

CLASS THEME EXERCISE

This is an example of how to theme a class around a passage of Scripture using the lens of The Five Intentions. Remember, each Intention corresponds with a different “phase” of a class, with the asanas supporting the Intention and vice versa. There are many different ways to incorporate each intention – using a question, prompt, observation, quote, or emphasizing a specific cue (i.e. “root down”).

LESS IS MORE!

We have provided a handful of examples for each intention below but choose **only one** to support each intention. This will help it land with greater impact and meaning for your students.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-30

INTENTION 1: PRESENCE

Where do you feel weary and burdened in your body (mind, spirit) today?

The Message version says, “I will not lay anything heavy or ill-fitting on you.” What feels heavy or ill-fitting to you in this moment?

When you direct your attention to God, what words come to mind? Does Jesus seem gentle and humble in heart towards you?

What do you long for as you step on your mat today?

Hear Jesus' invitation to you today, “Come to me...”

INTENTION 2: OFFERING

Jesus says, “my yoke is easy and my burden is light.” This doesn’t mean we won’t experience hardship in life but it does give us an indicator of *how* we’re carrying things. Where are you striving to do something with your own effort? To prove to God, yourself, or others, that you can carry this on your own? Can you bring that to the feet of Jesus now?

Let go of whatever you’ve picked up that is heavy or ill-fitting. It is not from Jesus.

Settle into a steady and connected rhythm with your breath and each moment. Let each exhale be a letting go of what you’re not meant to carry.

INTENTION 3: RESTORATION

Jesus promises us that as we come to him, just as we are, *He will give us rest*. Not just physical rest or mental rest but *deep soul rest*.

The invitation here is to receive this rest even in the midst of the effort of this practice and of our lives. Rather than trying to do it alone or push ourselves to reach a certain bar, can you hear God's invitation to come as you are and receive His rest in this very moment? This very shape?

The rest that we long for comes from surrendering to God alone. We experience it when we choose to walk alongside him rather than trying to prove to him how self-reliant, strong, or independent we are.

Imagine yourself walking alongside Jesus and shouldering the effort of this moment with you. What does He say? What grace does He extend?

INTENTION 4: AWE

What do you long to say to Jesus, your friend, your co-laborer, your resting place?

Give yourself over to gratitude now – gratitude to a God who does not weigh us down with impossible burdens but a God who gives us rest. How different our God is from the gods of this world!

As we begin to draw near to the end of our practice and our own time of rest, can you sense the nearness of the Holy Spirit? Can you breathe a little more deeply as you enjoy the sweetness of God's presence with you now?

INTENTION 5: UNION

There is nothing more to do. Nothing more to fix, prove, understand, or confess. Receive God's invitation to rest with Him now.

God is Love, loving. Feel yourself held under the gaze of Love, just as you are.

INTENTION ONE YOGA FLOW BY ALISON COX

60 MINUTE CLASS

Instructor:	Alison Cox
Props:	Blocks, Blanket / Bath towel (if you'd like)
Class Type:	Slow Flow
Category:	Beginner
Focus:	Balance, Well-rounded
Presence (1-20 min)	<p>Begin in Supine (for reading / grounding)</p> <p>Breath with rib cage awareness > Ujjayi > Pelvic Tilts > Long Stretch > ½ K2C (other leg extended to sky) > Leg Lowerers > Belly Twist > Bridge Lifts > Hammy stretch > Wipers > K2C > Table</p> <p>Table > C/C > Sunbird > S. Plank > ½ Table (transition) > Baby W2 > Thread Needle >>> ROS</p> <p>Toe Stretch > Foot Stretch > DD > Vinyasa (slow) x 2 > DD > FF (hang)</p>
Offering (20-28 min)	<p>Mountain (roll up)</p> <p>1/2 Sun Salutation A: Opp elbow side bend R/L > Interlace hands behind > FF > 3 x Half Lifts - Guide 2 times - Repeat 2-3 times on your own</p>
Restore (28-40 min)	<p>Mountain</p> <p>Mt > Chair > Lunge (W3 prep w/blocks) > CRE > W2 > RW > Ext SA > goddess (vari) > WLFF (vari) > (back) S. Lunge > (front) Lunge > 1/2 Split > Revolve > W3 (vari) > Mt >>> ROS</p>
Awe + Wonder (40-55)	<p>Mountain</p> <p>FF > Plank to Prone (or stay for Sunbird) > Cobra x 3 > Table > Camel > Seated Pigeon > Seated Twist > Cobbler's Pose > Ball-up > Virasana > Alternate Nostril Breathing w/ Breath Prayer</p>
Union (55-60 min)	Savasana or stay in Virasana

1) Presence

- a) Become familiar with the space around you: floor, walls, a space that has held you (safe?)
- b) Choose to soften / close eyes with awareness of this feels (and opt otherwise as needed)
- c) Begin to shift your awareness to trace body with mind's eye
- d) HOW ARE YOU FEELING IN YOUR BODY TODAY? YOUR MIND (Curious)? YOUR HEART (hold lovingly)? YOUR SPIRIT (be gentle as you explore this space)?

i) **John 10:7-9** - Perhaps imagine this gate as you step onto mat, into this practice - What if the gate wasn't "narrow" in the ways we thought it was. What if our imperfections, anger, shortcomings are all welcome through our ability to be present with Jesus in this moment, knowing he and all his work done was for us and holds open the gate.

