

FLOW 14 OF 18 | ADVANCED

Flying Foundations

Arm balance through patient preparation



inhale - exhale

CLASS MAP

A complete advanced practice progressing toward Side Crow with an optional Eka Pada Koundinyasana pathway. Every peak is optional; the quality of attention is the real practice.

INTENTION

I earn lightness through strong foundations.

45-MINUTE ARC

ARRIVE	4 min
PREPARE	6 min
HEAT	8 min
FOUNDATION	10 min
FLIGHT	8 min
RELEASE	4 min
REST	5 min

PROPS AND SETUP

Mat, two blocks, blanket and cushion.

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**

- Kneeling breath and shoulder awareness
- Set a non-achievement intention

Prepare | 6 min

- Wrist loading sequence
- Scapular push-ups
- Forearm plank

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**Heat | 8 min**

- Sun Salutation variations
- Crescent Lunge to prayer twist

Foundation | 10 min

- Lizard and hamstring length
- Crow review
- Twisting squat with hands down

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**Flight | 8 min**

- Side Crow stages
- Optional one-leg extension pathway with teacher

Release | 4 min

- Supine twist and wrist stretch

Rest | 5 min

- Savasana; ground after intensity

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

Side Crow with an optional Eka Pada Koundinyasana pathway.

SAFETY AND ALTERNATIVES

Requires stable Crow, pain-free wrists and confident Chaturanga mechanics. Keep both feet down in twisting squat or practise supported Side Crow. Do not force spinal rotation or elbow depth.

POTENTIAL BENEFITS

Develops integrated shoulder, core and hip strength while refining weight transfer and spatial awareness.

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

Many named arm balances entered international yoga through twentieth-century teachers and lineages. Their Sanskrit names connect the postures with sages, animals and mythic imagery, but mastery is never a moral rank.

SPIRITUAL REFLECTION

Flight begins with contact. Honour the hands, the ground and every stage that comes before lift-off.

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.