

45-MINUTE COMPLETE BEGINNER FLOW

MOVEMENT GUIDE | BENEFITS | HISTORY | SPIRITUAL REFLECTION

FLOW 3 OF 6

Move with Ease

Curiosity, mobility and ease



inhale - exhale

Class map

A friendly exploration of hip movement in seated, kneeling, standing and reclined positions. There is no ideal range: each body has its own structure and history.

INTENTION I explore without forcing.

45-minute arc

ARRIVE 5 min

SEATED 7 min

KNEEL 6 min

STAND 14

min

RECLINE 8 min

REST 5 min

Props and setup

Mat, folded blanket, two blocks, two cushions.

ACCOMPANYING MUSIC

Open the matching private Spotify playlist. Start it as students settle; allow the final track to continue beneath Savasana.

Open playlist in Spotify

Teaching rhythm

Demonstrate first, cue one action at a time, and leave several breaths of silence. Repeat standing work on both sides. Move slowly enough that beginners can stop, look and rejoin without feeling behind.

Movement guide

Part 1 | simplified diagrams are orientation cues, not exact anatomical templates.

Comfortable Seat

Sit on a folded blanket. Cross the legs loosely, place hands on thighs and lengthen through the crown.

WHY IT IS HERE

Creates a steady base for noticing breath and posture.

BEGINNER OPTION

Sit on a chair with both feet grounded.

Butterfly Pose

Sit tall, bring the soles of the feet together and let knees open. Hold ankles and hinge only if the spine stays comfortable.

WHY IT IS HERE

Explores gentle external rotation at the hips in a supported seat.

BEGINNER OPTION

Place cushions beneath the knees or sit on a blanket.

Windshield-Wiper Knees

With feet wider than hips, slowly lower both knees to one side, return through centre, then change sides.

WHY IT IS HERE

Explores comfortable hip rotation and easy spinal movement.

BEGINNER OPTION

Reduce the range and keep both shoulders heavy.

Cat-Cow

Begin on hands and knees. Inhale to broaden the chest and tip the sitting bones back; exhale to round gently.

WHY IT IS HERE

Coordinates breath with spinal flexion and extension.

BEGINNER OPTION

Use fists, forearms or a chair if wrists are sensitive.

Movement guide

Part 2 | simplified diagrams are orientation cues, not exact anatomical templates.

Low Lunge

Step one foot forward between the hands and lower the back knee.
Bring hands to blocks or front thigh and lift the chest.

WHY IT IS HERE

Explores hip extension and upright balance with the back knee supported.

BEGINNER OPTION

Pad the back knee and shorten the stance.

Supported Half Split

From Low Lunge, shift hips back and lengthen the front leg without locking the knee. Keep hands on blocks.

WHY IT IS HERE

Offers a gradual stretch along the back of the front leg.

BEGINNER OPTION

Keep the front knee bent and spine long.

Mountain Pose

Stand with feet grounded, knees unlocked, arms relaxed and head balanced over the ribs and pelvis.

WHY IT IS HERE

Develops awareness of alignment, weight distribution and calm standing.

BEGINNER OPTION

Stand with feet hip-width or lightly hold a chair.

Goddess Pose

Take a wide stance with toes turned out slightly. Bend knees in the direction of the toes and keep the torso upright.

WHY IT IS HERE

Develops leg endurance while exploring an open-hip stance.

BEGINNER OPTION

Make the bend shallow or hold a chair.

Movement guide

Part 3 | simplified diagrams are orientation cues, not exact anatomical templates.

Warrior II

Take a wide stance, turn one foot out, bend that knee and reach arms in opposite directions over the legs.

WHY IT IS HERE

Builds lower-body endurance and attentive alignment.

BEGINNER OPTION

Reduce the bend or rest hands on hips.

Supported Side Angle

From Warrior II, rest forearm lightly on the front thigh and reach the upper arm overhead or keep it at the hip.

WHY IT IS HERE

Creates a long side-body line while the legs remain active.

BEGINNER OPTION

Keep the top hand at the waist and make the stance shorter.

Reclined Figure Four

Lie down, cross one ankle over the opposite thigh and draw the supporting leg toward you while the head stays relaxed.

WHY IT IS HERE

Provides a controlled, supported hip stretch.

BEGINNER OPTION

Keep the supporting foot on the floor.

Happy Baby

Lie down and draw knees toward the sides of the ribs. Hold behind the thighs or the outer feet, keeping the sacrum heavy.

WHY IT IS HERE

Creates a playful, supported shape for hips and lower back.

BEGINNER OPTION

Hold one leg at a time or return to knees-to-chest.

Movement guide

Part 4 | simplified diagrams are orientation cues, not exact anatomical templates.

Reclined Butterfly

Lie back, bring soles of feet together and support each outer thigh with a cushion or block.

WHY IT IS HERE

Encourages rest and spacious breathing with minimal muscular effort.

BEGINNER OPTION

Keep feet farther from the pelvis or knees bent upright.

Reclined Twist

From the back, lower bent knees to one side and keep both shoulders relaxed. Return through centre before changing sides.

WHY IT IS HERE

Offers quiet rotational movement and a natural transition toward rest.

BEGINNER OPTION

Support the knees with cushions and reduce the range.

Savasana

Lie in any comfortable resting position. Allow the breath to be natural and let effort gradually release.

WHY IT IS HERE

Creates time for stillness, integration and non-doing at the end of practice.

BEGINNER OPTION

Lie on one side, bend the knees or sit supported in a chair.

Context, meaning and integration

A SHORT HISTORY

NOTE

The Sanskrit word asana originally referred broadly to a seat or posture. The Yoga Sutra describes posture as steady and easeful, while later hatha sources describe a wider range of embodied practices. Modern yoga greatly expanded the number and variety of named poses.

SPIRITUAL THREAD Sthira and sukha are often translated as steadiness and ease.

Rather than chasing depth, look for a shape where both can coexist.

Stability without rigidity; softness without collapse.

Closing words

Notice whether the body feels different, without needing it to feel better. Practise gratitude for what the hips allowed today, including every limit that offered useful information.

Responsible use

These materials are educational and are not medical advice. Benefits are phrased as practice aims, not treatment claims. Students should work within a pain-free range, keep breathing naturally and seek appropriate professional guidance for injuries, pregnancy, dizziness, balance disorders or other health concerns. A qualified teacher should review the sequence before using it with a group.

Cultural note

Yoga is a diverse family of South Asian traditions, not a single unchanging system. Sanskrit concepts are offered as invitations to study, not as decorative labels. Pronunciation, philosophy and history deserve continued learning from credible teachers and scholarship.

Selected further reading

Mallinson & Singleton, *Roots of Yoga* (2017); Mark Singleton, *Yoga Body* (2010); Edwin Bryant, *The Yoga Sutras of Patanjali* (2009); B.K.S. Iyengar, *Light on Yoga* (1966).