

Reinventing the Wheel: Bring Fun & Intensity to Your Yoga Classes

History

- 1978 Dharma Mittra
- 2013 Dov and Raquel Vamos

How To Use Your Wheel

- Incorrect Placement
- Correct placement
- Vertical
- Horizontal
- Thigh Placement

When to Use Wheel

- Backbends
- Active Stretching
- Strength and Stability
- Relaxation
- Pain Relief
- Refining Postures
- Supplement Classes
- Yin
- Wheel classes

Common Limitations

Knee Pain

- 1.
- 2
- 3.

Neck Pain or limitations

- 1.
- 2.
- 3.
- 4.

Hip mobility limitations

- 1.
- 2.

Wrist Pain

- 1.
- 2.
- 3.

Shoulder Pain

- 1.
- 2.

Teaching Beginners

- 1.
- 2.
- 3.
- 4.

Why modify?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

How to Modify

5 poses in each class!

Class Introduction

- 1.
- 2.
- 3.
- 4.

Backbends

- Intelligent Backbends

Backbend Poses

- Child's pose
- Puppy pose
- Elevated wheel
- Supported Wheel Variations
- Thoracic Bridge
- T Spine Release
- Camel or Full Pigeon

Flexibility Poses

- Wide leg FF
- Seated FF
- Seated Wide Leg FF
- Bound Angle
- Hero Pose
- Half Split
- Split
- Lizard
- Gate Pose
- Compass Pose

Standing Poses

- Crescent
- Warrior 1
- Warrior 2
- Triangle
- Revolved Triangle
- Side Angle
- Revolved Side Angle
- Extended Big Toe Hold
- Chair
- Half Moon

Balance Poses

- Seated Twist
- Plank
- Forearm Plank
- Incline Plane
- Revolved Half Moon
- Dancer
- Revolved Dancer
- Horse
- Head Stand

Movement Series:

- Chair to FF
- Plank Shoulder Taps
- Push Up
- Crunch
- Pike Up
- On Forearms
- Dynamic Table Top
- Dynamic Crescent
- Reverse Table Top One Leg Lifts
- Incline Series Seat On Wheel
- Incline Toe Taps Seat On Wheel
- Plank to Bear
 - Add Leg Lift
- Tricep Dips
- Crunch to Incline Plane

Finish Poses

- Shoulder Stand
- Plow Pose

Savasana

NOTES

Interested in a more in-depth study of wheel? Holy Yoga offers 20 CEC hours in Wheel.



Holy Yoga Wheel

Learn more about this transformational program today! Training Description At Holy Yoga, we believe that the journey toward growth, stability, and strength requires vulnerability, humility, and determinatio...

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