

FLOW 10 OF 18 | INTERMEDIATE

Spiral & Twist

Rotation, perspective and release



inhale - exhale

CLASS MAP

A complete intermediate practice progressing toward Revolved Half Moon with supported options. Every peak is optional; the quality of attention is the real practice.

INTENTION

I rotate from length, not force.

45-MINUTE ARC

ARRIVE	5 min
WARM	7 min
STANDING SPIRAL	12 min
BALANCE	7 min
UNWIND	9 min
REST	5 min

PROPS AND SETUP

Mat, two blocks 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 | 5 min**

- Easy Seat side bends and gentle twist
- Lengthen the exhale without strain

Warm | 7 min

- Cat-Cow and thread the needle
- Low Lunge with open twist
- Down Dog pedal

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**Standing spiral | 12 min**

- Chair prayer twist
- Revolved Lunge with lower knee down option
- Triangle to open twist

Balance | 7 min

- Revolved Half Moon with block and wall option
- Return through wide fold

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 | 9 min**

- Seated twist without leverage
- Reclined twist and knees-to-chest

Rest | 5 min

- Savasana; receive the after-effect

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**Revolved Half Moon with supported options.****SAFETY AND ALTERNATIVES**

Avoid deep closed twists during pregnancy and seek medical guidance for acute disc, abdominal or spinal conditions. Keep the twist in the upper back and preserve length through the spine.

POTENTIAL BENEFITS

Improves rotational mobility, balance and trunk control. Twists do not physically detox the body; the liver and kidneys perform that work.

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

Twisting postures appear across modern yoga lineages. Their names and precise shapes vary, reminding us that asana is a living, changing practice.

SPIRITUAL REFLECTION

A new view does not require rejecting the old one. Rotate with curiosity and keep the centre steady.

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.