



**60- and 90-Minute Yoga Sport Class  
Official List of Postures**

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*First Edition*

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The Instructions are based upon the original hot yoga class and were modified and revised by Yoga Sport World, for clarity and consistency.

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**Yoga Sport Classes** are either a 55-posture (90-minute **Yoga Sport Class**) or 41-posture (60-minute **Yoga Sport Class**) dynamic yoga class practiced with or without heat. This class is suitable for all levels and covers all aspects of the spine: forward bends, backward bends, tractions and twists. Yoga Sport Classes include a couple of lifts and one inversion: shoulder stand. Ideally, studios should offer **Yoga Sport Classes** daily.

# 90-minute **Yoga Sport Class**

## List of postures

1. **Pranayama** - 20 breaths, fast pace
2. **Birabhadrasana: Salute to the Gods and Goddesses** (8 count series / 2 sets)
3. **Surjyanamaskar: Salute to the Sun** (8 count series / 2 sets)
4. **Half Moon Series** (8 count series/2 sets)
  - Ardha-Chandrasana/Padahasthasana: Half Moon/Hands to Feet
  - Trikonasana: Triangle (sideways if needed)
  - Dandayamana Bibhaktapada Janushirasana: Standing Separate-Leg Forehead-to-Knee (sideways if needed)

## Standing Series

5. Utkatasana: Awkward
6. Garurasana: Eagle
7. Dandayamana Janushirasana: Standing Head-to-knee
8. Dandayamana Dhanurasana: Standing Bow
9. Tuladandasana: Balancing Stick
10. Bibhakta-Hasta-Tuladandasana: Split Arm
11. Dandayamana Bibhaktapada Paschimotthanasana: Separate-Leg Stretching (sideways if needed)
  - Grab heels, head to floor
  - Hands behind back (reverse namaskar), head to floor, slide down - chest to floor
12. Viparita Titibhasana, Guillotine
13. Tadasana: Tree

14. Padangustasana: Toe Stand (no hands)

## Hand Balancing Series

15. Angustasana: Finger stand (sideways)

16. Kagasana: Crow

17. Bakasana: Crane

## Lotus Series

Warm up: Rock the baby, Knee Rolling (2 sets of 30), Reverse Plank

18. Bhadrasana: Gentle (sole to sole)

- Head to toes
- Hands on knees, elbows locked

19. Ardha-Padmasana: Half Lotus (right foot only)

20. Padmasana: Lotus / Double Pigeon (right leg on top)

21. Utthita Padmasana: Lifting Lotus (hook toes over elbows) / forehead to the knee

22. Tulangasana: Lotus in L / forehead to the toes

23. Matsyasana: Fish / switch the legs

24. Makarasana: Spider (on belly) hands in reverse namaskar / forehead to the knee

25. Mountain / forehead to the toes

### **Savasana**

26. Pavanamuktasana: Wind-removing

### **Savasana**

### **Sit up**

## Cobra Series (10 seconds each, flow)

27. Bhujangasana: Cobra
28. Salabhasana: Locust
29. Poorna Salabhasana: Full Locust
30. Dhanurasana: Bow

**Look left, look right**

## Fixed Firm Series (only right knee moves)

31. Supta Vajrasana: Fixed Firm
32. Ardha Kurmasana: Half Tortoise
33. Ustrasana: Camel
34. Sasangasana: Rabbit

**Savasana**

**Sit up**

## Split Series

35. Janushirasana: Head-to-Knee
36. Paschimotthanasana: Stretching
37. Bibhaktapada Paschimotthanasana: Separate Leg Stretching (straddle splits)
38. Madukasana: Frog
39. Utthita Paschimotthanasana: Upward Stretching (sideways)

40. Ekapada Gokhilasana: Bow Leg (leg breaker - right leg back first)

41. Half Splits and Splits (right leg forward first)

- straight
- with backbend
- with forward bend, forehead to toes

42. Eka Pada Rajakapotasana: Pigeon (left leg forward)

43. Dancer 30 seconds

### **Savasana**

#### **Sit up**

44. Ardha Matsyendrasana: Half Spine Twist

### Tortoise Series

45. Ekapada Shirasana: Leg over Head (wave the leg, foot and knee in the elbow, knee over the shoulder, leg behind the head)

46. Yoga Nidrasana: Yogi in Sleep

### **Savasana**

### Plough Series

Warm up: leg rises - hold right, hold left, both legs  
Plough warm up 5 times

47. Halasana: Plough

48. Karnapitasana: Knee to ear

49. Sarvangasana: Shoulder stand

50. Chakrasana: Wheel

## Roll to the side

### Full Series

51. Purna Bhujangasana: Full Cobra

52. Purna Dhanurasana: Full Bow

53. Purna Ustrasana: Full Camel

### Peacock Series

54. Mayurasana: Peacock (lotus, one leg, one arm)

55. **Kapalbhati**: 3 sets of 60, every time double speed

## Final Savasana

## 60 minute Yoga Sport Class

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## Standing Series

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### **Savasana**

### **Sit up**

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32. Ardha Kurmasana: Half Tortoise

