

Peak Pose: Build To Side Plank Knee Crunch




Image	Pose	Description
	Warm up	
	Child	<p>Sit on heels. Walk hands forward until forehead touches floor. Arms alongside legs. Alternatives include: Child with head on bolster. Child with bolster between legs. Child pose with arms extended. Child with hands on back. Child with cheek on mat. Child with leg raised and arms extended.</p> <p>Benefits: Stretches hips, thighs, and ankles. Relieves back pain.</p> <p>Video: https://www.youtube.com/embed/qYvYsFrTI0U</p> <p>Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl the toes under (instead of flat). D) Place a rolled towel under your shins (take the stress off of your ankles). E) Place a yoga blanket underneath the knees for padding.-F) Place a folded towel underneath the knees for padding.-G) Place a bolster or pillow under your stomach or chest and stay for up 10 minutes. H) Go deeper into the hip stretch by spreading your knees wider.</p> <p>Precautions : Pregnancy. Knee injury.</p>
	Extended Puppy	<p>Come to all fours. Walk hands in front lowering chest down to floor. Keep hips raised over knees. Release forehead to floor. Stretch arms.</p> <p>Benefits: Hip opener. Stretches inner thighs, groins, hips.</p> <p>Video: https://www.youtube.com/embed/TKDdMTmS08g?rel=0</p> <p>Precautions : Knee or ankle injuries. Back pain.</p>



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	Bridge	<p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Clasp hands below pelvis.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0</p> <p>Modifications: A) Baby Bridge (raise up to a comfortable position). B) Bridge with a blanket under shoulders. C) Bridge with leg up. D) Clasp hands around ankles. E) Block below shoulders. F) Block, or bolster, below the lower back. G) Feet close to a wall to prevent slipping.</p> <p>Precautions : Knee or neck injury.</p>
	Bridge Leg Up	<p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Place hands under hips. Raise left leg. Hold. Lower left leg. Repeat with right leg. Release hands. Lower slowly to mat.</p> <p>Alternatives: Bridge.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/igoajQo_po4</p> <p>Modifications: A) Bridge with blanket under shoulders. B) Block below shoulders. C) Block (or bolster) below lower back. D) Feet close to wall to prevent slipping.</p> <p>Precautions : Knee or neck injury.</p>




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	<p>Cobra Legs Up</p>	<p>Lie face down. Feet together. Toes pointing behind. Hands flat on floor by rib cage. Lift chest. Gaze forward. Raise both legs. Hold. Lower to mat. Repeat.</p> <p>Alternatives: Sphinx. Crocodile.</p> <p>Benefits: Supple spine. Strengthen palms, wrists, toes.</p> <p>Video: https://www.youtube.com/embed/wSgmClfQBrc?rel=0</p> <p>Modifications: Blanket under hips. 2 legs up.</p> <p>Precautions : Pregnancy. CTS. Back injury.</p>
	<p>Downward Facing Dog</p>	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>
	<p>Samasthiti</p>	<p>Stand tall. Feet together. Drive legs into earth. Lift sternum to sky. Feel sunshine entering spine. Contract abdominal lock. Align mind to spine. Stand in that beautiful centre line of gravity. Open heart centre. Let body mould itself around calm inner power.</p> <p>Alternatives: Mountain.</p> <p>Benefits: Improves posture. Strengthens legs. Engages abs.</p> <p>Video: https://www.youtube.com/embed/Om03hOv_jcU?rel=0</p> <p>Modifications: Reach up to ceiling with fingertips.</p> <p>Precautions : Pregnant.</p>




Image	Pose	Description
	<p>Standing Backbend</p>	<p>Start in Mountain. Place palms on low back, fingers point down. Squeeze thighs and buttocks. Press hips forward and arch torso back. Gaze forward. Use arms to support weight. Keep legs and buttocks engaged. To release keep legs, buttocks and arms strong.</p> <p>Benefits: Stretches sides of torso, spine. Stimulates abs.</p> <p>Video: https://www.youtube.com/embed/bZPFVITAUVs?rel=0</p> <p>Modifications: Drop head back.</p> <p>Precautions : Back or neck injury.</p>
	<p>Rag Doll</p>	<p>Stand in Mountain. Feet hip distance apart. Knees slightly bent. Slowly fold forward from waist one vertebrae at time. Let upper body and head hang heavy between upper arms. Draw circles with your arms. Deepen relaxation of neck & torso. If back is stiff bend knees more. Breathe into hamstrings. Release tension on exhales. Shake arms. Slowly roll up to Mountain one vertebrae at time.</p> <p>Alternatives: Standing forward bend. Tabletop. Gorilla.</p> <p>Benefits: Releases tension. Stretch back, hamstrings. Improves posture.</p> <p>Video: https://www.youtube.com/embed/d_8-a106a5I</p> <p>Modifications: Loop fingers around big toes.</p> <p>Precautions : Back, knee, hamstring injuries.</p>
	<p>Crescent Moon</p>	<p>Kneel with knees hip width apart. Keep back straight. Step forward with right foot. Foot extends slightly past knee. To increase stretch in hip, bend more on right knee. Raise both arms and bring palms together. Look forward. Focus attention on one point. Hold. Release.</p> <p>Alternatives: High Lunge.</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p>Video: https://www.youtube.com/embed/2pCcmxQSETc</p> <p>Modifications: Move between bent and straight leg. Look up.</p> <p>Precautions : Knee injury.</p>


