

45-MINUTE COMPLETE BEGINNER FLOW

MOVEMENT GUIDE | BENEFITS | HISTORY | SPIRITUAL REFLECTION

FLOW 5 OF 6

Balance & Focus

Attention in motion



inhale - exhale

Class map

A patient balance practice built from ankle awareness, weight shifting and supported one-leg shapes.

Wobbling is framed as information, not a mistake.

INTENTION When I wobble, I return.

45-minute arc

FOCUS 5 min

FEET 5 min

PREPARE 6 min

SHIFT 6 min

BALANCE 12

min

GROUND 6 min

REST 5 min

Props and setup

Mat, wall or sturdy chair, two blocks. Practise away from hazards.

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.

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.

Heel Raises

Stand tall, slowly lift both heels, pause and lower with control. Keep a steady gaze and even pressure through the toes.

WHY IT IS HERE

Develops ankle awareness and prepares for standing balance.

BEGINNER OPTION

Hold a wall or chair throughout.

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.

Bird Dog

From Tabletop, reach one leg back. Optionally extend the opposite arm; keep the pelvis level and breathe.

WHY IT IS HERE

Practises cross-body coordination and steady trunk support.

BEGINNER OPTION

Keep back toes on the floor or move only one limb.

Movement guide

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

Ragdoll Fold

Stand with feet comfortable, bend knees generously and fold from the hips. Hold opposite elbows and release the head.

WHY IT IS HERE

Encourages release through the back body without requiring straight legs.

BEGINNER OPTION

Rest forearms on thighs or hands on blocks.

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.

Standing Knee Lift

Shift weight into one foot and lift the opposite knee only as high as you can remain steady. Keep the standing knee soft.

WHY IT IS HERE

Practises single-leg stability and focused attention.

BEGINNER OPTION

Keep lifted toes on the floor as a kickstand.

Tree Pose

Stand on one leg and place the other foot at the ankle or calf, never against the knee. Use a steady gaze point.

WHY IT IS HERE

Cultivates balance, patience and gentle hip opening.

BEGINNER OPTION

Keep toes down or one hand on a wall.

Movement guide

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

Warrior III Preparation

From a short stance, hinge forward and float the back heel or leg while hands stay on blocks or a chair.

WHY IT IS HERE

Combines balance with a controlled hip hinge.

BEGINNER OPTION

Keep back toes on the floor and use a chair.

Wide-Legged Fold

Stand wide with feet nearly parallel. Hinge at the hips and place hands on blocks, keeping knees softly bent.

WHY IT IS HERE

Offers a supported fold with space for the torso and legs.

BEGINNER OPTION

Stay halfway lifted with hands on a chair.

Child's Pose

From hands and knees, ease hips toward heels and reach arms forward or rest them beside the body.

WHY IT IS HERE

Provides a quiet pause and a supported shape for back-body breathing.

BEGINNER OPTION

Place a cushion under the torso or stay in Tabletop.

Knees-to-Chest

Draw one knee, then the other, toward the torso. Hold behind the thighs or over the shins and keep shoulders soft.

WHY IT IS HERE

Gives a gentle sense of release through the back and hips.

BEGINNER OPTION

Hold one leg at a time if both feels compressed.

Movement guide

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

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

Dharana, often translated as concentration, is one limb of Patanjali's eightfold path. A gaze point can support attention in a balance pose, but concentration is not about becoming rigid; it is the repeated act of returning when attention wanders.

SPIRITUAL THREAD Drishti means view or gaze. Let the eyes rest on one unmoving point, then notice the inner gaze: the attitude with which you observe yourself. Can a wobble be met with humour rather than criticism?

Closing words

Balance is not stillness frozen in place. It is a series of small responses. Feel the ground beneath you and recognise the same capacity to return whenever life shifts.

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).