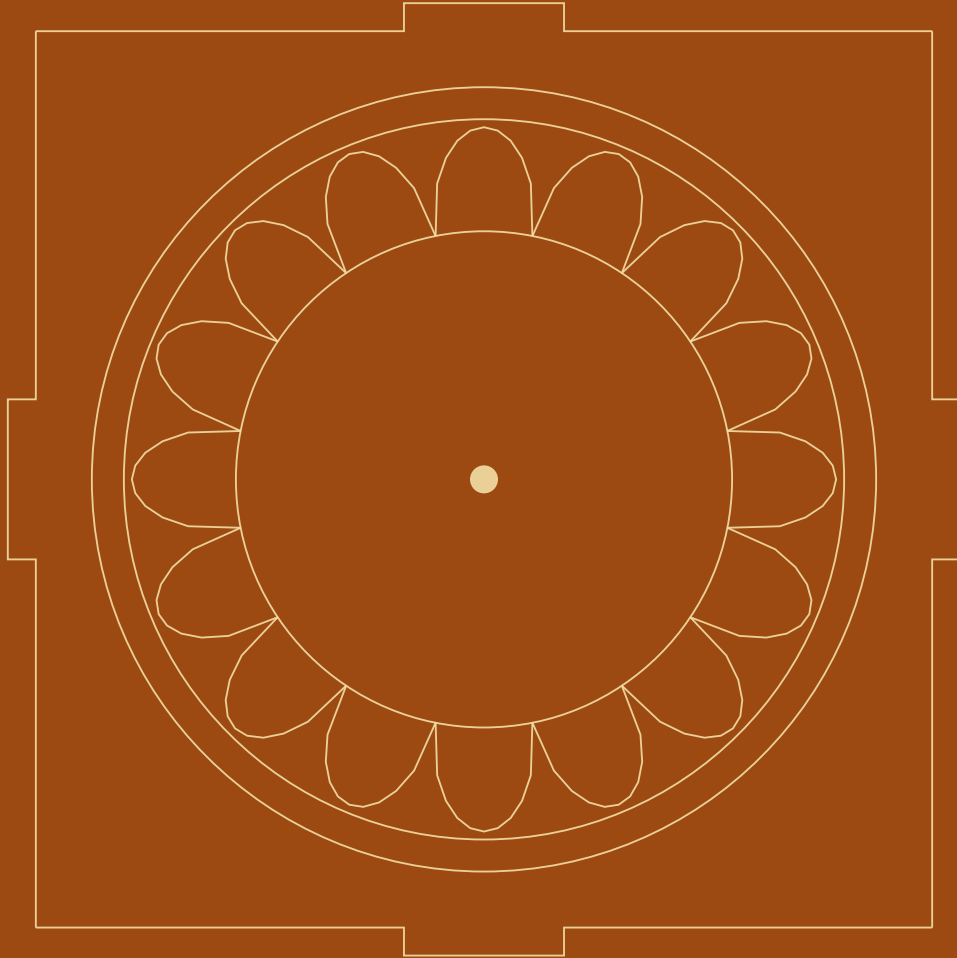


PRACTICE

24 Yoga Lesson Plans: A Six-Month Curriculum

Twenty-four classes of 60 and 75 minutes in four cycles, each with a theme, an intention, a timed sequence, a breath practice and a sūtra of Patañjali in Sanskrit



योग

yoga

YOGIDE

Free sample

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teacher or medical advice. Questions: administration@lacangel.fr

Before you begin

This book is a set of twenty-four lesson plans, written to be taught once a week for six months. They follow one another: each cycle of six classes prepares the next, and the last class closes the whole. You can also take any plan alone.

Each plan gives:

- a **theme** and an **intention** you can say in one sentence;
- the **props** you need;
- a **timed sequence**, minute by minute, with what to say or watch for;
- a **breath practice** that suits the class;
- **what to watch for** in the room;
- a **sūtra** of Patañjali, in Devanāgarī and in transliteration, with its words and a translation, and one sentence to say to the class;
- a line for your **notes** after teaching.

Numbers in brackets refer to the cards of our Asana Atlas and of The 84 Asana Cards: (21) is Tāḍāsana, (84) is Śavāsana. The plans use the methods of The Art of Sequencing and Cueing: the arc of a class, families and counterposes, three levels in one sentence, the breath before the movement. That book contains six classes and six plans of its own; the twenty-four plans here are different classes, organised as a curriculum.