2) Offering

- a) Mountain set up
- b) Can you acknowledge all you bring into this space, but also remember it doesn't stop your Shepherd from inviting you to walk through the gate. But there is a place to set down what we bring, to let go, to surrender.
- c) Can that time be now to move it aside, lay it down, and soften into your experience as you move and breathe?

3) Restoration

- a) WLFF: Have you longed for a space to feel restoration and a cleansing? What requirements have you met along the way or have you picked up along the way (self-directed) to feel restoration? What if it was just GRACE that was meeting you, rather than expectations of anything? What if there is a space to feel FREE and play because GRACE was holding you and you could remain present and aware of things like your breath, experience, the gifts of the moment.
- b) Mt: Take inventory of how your body feels in this moment and allow GRACE to be a part of this experience. Knowing you are not proving or striving but there's space to be yourself.

4) Awe / Wonder

- a) Cobbler's Pose: Reread verse - John 10: 7-9
- b) How do you (your body, mind, heart, spirit) respond to the invitation to enter the gate and to find pastures that are kept by your Shepherd, your Creator? What does your body (mind, heart, spirit) want to express to your Creator now?
- c) Can you explore this question as we take Alternate nostril breathing?

5) Union

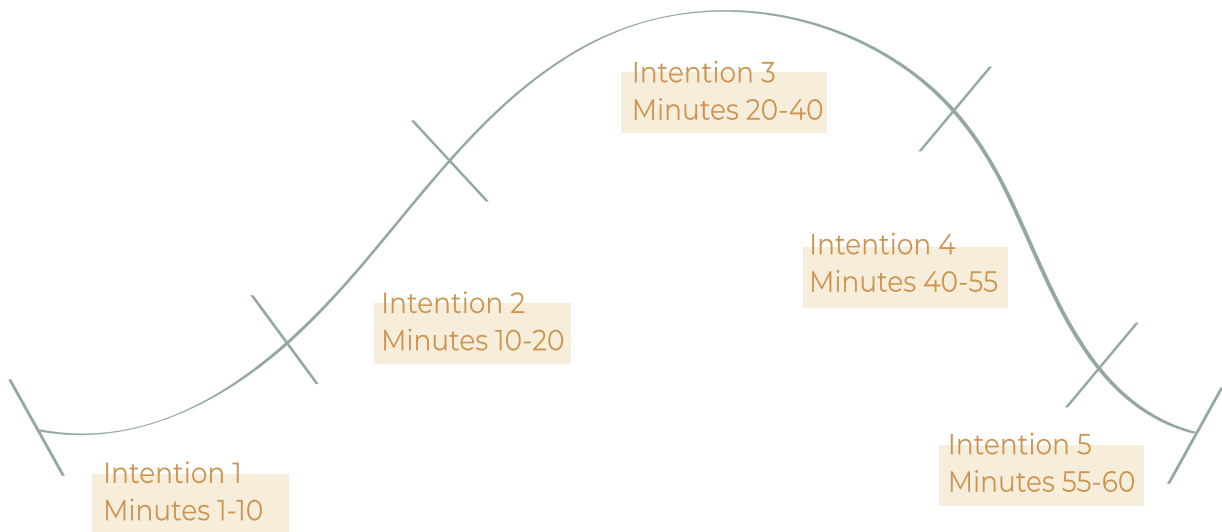
- a) Invite you to become aware of and rest in His presence



Abbey Sequencing Template

Graph of 60-minute vinyasa class

- This graph shows an example of how you could structure your timing and intentions within a 60-minute class.
- Windows can shift a few minutes if extended pranayama or meditation practices are incorporated in any portion, specifically Intention 1 or 5.





Asana Library

Intention 1 / Opening Shapes

Mountain

Child's Pose

Movements of the Spine:

Twists, Flexion, Extension, Lateral Flexion

Cat-Cow

Easy Seated Pose

Gentle movements:

Forward Folds, Down Dog, Table, etc.

Intention 2 / Flow

Sun Salutation A (*and other variations of flow*)

Intention 3 / Heat-building, Arm Balances + Peak Poses

Warrior I

Chair

Humble Warrior

Reverse Warrior

Half Moon

Warrior III

Extended Hand-Toe A, B, C

Eagle

Tree

Warrior II

Extended Side Angle

Triangle

Yoga Squat

Wide Forward Fold

Lunge Twist

Chair Twist

Revolved Triangle

Crow

Intention 4 / Heart opening, Forward bending + Inversions

Camel

Bow

Wheel

Bound Angle

Seated Twist

Forward Bend (variations)

Supported Headstand

Supported Shoulderstand

Pigeon (variations)

Head-to-Knee

Reclined Twist

Intention 5 / Savasana

Savasana

Guided Meditation

Guided Pranayama