



Human BEing Yoga

Class Type: Gentle to Basic, All Levels

Length: 75 mins

SONG	ASANA	AFFIRMATIONS/Teacher notes
Uno -Deuter 5:56	Hands on Earth - ground in Dirgha Pranayama (3-part) w/ Hands on body	My yoga mat has my back. My practice has my back. I trust.
Raindance -Parijat 7:50	Energy ball breathing -IN: ball expands -EX: ball contracts Hands on Heart - I know it w/ my heart.	I learn w/ my head, then I practice w/ my hands. I practice tuning into my energy. BEing present & aware. I let myself off the hook.
Wouh -Nicolas Jaar 7:26	WOW face 10x (look up) Table top - cat cows	I approach whatever I find w/ friendliness, curiosity & tenderness.
Anywhere but here -Shlomo 3:38	Table Top +T-spine twists Parighasana (Gate)	Thoughts=electrical charge Feelings=Magnetic charge So I let myself be magnetized to this moment.
Ladybug -Pegase 3:37	Adho Mukha Svanasana (DD) Into Uttanasana (FF) +slow roll-ups Tadasana	I have the ability to choose where I direct my attention. Energy here. Just BEing.
White Smoke -Manatee Commune 4:27	½ Surya Namaskar +side stretches Standing supported backbend hold	Use my breath to move it all through. The emotions, the feelings, the sensations. It is time to get over the past, and BE right here.
Manchester -Kishi Bashi 4:06	Step back into Virabhadrasana 1 +arm variations Breathe.	Training my energies to rest in this moment.

	Virab1 into Virab3	Aliveness tingling in my fingers & toes.
Come Inside -Magic Trick 4:03	Utkatasana, then transition to other side.	
Polar Opposites -Modest Mouse 3:30	Step back into Virab2 Prasarita Padottanasana	Each breath brings me back to a place of “not knowing” A child-like curiosity, that makes me giggle.
Brutal Hearts -Bedouin Soundclash 3:10	Prasarita play	Explore. What do you need here?
Babe -Evenings 2:51	Tadasana breathing	
Drifter -Hippie Sabotage 3:30	DD Bhujangasana +variations	Getting to know all my sides. Sending the energy everywhere.
Beautiful Crazy -Space Raiders 4:03	From table top: +Thread the Needle	Allow to breath to expand laterally into rib cage.
Im closing my eyes -potsu 1:57	Find way to supine Setu Bandha Sarvangasana	Breath to circulate through heart & shoulders, then hips & low back... Back & forth. Find the spaces.
Baleen Morning -Balmorhea 3:26	Supine figure 4 stretch. Supine windshield wipers. Supine twist.	Enjoy the softer edges, the deeper breaths, the heightened awareness.
Deux -Deuter 6:23	Prepare for savasana.	Rest & digest.
Dieci -Deuter 5:45		