The four cycles

Cycle	Weeks	Length	What it builds
1. Foundations	1-6	60 min	Ground, breath, spine, a first sun salutation
2. Standing and balance	7-12	60 min	The standing families, balance, core and arms
3. Opening	13-18	75 min	Hips, backbends, twists, shoulders
4. Inward	19-24	75 min	Forward bends, rest, the long exhale, sitting still

The order follows the logic the Haṭhayogapradīpikā gives for the practice of haṭha: postures first, then breath and the other practices (HYP 1.58, GRETIL). Over six months, the classes give a little less time to postures and a little more to breath and stillness, without ever dropping either.

How to read a sūtra in class

Each plan quotes a sūtra from our The Yoga Sutras of Patañjali, Sutra by Sutra, where the Sanskrit was checked against the GRETIL digital edition (Ānandāśrama text, 1904) and the translation is our own. Say the Sanskrit once, slowly, or not at all if you are not ready. Read the translation. Say the one sentence given, or your own. No sermon: let the class do the rest. If your students do not want any philosophy, keep

the sentence and drop the Sanskrit.

Safety, for every plan

These plans are written for adults in reasonable health in a mixed group. They are not therapy, and they do not replace your training.

- Before every class, ask the group if anyone has an injury, is pregnant, has high blood pressure, a heart condition, glaucoma, a back, neck, knee or wrist problem, or recent surgery, and offer a quiet word at the side.
- Offer three levels for every posture: the easier form is not a lesser form.
- No headstand, shoulderstand or plough in these plans. The downward dog (64), which the Asana Atlas places among the inversions, is held for a few breaths only; the one true inversion is Viparīta Karaṇī (65), with the legs on the wall or a chair. Students with glaucoma, a detached retina, uncontrolled high blood pressure, heart disease or a history of stroke skip Viparīta Karaṇī and keep the head above the heart in the other poses (Bālāsana instead of a long downward dog, hands on a high block in standing forward bends); in pregnancy, Viparīta Karaṇī only with medical advice. A review of 76 published cases of harm found headstand, shoulderstand, lotus and forceful breathing to be the practices most often cited (Cramer et al., 2013).
- No breath retention, no kapālabhāti, no bhastrikā: these need individual teaching and screening. The breath practices here are natural breath, ujjāyī, the long exhale, nāḍī śodhana without retention and bhrāmarī.
- These are not prenatal classes. A pregnant student first needs the agreement of her doctor or midwife. In class: no lying on the belly (cobra, locust, bow), no closed twists (turn away from the belly), no deep backbends, no strong core work (Nāvāsana, plank) and no arm balances; after the first months, no bridge and no long periods lying on the back (she rests on her left side instead), as the NCCIH also advises.
- Stop any student who feels chest pain, sudden breathlessness, faintness or a sudden severe headache, and call the emergency number of your country.

Pain is a signal to come out of a posture, not to push through it. Say so in every class, in the first five minutes.

How to use a plan

1. Read it the day before. Practise it once yourself, at the speed of the class.
2. Adapt the sequence to the room you have: the "shorter" note at the end of each plan says what to drop first when time is short.
3. Teach it. Keep the timings loosely: a class lives, and your students set the pace.
4. Write three lines in the notes the same evening: what worked, what did not, what you will change.

Cycle I. Foundations (weeks 1-6, 60 minutes)

This cycle teaches the ground, the breath and the spine before anything else. A new group learns where its feet are, how the breath moves the belly and ribs, and one simple sun salutation. Keep the pace slow and the words few.

Plan I. Arriving

60 minutes • week 1 • for beginners and mixed groups

- **Theme:** beginning.
- **Intention:** "Arrive here, in this body, with this breath."
- **Props:** mat, a folded blanket, a block or a thick book.

