	float right hand
		KUNDALINI TWIST	bend rt knee	left hand planted	float rt hand	left heel to glute
		COW FACE	bring weight to	left hand	lower to left sitz	hands to o/s feet
		HAPPY BABY	roll back	hands to o/s feet	back flat on mat	
		TOE STAND	rock n roll		check in on your breathing	
		SUPPORTED WARRIOR 3	left leg flies	hips square	ankle flexed	toes point down
		TADASANA	left foot releases to mat		flow to dfd	
		DOWN DOG				
23 : 30	5 : 0	3LD LEFT / BOY DOG LFT				
24 : 19	5 : 49					5 : 49
24 : 20	5 : 50					SHERRY DARLING
						BRUCE SPRINGSTEEN
28 : 30	10 : 0	SEGMENT END				0 : 0

VINYASA 2

DURATION

CUES

KT TUNSTALL

MINIATURE DISASTERS

0 : 0

3 : 32

AFTER MIDNIGHT

JJ CALE

0 : 0

2 : 24

WATER OF LOVE

DIRE STRAITS

0 : 0

5 : 27

CLASS

SEGMENT

POSE

28 : 30

0 : 0

3LD KNEE CRUNCH X3

W2 RIGHT KNEE BENT

CRESCENT RLB

CACTUS CRESCENT

1 LEG TADASANA

CHAIR / TWISTED CH

TWISTED CRESCENT

W1 RLB

HUMBLE WARRIOR RLB

LOW LUNGE RLB

1/2 SPLIT RIGHT

32 : 0

3 : 32

RL / 1/2 MOON LL FLIES

32 : 0

3 : 33

EAGLE

34 : 15

TADASANA / D DOG / 3LD LEFT

34 : 24

2 : 24

34 : 25

0 : 0

40 : 0

5 : 27

SEGMENT END

PULL SHOULDER BLADES TOGETHER STACKED OVER HIPS

INHALE

EXHALE

INHALE

EXHALE

INHALE

EXHALE

INHALE

EXHALE

ELBOWS IN LINE WITH SHOULDERS

VINYASA 3

DURATION		CUES				LOVESONG
CLASS	SEGMENT	POSE				WELLES
40 : 0	0 : 0	DOWN DOG / CHAIR				0 : 0
		W2 LLB				
		TRIANGLE RT ARM				
		SCANDASANA LLB				
		REVOLVED 1/2 MOON	LEFT LEG FLIES			
		W2 RLB				
		STARFISH				
		WIDE LEG FWD FOLD				
		WARRIOR 3 LL FLIES				
		TREE LEFT LEG BENT	FIND A FOCAL POINT	OPEN HIP	ROOT DOWN	
44 : 12	4 : 12	DANCER LL BENT	RIGHT HAND LIFTS PALM FWD	INHALE	KICK & LEAN	4 : 12
44 : 13	4 : 13	TADASANA				POLICY of TRUTH
		DOWN DOG / CHAIR				DEPECHE MODE
45 : 30	5 : 30	W2 RLB				0 : 0
51 : 0	11 : 0	SEGMENT END				5 : 49

COOLDOWN

DURATION

CUES

I SHALL BE RELEASED
JACK JOHNSON

CLASS	SEGMENT	POSE	CUES	
51 : 0	0 : 0	DOWN DOG		
		TABLE TOP OBLIQUES	GAZE LEFT RT HEEL	GAZE RT LEFT HEEL
		CHILD'S POSE		
		TANGLED THREAD		
		CAT / COW		
		TOE SQUAT		
		HAPPY BABY		
55 : 11	4 : 11	FIGURE 4		
		SAVASANA		
55 : 12	4 : 12			
57 : 24	7 : 24	SEGMENT END		

0 : 0

4 : 11

BADGE AND GUN
JOHN MAYER

4 : 12

7 : 24

FINAL SAVASANA

DURATION

CUES

GOD OF OCEAN TIDES
COUNTING CROWS

CLASS

SEGMENT

POSE

57 : 30

0 : 0

FINAL SAVASANA

ALLOW YOUR BREATHING TO RETURN TO YOUR NATURAL
RHYTHMTAKE THIS OPPORTUNITY TO INVESTIGATE HOW YOU
FEEL. DO YOU FEEL LIGHTER THAN
WHEN WE BEGAN?PRACTICE THIS AWARENESS OF HOW YOU FEEL. PRACTICE
GOING INSIDE ON A REGULAR BASISTHIS IS YOU, THIS IS YOUR RELATIONSHIP TO SELF, THIS
IS THE MOST IMPORTANT EFFORT YOU
WILL EVER SPEND WITH THE BIGGEST
REWARDSPRACTICE RELEASING ATTACHMENT TO THOUGHTS, TO
POSSESSIONS, TO STATUS AND WORRYTHE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD
CANNOT BE SEEN OR EVEN TOUCHED, THEY MUST BE FELT

60 : 0

2 : 30

SEGMENT END

PRACTICE TRUE AWARENESS OF YOUR FEELINGS

0 : 0