



Karma Class – 7:30pm each Tuesday evening & 6:15pm each Friday evening at Prahran

Supervised by Dominique Salerno 0402 298 199
Karina Smith 0423 525 483
Melanie Mackintosh 0413 298 132

Schedule Class starts at 7:30pm (will be opened by the supervising teacher)

730pm-740pm: setting intention, opening chants, breath awareness, mini meditations, seated and floor based postures

740pm-750pm - standing warm up or floor based postures and down dog

750pm-8pm - Surya Namaskar only. In Sun salutation A (no chaturanga – use knees, chest, chin variation to get to the floor) and B (use Sivananda method of back knee to the floor). Please don't add in any other vinyasa variations

8pm-810pm- vinyasa

810pm-820pm - 1 or 2 static standing poses and floor based poses (no shoulder stand/headstand or any other poses that we deem are off limits)

820pm-830pm - pranayama from approved list and guided meditation (no quite savasana)

830-8400pm - savasana (lead by supervising teacher)

Friday 6:15pm class

Class starts at 6:15pm (will be opened by the supervising teacher)

620pm-630pm: setting intention, opening chants, breath awareness, mini meditations, seated and floor based postures

630pm-640pm - standing warm up or floor based postures and down dog

640pm-650pm - Surya Namaskar only. In Sun salutation A (no chaturanga – use knees, chest, chin variation to get to the floor) and B (use Sivananda method of back knee to the floor). Please don't add in any other vinyasa variations

650pm-7pm- vinyasa

7pm-710pm - 1 or 2 static standing poses and floor based poses (no shoulder stand/headstand or any other poses that we deem are off limits)

710pm-720pm - pranayama from approved list and guided meditation (no quite savasana)

720-730pm - savasana (lead by supervising teacher)

Postures & practices NOT approved Headstand and tripod headstand (this includes coming up into tripod headstand from prasaritta padottanasana and headstand against walls).

Resting weight on the head whilst coming up into urdhva dhanurasana and during

intervals between repetitions.

Resting weight on head in fish pose.

Flipping the dog

Shoulderstand

Any breath work/pranayama involving retention. No surya bhedana, kapalabhati or bhasrika. (Your approved pranayama list is ujjayi, nadi sodhana, bhramari, sitali/sitkari, diaphragmatic and belly breathing ONLY).

Handstands (including practice kicks or against the wall), scorpion pose, 'chin stand' and pincha mayurasana.

All arm balances except for Vasisthasana and Bakasana