

FLOW 15 OF 18 | ADVANCED

Inversion Path

Upside-down practice with discernment



inhale - exhale

CLASS MAP

A complete advanced practice progressing toward Forearm Stand preparation with Dolphin and wall work. Every peak is optional; the quality of attention is the real practice.

INTENTION

I choose clarity over spectacle.

45-MINUTE ARC

ARRIVE	5 min
SHOULDERS	7 min
CORE	8 min
WALL SKILL	8 min
PEAK	8 min
GROUND	4 min
REST	5 min

PROPS AND SETUP

Mat, wall, strap, two blocks and 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**

- Child Pose and breath
- Check eyes, head, neck and energy honestly

Shoulders | 7 min

- Puppy Pose
- Dolphin pulses
- 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**Core | 8 min**

- Boat Pose
- Plank knee-to-chest
- L-shape at wall

Wall skill | 8 min

- Dolphin walk-in
- One-leg lifts
- Optional controlled hops with teacher

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 | 8 min**

- Forearm Stand preparation or hold
- Rest fully between attempts

Ground | 4 min

- Child Pose and seated breath

Rest | 5 min

- Savasana; no immediate standing

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

Forearm Stand preparation with Dolphin and wall work.

SAFETY AND ALTERNATIVES

Practise with a qualified teacher. Avoid inversions with glaucoma, retinal problems, uncontrolled blood pressure, recent stroke, neck injury or when medically contraindicated. Dolphin is always a complete option; never kick near another person.

POTENTIAL BENEFITS

Strengthens shoulders and trunk, builds spatial awareness and teaches calm preparation. Inversions are optional and are not required for an advanced practice.

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

Inverted postures are described in hatha yoga sources, sometimes with subtle-body and longevity claims. Modern anatomical understanding does not validate every historical claim, so practise with respect and discernment.

SPIRITUAL REFLECTION

Changing perspective is useful only when awareness remains steady. The wisest inversion may be the one you decline.

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.