Time	Practice	Guidance
0:00-5:00	Lying on the back, knees bent, hands on the belly	Welcome; ask about injuries. "Let the breath lift your hands; there is nothing else to do."
5:00-10:00	Seated on a blanket, Sukhāsana (4); breath awareness	Where is the breath felt: nose, chest or belly? Change nothing.
10:00-15:00	Mārjārāsana (51), cat and cow, 8 rounds; Bālāsana (43)	The breath sets the speed: the chest opens with the in-breath, the back rounds with the out-breath.
15:00-20:00	Adho Mukha Śvānāsana (64), knees bent, 3 breaths, three times	Fingers spread, knees as bent as needed. Rest in Bālāsana between.
20:00-26:00	Tāḍāsana (21): feet, legs, spine, crown; arm raises with the breath, 6 rounds	Build the pose from the ground up.
26:00-34:00	Virabhadraśana II (29), then Trikoṇāsana (26) with a block, each side	Front knee in line with the second toe. In the triangle, length matters more than depth.
34:00-38:00	On the front: Makarāsana (80), 1 minute; Bhujangāsana (45), low, twice; Bālāsana (43)	Lift only as far as the lower back is comfortable.
38:00-43:00	Daṇḍāsana (19), 5 breaths; Baddha Koṇāsana (18) on a blanket	Sit on the front edge of the blanket so that the pelvis can tip forward.
43:00-47:00	On the back: Apānāsana (81); Jaṭhara Parivartanāsana (63), knees bent, each side	Both shoulders stay on the floor; the knees go only as far as that allows.
47:00-49:00	Natural breath, then a few longer exhales	Lying or seated.
49:00-58:00	Śavāsana (84), 9 minutes	A blanket for anyone who cools down quickly.
58:00-60:00	Come up from the side, sit, sūtra, close	Thank the group; say what next week will bring.

- **Breath:** natural breath, then exhales a little longer than the inhales, without forcing.
- **Watch for:** students who hold their breath in Tāḍāsana arm raises; knees collapsing inwards in Virabhadraśana II.

Sūtra: YS 1.1

अथ योगानुशासनम् ॥

atha yogānuśāsanam

atha: now, here begins · yoga: yoga · anuśāsanam: teaching, instruction (anu-: following, in the line of; śāsa: instruction)

Translation. Now, the teaching of yoga.

In one sentence for the class: "The first word of the text is 'now': not later, when you are more flexible, now."

Shorter: skip Baddha Koṇāsana and the breath before Śavāsana; Śavāsana 6 minutes.

Notes after teaching:

Plan 2. The feet and the ground

60 minutes · week 2 · for beginners and mixed groups

- **Theme:** balance between two sides.
- **Intention:** "Find the middle between too much and too little."
- **Props:** mat, wall space, block.

Time	Practice	Guidance
0:00-4:00	Seated, centring; ask about injuries	One sentence of intention.
4:00-9:00	Standing: feel the four corners of each foot; rock forward and back, side to side, then stop in the middle	"Where is the middle today?"
9:00-14:00	Mārjārāsana (51); Adho Mukha Śvānāsana (64), 3 breaths, twice	
14:00-20:00	Tāḍāsana (21); rising on the toes and lowering, 8 times; arm raises	Slow. Heels down softly.
20:00-27:00	Vṛkṣāsana (22) near the wall, each side, twice	Foot on the ankle, calf or inner thigh, never on the knee.
27:00-34:00	Utkāṭāsana (23), 5 breaths; Uttānāsana (40) knees bent; roll up	Weight in the heels in Utkāṭāsana.
34:00-40:00	Virābhadrāsana II (29) and Pārśvakoṇāsana (27), forearm on the thigh, each side	
40:00-44:00	Seated: Baddha Koṇāsana (18) on a blanket	Knees go where they go.

Time	Practice	Guidance
44:00-48:00	On the back: Supta Pādāṅguṣṭhāsana (42) with a strap, each side	Bottom leg long or bent.
48:00-51:00	Jaṭhara Parivartanāsana (63), knees bent, each side	
51:00-58:00	Śavāsana (84)	
58:00-60:00	Sit, sūtra, close	

- **Breath:** equal breath, 4 counts in, 4 out, for 2 minutes before Śavāsana.
- **Watch for:** the standing foot gripping in Vṛkṣāsana; offer the toes on the floor, heel on the ankle.

Sūtra: YS 2.48

ततो द्वन्द्वानभिघातः ॥

tato dvandvānabhighātaḥ

tataḥ: then · dvandva: the pairs of opposites · anabhighātaḥ: no assault, no disturbance

Translation. Then one is not disturbed by the pairs of opposites.

In one sentence: "When we stand in the middle, the push and pull from both sides stops knocking us over."

Shorter: skip Supta Pādāṅguṣṭhāsana.

Notes after teaching:

Plan 3. The breath leads

60 minutes · week 3 · for beginners and mixed groups

- **Theme:** breath before movement.
- **Intention:** "Let the breath start each movement."
- **Props:** mat, blanket.

