

45-MINUTE PROGRESSIVE YOGA FLOW

MOVEMENT GUIDE | OPTIONS | HISTORY | SPIRITUAL REFLECTION

FLOW 18 OF 18 | ADVANCED

Lotus to Silence

Subtle practice beyond performance



inhale - exhale

CLASS MAP

A complete advanced practice progressing toward A stable meditation seat with Lotus offered only as an option. Every peak is optional; the quality of attention is the real practice.

INTENTION

I value inner steadiness above outward shape.

45-MINUTE ARC

ARRIVE	6 min
PREPARE HIPS	8 min
MOBILISE	8 min
SEAT	8 min
MEDITATE	10 min
RELEASE	5 min

PROPS AND SETUP

Mat, bolster or cushions, 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 | 6 min**

- Supported seat or chair
- Body scan and natural breath

Prepare hips | 8 min

- Bound angle without pushing
- Deer Pose
- Half Butterfly

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**Mobilise | 8 min**

- Low Lunge
- Pigeon option or reclined figure four

Seat | 8 min

- Easy Seat, Hero, Half Lotus or Lotus
- Hands rest; spine rises without rigidity

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**Meditate | 10 min**

- Equal breath without retention
- Mantra or breath concentration
- Rest in open awareness

Release | 5 min

- Uncross slowly; Savasana in silence

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

A stable meditation seat with Lotus offered only as an option.

SAFETY AND ALTERNATIVES

Lotus requires substantial hip rotation and must never be pulled into the knees. Choose Easy Seat, Hero, Half Lotus or a chair. Avoid breath retention without experienced guidance and stop with dizziness, anxiety or strain.

POTENTIAL BENEFITS

Cultivates seated mobility, breath awareness, concentration and the capacity to remain present without constant movement.

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

Padmasana, Lotus Pose, became an enduring image of meditation across Indian traditions, but it is not anatomically suitable for everyone. Dhyana is defined by continuity of attention, not by a particular leg shape.

SPIRITUAL REFLECTION

Advanced practice becomes simpler: fewer gestures, less display, more honest attention. Silence is not empty; it is receptive.

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.