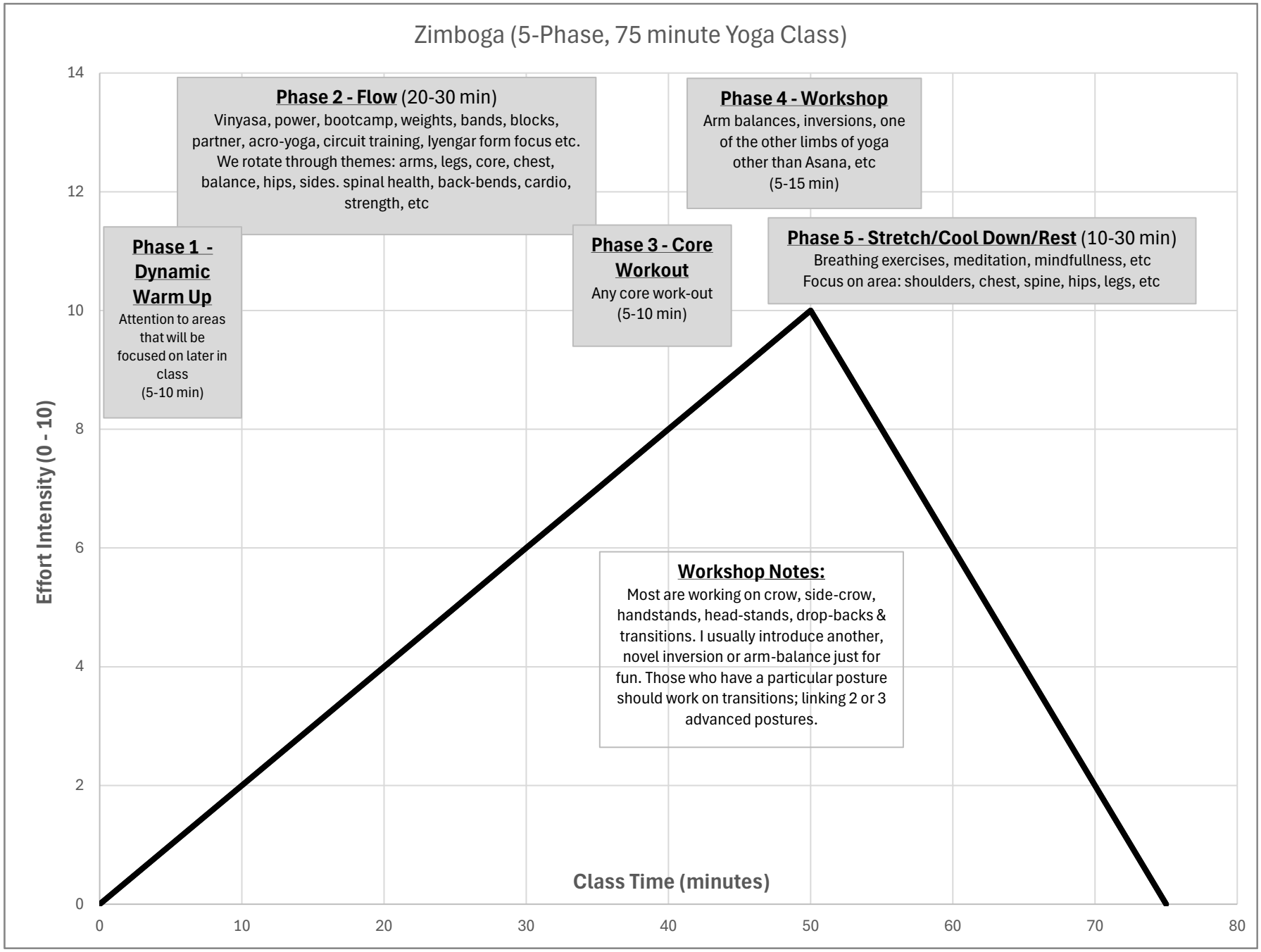
Zimboga (5-Phase, 75 minute Yoga Class)
Phase 1 - Dynamic Warm Up
Attention to areas that will be focused on later in class
(5-10 min)
Phase 2 - Flow (20-30 min)
Vinyasa, power, bootcamp, weights, bands, blocks, partner, acro-yoga, circuit training, Iyengar form focus etc. We rotate through themes: arms, legs, core, chest, balance, hips, sides. spinal health, back-bends, cardio, strength, etc
Phase 3 - Core Workout
Any core work-out
(5-10 min)
Phase 4 - Workshop
Arm balances, inversions, one of the other limbs of yoga other than Asana, etc
(5-15 min)
Phase 5 - Stretch/Cool Down/Rest (10-30 min)
Breathing exercises, meditation, mindfullness, etc
Focus on area: shoulders, chest, spine, hips, legs, etc
Workshop Notes:
Most are working on crow, side-crow, handstands, head-stands, drop-backs & transitions. I usually introduce another, novel inversion or arm-balance just for fun. Those who have a particular posture should work on transitions; linking 2 or 3 advanced postures.
Effort Intensity (0 - 10)
Class Time (minutes)
0
2
4
6
8
10
12
14
0
10
20
30
40
50
60
70
80