

FLOW 17 OF 18 | ADVANCED

Fire & Stillness

Intensity held inside awareness



inhale - exhale

CLASS MAP

A complete advanced practice progressing toward Strong mandala flow with optional bind and arm balance. Every peak is optional; the quality of attention is the real practice.

INTENTION

I generate heat without losing sensitivity.

45-MINUTE ARC

ARRIVE	4 min
IGNITE	6 min
BUILD	10 min
MANDALA	12 min
QUIET	8 min
REST	5 min

PROPS AND SETUP

Mat, two blocks and towel.

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**

- Mountain Pose and clear intention
- Ujjayi option without gripping

Ignite | 6 min

- Core waves
- Three rounds Sun Salutation A

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**

- Chair twist
- Warrior I to Humble Warrior
- Lizard to Half Split

Mandala | 12 min

- Warrior II, Side Angle and bind option
- Bird of Paradise preparation
- Optional Crow transition

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**Quiet | 8 min**

- Pigeon option or figure four
- Seated fold and simple breath

Rest | 5 min

- Savasana; experience stillness after heat

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

Strong mandala flow with optional bind and arm balance.

SAFETY AND ALTERNATIVES

For experienced practitioners with stable joints and familiar transitions. Reduce pace before technique deteriorates. Skip binds and arm balances when shoulders, wrists or breath feel strained; hydration and rest are part of the practice.

POTENTIAL BENEFITS

Challenges whole-body endurance, coordination and self-regulation while revealing the difference between intensity and aggression.

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

Tapas can mean heat, discipline or transformative effort. It does not require self-punishment; classical yoga places disciplined practice beside self-study and dedication.

SPIRITUAL REFLECTION

Fire clarifies when it is contained. Let intensity illuminate habits rather than consume attention.

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.