

45-MINUTE PROGRESSIVE YOGA FLOW

MOVEMENT GUIDE | OPTIONS | HISTORY | SPIRITUAL REFLECTION

FLOW 07 OF 18 | INTERMEDIATE

Sunlit Vinyasa

Rhythm, warmth and clear intention



inhale - exhale

CLASS MAP

A complete intermediate practice progressing toward A continuous standing mandala with Half Moon. Every peak is optional; the quality of attention is the real practice.

INTENTION

I move with rhythm while keeping the breath unforced.

45-MINUTE ARC

ARRIVE	4 min
WARM	8 min
SUN RHYTHM	8 min
STANDING MANDALA	12 min
INTEGRATE	8 min
REST	5 min

PROPS AND SETUP

Mat, two blocks and a folded blanket.

ACCOMPANYING MUSIC

Open the matching private Spotify playlist as students settle. Let the final track continue beneath Savasana.

[OPEN PLAYLIST IN SPOTIFY](#)

MOVEMENT SEQUENCE**Arrive | 4 min**

- Constructive rest; feel the back ribs breathe
- Set a steady three-part breath

Warm | 8 min

- Cat-Cow and thread the needle
- Down Dog waves; low lunge with side reach
- Half Sun Salutations

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

MOVEMENT SEQUENCE**Sun rhythm | 8 min**

- Three rounds Sun Salutation A
- Add low lunge and Cobra; move without rushing

Standing mandala | 12 min

- Warrior II to Reverse Warrior
- Extended Side Angle to Wide-Leg Fold
- Half Moon with block; repeat both sides

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

MOVEMENT SEQUENCE**Integrate | 8 min**

- Pigeon option or reclined figure four
- Supine twist and happy baby

Rest | 5 min

- Savasana; allow the final track to continue

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

PEAK PATHWAY

A continuous standing mandala with Half Moon.

SAFETY AND ALTERNATIVES

Keep transitions step-by-step. Replace Chaturanga with knees-down lowering and practise Half Moon with the lower hand on a block.

POTENTIAL BENEFITS

Builds cardiovascular steadiness, leg endurance, coordination and confidence in breath-led transitions.

PROGRESSIVE-PRACTICE CHECKLIST

- Breath remains steady and available.
- Joints feel supported rather than compressed.
- You can leave the pose calmly at any time.
- An easier variation is treated as a complete practice.
- Pain, dizziness, numbness or visual disturbance means stop.

A SHORT HISTORY

Vinyasa means placing in a special way. Modern flow yoga draws from twentieth-century postural systems while the older term also describes deliberate sequencing within ritual and practice.

SPIRITUAL REFLECTION

Let rhythm become attention rather than performance. The practice is advanced by awareness, not speed.

CLOSING PRACTICE

Sit for three natural breaths. Notice what changed without judging it. Offer the benefit of practice beyond yourself through one patient, generous action.

TEACHER NOTE

Advanced shapes are specialised skills, not proof of spiritual attainment. Adapt for the person in front of you and refer to qualified medical or therapeutic support when appropriate.