33. Ustrasana: Camel

34. Sasangasana: Rabbit

### **Savasana**

### **Sit up**

### Split Series

35. Janushirasana: Head-to-Knee

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38. Madukasana: Frog

39. Utthita Paschimotthanasana: Upward Stretching (sideways)

40. Ardha Matsyendrasana: Half Spine Twist

41. **Kapalbhati**: 3 sets of 60, every time double speed

### **Final Savasana**

Pranayama - 20 Breaths



Salute to the Gods and Goddesses - 8 Count Series / 2 Sets



Salute To The Sun - 8 Count Series / 2 Sets



3

Half Moon Series - 8 Count Series / 2 Sets



4

Standing Series



5



6



7



8



9



10



11



12



13



14

Hand Balancing Series



15



16

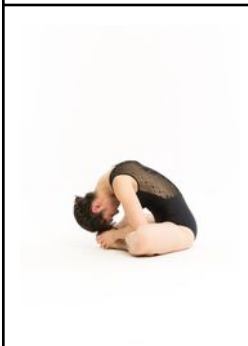


17

Lotus Series



warm-up


















18



19



20

 <p>21</p>			 <p>22</p>
 <p>23</p>			 <p>24</p>
 <p>25</p>		 <p>savasana 20''</p>	
 <p>26</p>		 <p>savasana 20''</p>	 <p>sit-up</p>

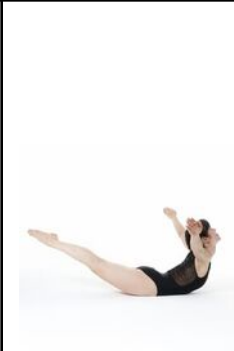
Cobra Series



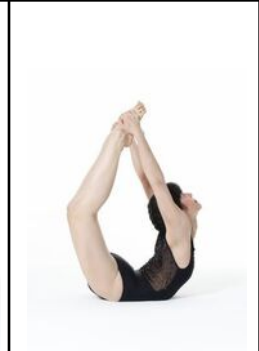
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28



29



30

Fixed Firm Series



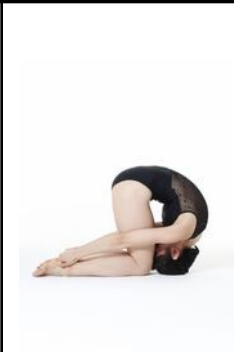
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32



33



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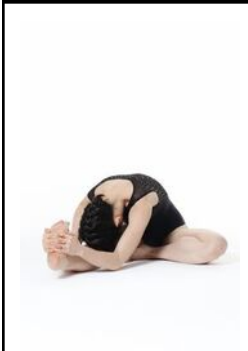
savasana 20''



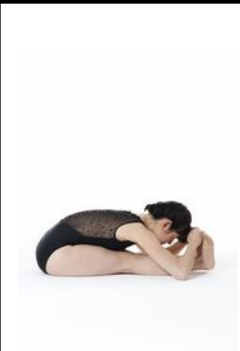
sit-up



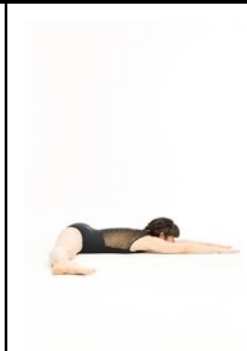
Split Series



35



36



37



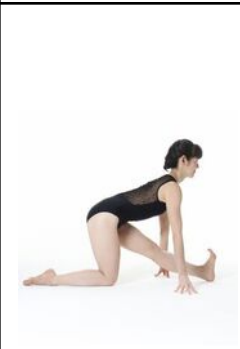
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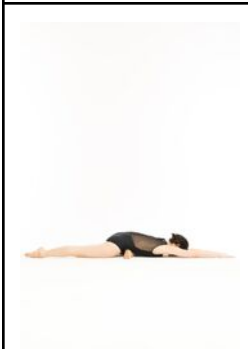
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40



41



42





43

 <p>savasana 20"</p>	 <p>sit-up</p>	 <p>44</p>
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Tortoise Series

 <p>45</p>			
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 <p>46</p>	 <p>savasana 20"</p>
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Plough Series



warm-up



47



48



49



50

Full Series



51

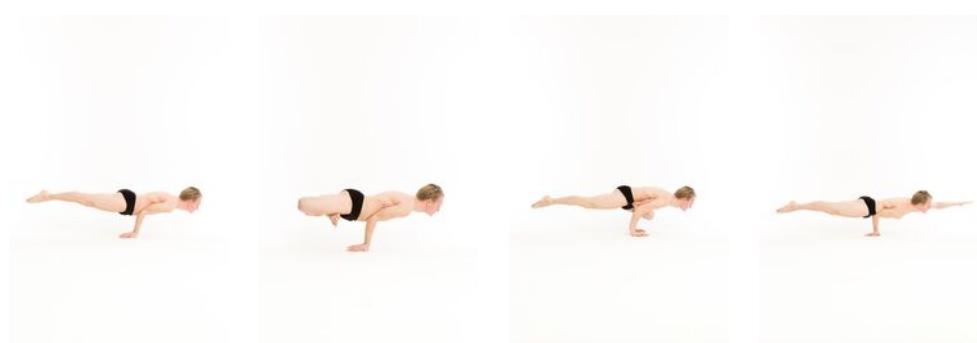


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53

Peacock Series



54



55



savasana - final