

FLOW 13 OF 18 | ADVANCED

Crow & Courage

Skill, play and intelligent risk



inhale - exhale

CLASS MAP

A complete advanced practice progressing toward Crow Pose with optional controlled transitions. Every peak is optional; the quality of attention is the real practice.

INTENTION

I practise courage without abandoning care.

45-MINUTE ARC

ARRIVE	4 min
WRISTS	6 min
CORE	8 min
BUILD	8 min
PEAK PRACTICE	10 min
COOL	4 min
REST	5 min

PROPS AND SETUP

Mat, two blocks, blanket and cushion for a landing pad.

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**

- Seated breath; name today's honest boundary
- Gentle fist and wrist circles

Wrists | 6 min

- Tabletop palm lifts and controlled leans
- Forearm plank option

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**Core | 8 min**

- Boat Pose variations
- Plank knee-to-arm
- Malasana compression

Build | 8 min

- Chair to forward fold
- Lizard Lunge
- Chaturanga preparation

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**Peak practice | 10 min**

- Crow with cushion ahead
- One-foot lifts or both feet
- Optional Crow to tripod preparation with teacher

Cool | 4 min

- Wrist release and Child Pose

Rest | 5 min

- Savasana; let achievement dissolve

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**Crow Pose with optional controlled transitions.****SAFETY AND ALTERNATIVES**

Requires pain-free wrists, shoulders and weight-bearing plank. Skip arm balances with acute wrist or shoulder injury, uncontrolled blood pressure, glaucoma or pregnancy unless specifically cleared. Work with a qualified teacher.

POTENTIAL BENEFITS

Builds wrist tolerance, shoulder stability, trunk compression, coordination and confidence when approached progressively.

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

Bakasana is translated as Crane Pose, while Kakasana is Crow Pose; modern classes often use the names interchangeably. Arm balances expanded within modern postural yoga systems.

SPIRITUAL REFLECTION

Courage is not the absence of fear. It is clear attention, an honest boundary and the freedom to stop.

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.