Time	Practice	Guidance
0:00-6:00	Lying on the back: hands on the low ribs, then on the belly	"Feel the ribs widen to the sides."
6:00-10:00	Seated: ujjāyī, soft, 10 breaths	A quiet sound in the throat, like a whisper with the mouth closed.

Time	Practice	Guidance
10:00-15:00	Mārjārāsana (51), inhale to lift, exhale to round, 8 rounds	Movement starts after the breath starts.
15:00-28:00	Sun salutation, simple form: two rounds talked through slowly, then four on breath cues alone	Knees down instead of Caturaṅga (71).
28:00-33:00	Vīrabhadrāsana I (28), each side; Tāḍāsana (21)	Hips square as far as is comfortable; back heel may lift.
33:00-38:00	Bhujaṅgāsana (45), 3 times with the breath; Śalabhāsana (46), one leg at a time; Bālāsana (43)	Rise on the inhale, lower on the exhale.
38:00-43:00	Paścimottānāsana (35), knees bent, belly towards the thighs	Fold on each exhale, a little.
43:00-46:00	Setu Bandha (52), 3 lifts with the breath	
46:00-50:00	Nāḍī śodhana without retention, 5 rounds	See "Breath" below.
50:00-58:00	Śavāsana (84)	
58:00-60:00	Sit, sūtra, close	

- **Breath:** nāḍī śodhana without retention, 5 rounds: right thumb closes the right nostril, inhale left; ring finger closes the left, exhale right; inhale right; exhale left. That is one round.
- **Watch for:** students who move first and catch the breath later; slow your voice to the room.

Sūtra: YS 2.49

तस्मिन्सति श्वासप्रश्वासयोर्गतिविच्छेदः प्राणायामः ॥

tasmin sati śvāsapraśvāsayor gativicchedaḥ prāṇāyāmaḥ

tasmin sati: that being achieved · śvāsa: inhalation · praśvāsayoḥ: and exhalation · gati: flow, movement · vicchedaḥ: interruption, cutting off · prāṇāyāmaḥ: breath regulation

Translation. Once that is achieved, prāṇāyāma is the interruption of the flow of inhalation and exhalation.

In one sentence: "Patañjali speaks of the breath after the posture: today the posture is the way into the breath."

Shorter: four rounds of the sun salutation.

Notes after teaching:

Plan 4. The spine in six directions

60 minutes · week 4 · for beginners and mixed groups

- **Theme:** practice and letting go.
- **Intention:** "Move with care, and let go of the result."
- **Props:** mat, block, blanket.

Time	Practice	Guidance
0:00-5:00	Seated, centring; ask about injuries, especially the back	
5:00-12:00	Seated: lengthen (arms up); bend forward; arch back; bend to each side; twist to each side	Six directions, three breaths each. Small and slow.
12:00-17:00	Māṛjārāsana (51) with side bends on all fours, "tail to the side"	
17:00-27:00	Sun salutation, 4 rounds	Breath cues only, after round 1.
27:00-34:00	Trikoṇāsana (26), each side (side bend); Pārsvottānāsana (31) with hands on blocks (forward bend)	
34:00-39:00	On the front: Śalabhāsana (46), twice; Bālāsana (43)	Backbend; counterpose.
39:00-44:00	Seated twist: Bharadvājāsana (58) or a simple cross-legged twist, each side	Lengthen on the inhale, turn on the exhale.
44:00-48:00	Jānu Śīrṣāsana (36), each side	
48:00-50:00	Apānāsana (81), rocking	
50:00-58:00	Śavāsana (84)	
58:00-60:00	Sit, sūtra, close	

- **Breath:** long exhale, 4 counts in, 6 out, 2 minutes before Śavāsana.
- **Watch for:** twisting from the neck; cue the turn from the belly and the ribs first, the head last.

Sūtra: YS 1.12

अभ्यासवैराग्याभ्यां तन्निरोधः ॥

abhyāsavairāgyābhyāṃ tannirodhaḥ

abhyāsa: practice · vairāgyābhyām: and by non-attachment (dual instrumental) · tat: their · nirodhaḥ: stilling

Translation. Their stilling comes through practice and non-attachment.

In one sentence: "Practise each direction fully, and let go of how far you get."

Shorter: two rounds of the sun salutation; skip Jānu Śīrṣāsana.

