

Warm up 1 - mobility



Warm up 2 – body weight management



Warm up 3 – heat sequence

This series of moves are referred to in many forms of Yoga as The Sun Salutation or Salute to the Sun. It is also used as their warm up. In FFY this sequence comes after a thorough warm up and can also be used to raise energy levels and keep the class warm throughout your practise.

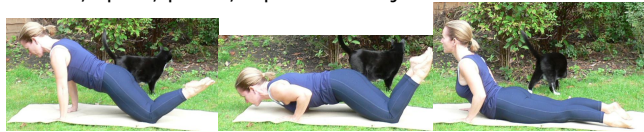
- Teach all difficult postures and manoeuvres separately.
- Teach the sequence of moves in its simplest form with basic options first.
- Always keep the different options in when teaching this sequence as some will not be able to and some will not want to progress it.
- Encourage and ensure correct posture on the difficult options before the class move on.

- Finally synchronise breath to movement.

It is important to let the class know that these moves never change and that they have a lifetime to progress them.

The 2 key modifications occur at the knee joint and include:

1. A knee bent option on the dive down and more importantly on the return to stand.
2. A knee bent option on the tricep dip unless they can control their bodyweight and retain a natural alignment of the shoulder, spine, pelvic, hip and knee joints.



Examples of modifications include:

Knees down

body weight to floor

3. Many people will not go beyond this modification.



Verbal cues for the heat sequence when synchronised with breathing: Breath in as you lift your arms up – breath out as you swallow dive to the floor – breath in as you load your body weight onto your hands, arms and shoulders – breath out as you step or jump back via plank & tricep dip – breath into cobra – breath out to downward facing position – breath in as you step or jump back into your hands – breath out as you lengthen this position – breath in as you return to standing – breath out and return your arms to your sides.

This is an ideal time to look out for and identify those people that would benefit most from gains in flexibility, strength, muscular balance. This can then be stressed in both the standing and mat based exercises.