

Hot Yoga Class Flow And Timing Sheet

Sanskrit	English	First set	Second set
1. Pranayama	Breath Of Life	6 second inhale 6 second exhale 10 breath cycles	10 breath cycles
2. Arda Chandrasana	Half Moon Backbend	45-60 sec 10-20 sec	25-35 sec 10-20 sec
3. Padahastasana	Hands to Feet	30 sec	20 sec
4. Utktasana	Awkward	10 sec per part	10 sec per part
5. Garurasana	Eagle	10-20 sec	10-20 sec
	Water break		
6. Dandayamana Janushirasana	Standing Head To Knee	60 sec	30 sec
7. Dandayamana Dhanurasana	Standing Bow	60 sec	30 sec
8. Tuladandasana	Balancing Stick	10 sec	10 sec
9. Dandayamana Bibhaktapada Paschimottanasana	Standing Separate Leg Intense Stretching	30-40 sec	30-40 sec
10. Trikanasana	Triangle	20 sec	20 sec
11. Dandayamana Bibhaktapada Janushirasana	Standing Separate Leg Head To Knee	20-30 sec	20-30 sec
12. Tadasana	Tree	30 sec	
13. Padangustasana	Toe Stand		30 sec
14. Savasana (2 min)	Dead Body/Corpse	120 sec	
15. Pavanamuktasana	Wind Removing Pose	20 secs all parts	10-20 secs each part
16. Sit-up	Sit-up (! – no Sanskrit)		
17. Bhujangasana	Cobra	10 sec	10 sec
18. Salabhasana	Half Locust	10 sec	10 sec
19. Poornasalabhasana	Full Locust	10 sec	10 sec
20. Dhanurasana	Bow (or Floor Bow)	20 sec	20 sec
21. Supta Vajrasana	Fixed Firm	40 sec	40 sec
22. Ardha Kurmasana	Half Tortoise	20 sec	20 sec
23. Ustrasana	Camel	30-45 sec	20-30 sec
24. Sasangasana	Rabbit	20-25 sec	20-25 sec
25. Janushirasana	Head To Knee	20-40 sec	20-30 sec
26. Paschimottanasana	Intense Stretching	20-40 sec	20-40 sec
27. Arda Matsyendrasana	Half Spine Twist	20-40 sec	
28. Kapalbhati	Breath Of Fire	60 counts (usually around 2 exhales per second)	60 counts a little faster (usually around 3 exhales per second)