

FLOW 08 OF 18 | INTERMEDIATE

Heart & Horizon

Space across the chest and courage within



inhale - exhale

CLASS MAP

A complete intermediate practice progressing toward Supported Camel flowing toward Bow Pose. Every peak is optional; the quality of attention is the real practice.

INTENTION

I create space without collapsing into sensation.

45-MINUTE ARC

ARRIVE	4 min
SHOULDERS	7 min
BUILD	10 min
BACKBEND WAVE	12 min
UNWIND	7 min
REST	5 min

PROPS AND SETUP

Mat, two blocks, strap and 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**

- Supported child pose; breathe into the back heart
- Gentle seated shoulder circles

Shoulders | 7 min

- Puppy Pose with blocks
- Sphinx and low Cobra
- Strap shoulder passes within comfort

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**Build | 10 min**

- Low Lunge with cactus arms
- Warrior I to Humble Warrior
- Locust variations

Backbend wave | 12 min

- Bridge Pose twice
- Supported Camel or full Camel
- Bow Pose option; repeat with rest

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**Unwind | 7 min**

- Child Pose and seated fold
- Reclined twist on both sides

Rest | 5 min

- Savasana with a blanket beneath the knees

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

Supported Camel flowing toward Bow Pose.

SAFETY AND ALTERNATIVES

Backbends should feel spacious in the breath, never sharp in the lower back. Keep hands on the sacrum in Camel and choose Locust instead of Bow when needed.

POTENTIAL BENEFITS

Strengthens the back body, mobilises shoulders and upper spine, and encourages confident upright posture.

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

Backbending is prominent in modern asana practice. Classical yoga placed greater emphasis on a steady seat, while later hatha and modern postural traditions expanded the physical repertoire.

SPIRITUAL REFLECTION

Opening the heart is not forced positivity. It is the willingness to meet experience without armouring against it.

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.