Notes after teaching:

Plan 5. Strong legs, soft face

60 minutes · week 5 · for mixed groups

- **Theme:** the right heat.
- **Intention:** "Make the effort, keep the face soft."
- **Props:** mat, block, wall.

Time	Practice	Guidance
0:00-5:00	Seated, centring	Intention aloud.
5:00-10:00	Mārjārāsana (51); Adho Mukha Śvānāsana (64); low lunge, each side	
10:00-22:00	Sun salutation, 6 rounds	Round 4 onwards: hold Adho Mukha 5 breaths.
22:00-27:00	Utkaṭāsana (23), 5 breaths, twice	"Strong legs. Is your jaw soft?"
27:00-35:00	Virābhadrāsana II (29) to Pārśvakoṇāsana (27) to Trikoṇāsana (26), each side	One movement between each pose.
35:00-39:00	Prasārita Pādottānāsana (32), hands on blocks; Tāḍāsana (21)	Come up with a long back.
39:00-43:00	Nāvāsana (20), knees bent, 3 times 3 breaths	Hands behind the thighs if needed.
43:00-47:00	Setu Bandha (52), 3 lifts; Apānāsana (81)	
47:00-50:00	Jaṭhara Parivartanāsana (63), each side	
50:00-58:00	Śavāsana (84)	
58:00-60:00	Sit, sūtra, close	

- **Breath:** ujjāyī in the standing poses; natural breath on the floor.
- **Watch for:** breath held in Utkaṭāsana and Nāvāsana; shorten the holds rather than lose the breath.

Sūtra: YS 2.43

कायेन्द्रियसिद्धिरशुद्धिक्षयात्तपसः ॥

kāyendriyasiddhir aśuddhikṣayāt tapasaḥ

kāya: body · indriya: senses · siddhiḥ: perfection · aśuddhi-kṣayāt: through destruction of impurity · tapasaḥ: from discipline

Translation. Through discipline, impurity is destroyed and the body and senses are perfected.

In one sentence: "Tapas means heat: enough effort to change something, not so much that you burn."

Shorter: four rounds of the sun salutation; skip Prasārita Pādottānāsana.

Notes after teaching:

Plan 6. A long time, without a break

60 minutes • week 6 • review of cycle 1

- **Theme:** steady practice over time.
- **Intention:** "Do again what you know, with fresh attention."
- **Props:** mat, block, blanket.

Time	Practice	Guidance
0:00-5:00	Lying, hands on ribs and belly (plan 3)	
5:00-10:00	Seated, spine in six directions (plan 4)	
10:00-15:00	Mārjārāsana (51); Adho Mukha Śvānāsana (64)	
15:00-27:00	Sun salutation, 6 rounds, the last two in silence	Let the group move on its own breath.
27:00-35:00	Vṛkṣāsana (22); Vīrabhadrāsana II (29); Trikoṇāsana (26), each side	Same poses as weeks 1-2. What has changed?
35:00-40:00	Bhujāṅgāsana (45); Śalabhāsana (46); Bālāsana (43)	
40:00-44:00	Paścimottānāsana (35), knees bent	
44:00-47:00	Apānāsana (81); Jaṭhara Parivartanāsana (63)	
47:00-50:00	Nāḍī śodhana without retention, 5 rounds	
50:00-58:00	Śavāsana (84)	
58:00-60:00	Sit, sūtra; ask each student for one word about the six weeks	

- **Breath:** nāḍī śodhana, 5 rounds.
- **Watch for:** students who now go further than their body allows because the poses feel familiar.

Sūtra: YS 1.14

स तु दीर्घकालनैरन्तर्यसत्कारासेवितो दृढभूमिः ॥

sa tu dīrghakālanairantaryasatkārāsevito dṛḍhabhūmiḥ

saḥ: it (practice) • tu: but, indeed • dīrgha-kāla: a long time • nairantarya: without interruption • satkāra: with respect, devotion • āsevitaḥ: cultivated, attended to • dṛḍha-bhūmiḥ: firmly grounded

Translation. It becomes firmly grounded when cultivated for a long time, without interruption and with devotion.

In one sentence: "Practice grows firm through time, regularity and care: six weeks is a beginning."

Shorter: four rounds of the sun salutation; skip Paścimottānāsana.

Notes after teaching:

End of the sample

Thank you for reading this far. We hope these first pages already help your practice, and that they show how the rest of the book is built: clear steps, texts quoted with their source, nothing invented.

The full book has 40 pages.

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