

This month's sequence incorporates the use of 'peak pose' theming. The postures used within this vinyasa sequence help to prepare you for coming into Compass/Sundial pose as well as Balancing Compass. Expect lots of hamstring stretching and hip opening.

I love using Compass Pose as a theme because you can speak to the nature of a compass as a tool as well as a posture. As you teach this class, take advantage of the compass theme by incorporating plenty of conversation around 'direction', 'finding your true north', and 'never straying off course'.

Instruction

Start by centering and setting intentions while in a comfortable seated position. Then move into Head to Knee on both sides followed by Revolved Head to Knee Pose on both sides. Warm-up the spine in Cat/Cow and making some movements of your student's choice in table like hip or rib circles.

Make your way to Downward Dog, Standing Forward Fold, than Mountain Pose. Now lead 5 Sun Salutations A and 5 Sun Salutations B to get your students good and warm.

Vinyasa to Downward Dog, raise the right leg and step it forward to High Lunge, Revolved High Lunge, then Lizard Pose. Repeat on the left side. Once again, vinyasa to Downward Dog, raise the right leg and step it forward to Triangle, Revolved Triangle, then Pyramid/Standing Runner's Stretch Pose. Repeat on the left side.

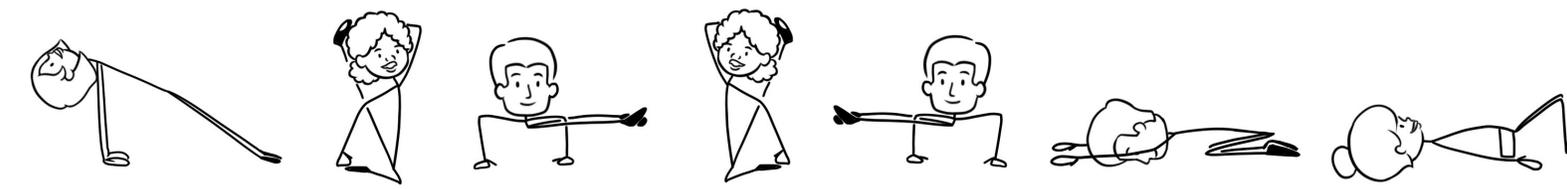
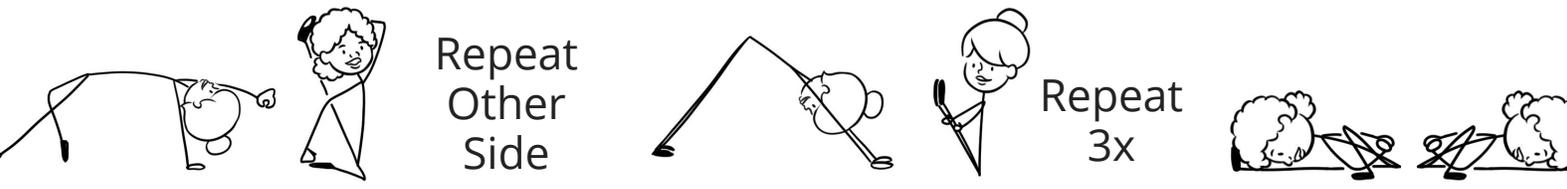
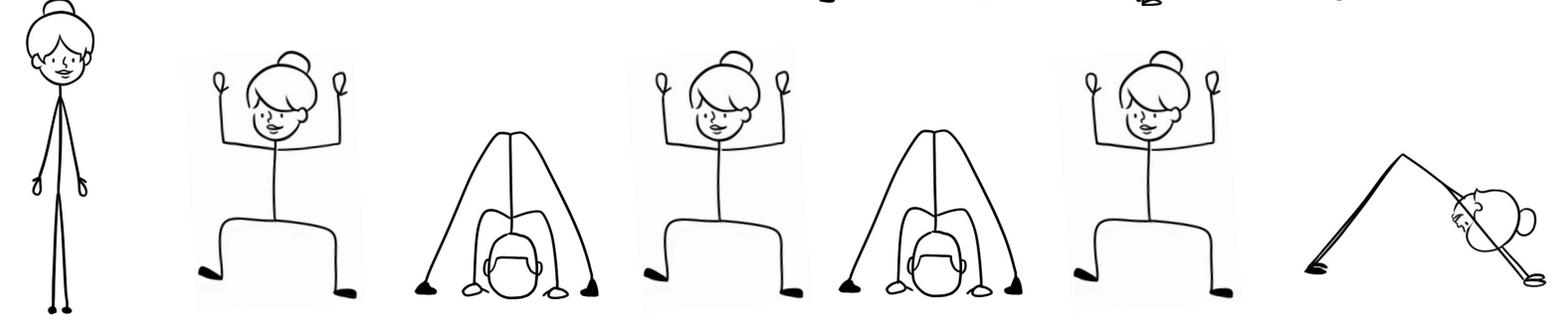
