

YogaFit: Basics

Presented by Christine Yanke

In this workshop, YogaFit presents our key elements or what makes YogaFit classes unique. Promoting a user-friendly and safe yoga practice, we at YogaFit believe that Yoga is for everybody and every body. By offering opportunities throughout class to rest or flow we encourage self-pacing and staying in the present moment. YogaFit encourages us to listen to our bodies, deepening our mind-body connection and physical practice through muscular strength, endurance, flexibility, stamina, lung capacity and overall wellness.



The YogaFit Essence:

- Breathing
- Feeling
- Listening to our Bodies
- Letting go of Judgment
- Letting go of Expectations
- Letting go of Competition
- Staying Present

The Three Mountain Format:

- Mountain 1: Warm-Up – 1 Breath 1 Movement
- Valley 1: Sun Salutations – 1 Breath 1 Movement
- Mountain 2: Work Phase – Hold 3-5 Breaths
- Valley 2: Balance – Hold 5-10 Breaths
- Mountain 3: Floor Work & Meditation – 5-10 Breaths

Seven Principles of Alignment (SPA):

- Establishing Base and Dynamic Tension
- Core Stability
- Spinal Stability
- Softening and Aligning the Knees
- Relaxing the Shoulders Down and Back
- Hinging at the Hips
- Shortening the Lever

Transformational Language:

- Inclusive
- Positive Affirmative
- Action Oriented
- Awareness Oriented
- Process Oriented

YogaFit: Basics - Sample Class



Mountain 1 – Warm-Up

Mountain Pose
Moonflower Flow
Sunflower Flow
Chair Flow
Swan Dive
Cat/Cow Flow
Spinal Balance Flow
Childs Pose to Plank
Down Dog pedal heels
Forward Fold
Mountain Pose

Valley 1 – Sun Salutations

Modified Sun Salutations
Full Sun Salutations

Mountain 2 – Work-Phase

Chest Expansion
Warrior 1
Rest or Flow
Warrior 1
Warrior 2
Reverse Warrior
Rest or Flow

Valley 2 – Balance

Tree

Mountain 3 – Floor Work & Stretching

Child's Pose
Locust
Child's Pose
Camel Pose
Child's Pose
Seated Spinal Twist
Boat
Table top
Butterfly
Knees to Chest

Ab Work
Bridge
Knees to Chest
Figure Four
Spinal Twists
Dead Bug
Relaxation
Easy pose – Namaste



Class flow taken from YogaFit Level 1® Teacher Training Manual