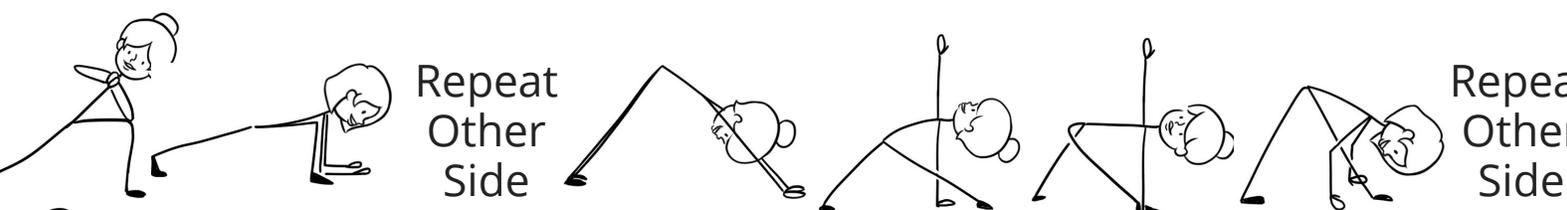
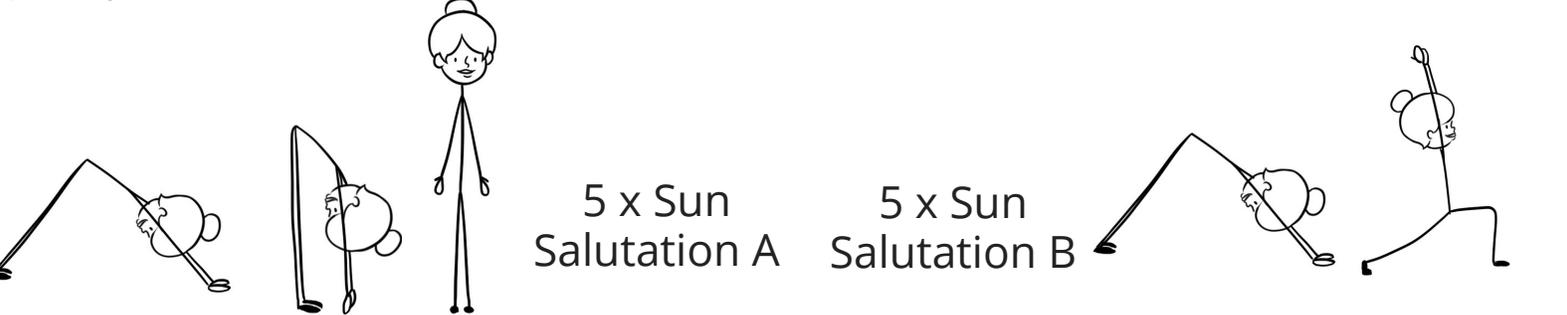
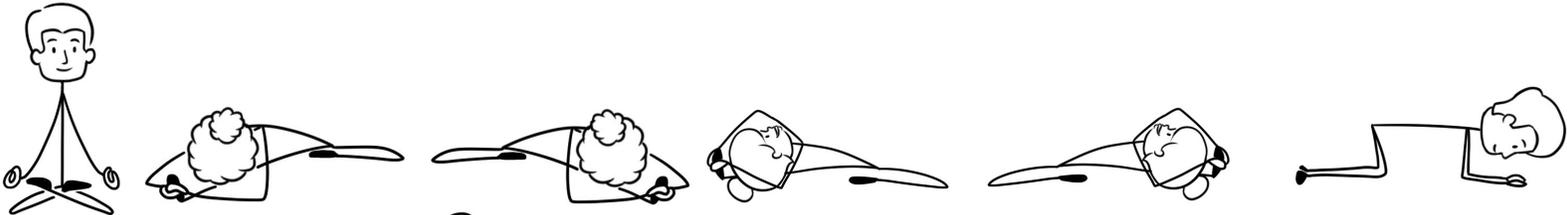
Vinyasa back up to Mountain Pose. Take a big step back with the right foot and come into Goddess Pose, Standing Wide-Legged Forward Fold, back to Goddess, back to Standing Wide-Legged (feel free to take a different variation), and back to Goddess one last time. Vinyasa to Down Dog, raise right leg and this time come into Wild Thing. From Wild Thing flip back over and step right foot forward. Find Compass Pose then step back to Down Dog and repeat Wild Thing and Compass on the second side.

Take a vinyasa and from Downward Dog come to sitting and then right into Upward Boat Pose. Do 3 sets of Upward Boat followed by Head to Knee on both sides then Inclined Plane Pose. Sit back down and come into Compass pose followed by 8-Angle Pose on the right side. Repeat on the left. Child's Pose. Come on to your back for Supported Bridge Pose then Savasana.

Compass Pose Practice

January 2019

Sequence



BONUS

Here are a few quotes to inspire and sprinkle into your compass-themed practice at the beginning or end (or even during):

"Live your life by a compass, not a clock." –Stephen Covey

"Fear is not your enemy. It is a compass pointing you to the areas where you need to grow." –Steve Pavlina

"Conscience is a man's compass." –Vincent Van Gogh

"Happiness is a direction, not a place." –Sydney J Harris