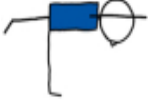
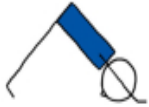
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	Warrior Eagle I	<p>Stand in Mountain. Step feet wide apart. Raise arms perpendicular to floor. Turn left foot in 45 degrees to right. Turn right foot out 90 degrees to right. Align right heel with left heel. Rotate torso to right (square front of pelvis with front of mat). Anchor left heel to floor. Bend right knee over right ankle so shin is perpendicular to floor. Cross arms in front of you. Bring palms together.</p> <p>Alternatives: Warrior I, II, III.</p> <p>Benefits: Stretches chest, shoulders, abs. Strengthens arms.</p> <p>Video: https://www.youtube.com/embed/AJa1EMqwKU0</p> <p>Modifications: Raise arms over head and look up.</p> <p>Precautions : High blood pressure. Shoulder injury.</p>
	Warrior III	<p>From Mountain take a big step forward with right foot. Shift weight onto right leg. Raise arms overhead. Interlace fingers. Lift left leg. Gaze at a point on floor. Repeat on other side.</p> <p>Alternatives: Warrior I & II</p> <p>Benefits: Strengthens legs, shoulders, back. Tones abdominals. Balance.</p> <p>Video: https://www.youtube.com/embed/4PjcQJjOvBc?rel=0</p> <p>Modifications: A) Arms out to sides. B) Arms back. C) Hands on blocks. D) Hands on wall. E) Hands on back of chair.</p> <p>Precautions : High blood pressure.</p>
	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>




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	Child	<p>Sit on heels. Walk hands forward until forehead touches floor. Arms alongside legs. Alternatives include: Child with head on bolster. Child with bolster between legs. Child pose with arms extended. Child with hands on back. Child with cheek on mat. Child with leg raised and arms extended.</p> <p>Benefits: Stretches hips, thighs, and ankles. Relieves back pain.</p> <p>Video: https://www.youtube.com/embed/qYvYsFrTI0U</p> <p>Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl the toes under (instead of flat). D) Place a rolled towel under your shins (take the stress off of your ankles). E) Place a yoga blanket underneath the knees for padding.-F) Place a folded towel underneath the knees for padding.-G) Place a bolster or pillow under your stomach or chest and stay for up 10 minutes. H) Go deeper into the hip stretch by spreading your knees wider.</p> <p>Precautions : Pregnancy. Knee injury.</p>
	Side Plank Knee Crunch Peak Pose	
	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>



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	Downward Facing Dog Split	<p>Start in Downward Facing Dog. Raise right leg while keeping hips level (hips stay squared with floor). Equal weight in both arms. Extend through raised right heel and crown of head. After holding pose with hips squared for several breaths, open right hip, stacking it over left hip (allows right leg to go higher). Keep torso from twisting left. Bend right knee. Right heel toward left buttock. Hold. Straighten right leg and square hips toward floor. Release right foot to floor. Repeat on left side.</p> <p>Benefits: Hip stretch.</p> <p>Video: https://www.youtube.com/embed/yMIqo5YIsA8</p> <p>Modifications: Head on block.</p> <p>Precautions : Pregnant. High blood pressure.</p>
	Gentle Low Lunge Twist	<p>From low lunge (left knee on mat and right leg forward). Raise arms. Place left hand on right knee, and right hand on left thigh (twist). Repeat on other side.</p> <p>Alternatives: High Lunge.</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks. Improve digestion. Detox. Improve spinal mobility. Reduce back pain.</p> <p>Video: https://www.youtube.com/embed/4GHlyH_lpBE</p> <p>Modifications: Move between bent and straight leg.</p> <p>Precautions : Knee injury. High blood pressure.</p>



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	<p>Crescent Lunge</p>	<p>Start in Down Dog. Step right foot forward and place it beside right thumb, lining up right knee over right ankle. Lower left knee to floor. Raise torso and sweep arms above head with palms facing. Allow hips to settle forwards and down until you feel a stretch in front of left leg. Draw tailbone down, lengthening lower back and engaging core muscles. Stay here, or raise back knee off mat for a full Crescent Lunge. To release, place hands on mat and step to Down Dog. Repeat with left leg forward.</p> <p>Alternatives: Warrior I, II, III.</p> <p>Benefits: Stretches groin, chest, shoulders, abdominals, and hip flexors. Relieves backache. Opens front torso. Improves balance and stability. Heart opener. Strengthens legs.</p> <p>Video: https://www.youtube.com/embed/eXupg3oNGJY</p> <p>Modifications: A) Bring back knee to mat and un-tuck back toes (low lunge). B) Place hands on hips. C) Warrior I, II, or III.</p> <p>Precautions : Shoulder injury.</p>
	<p>Humble Warrior</p>	<p>From Warrior I, interlace hands behind you in a double fist. Keeping front knee bent, slowly lean forward, placing head as close to ground as possible. Lift arms overhead, holding for several deep breaths. Rise up. Repeat on other side.</p> <p>Alternatives: Lunges. Warrior I, II or III.</p> <p>Benefits: Stretches chest, lungs, arms, shoulders, neck, belly, groins.</p> <p>Video: https://www.youtube.com/embed/fXujuk3RIxk</p> <p>Precautions : High blood pressure. Shoulder, neck or heart problems.</p>

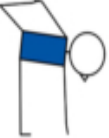

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	Half Moon Bound Revolved	<p>Begin in High Lunge. Palms together over heart. Twist upper body to right until elbow crosses thigh. Deepen twist to get to a place where you can bind. Release bottom hand to floor. Feel chest opening. Reach top arm up, rotate thumb backwards, release back of hand. Take front arm under thigh to clasp the back arm. Open chest into a Bound Lunge. Ground weight onto front foot. Engage abdominals. Draw back foot in. Keep gaze on mat. Slowly raise back leg. Release. Switch legs.</p> <p>Alternatives: Half Moon. Half Moon Bow.</p> <p>Benefits: Strengthens abs, thighs. Stretches legs, shoulders, spine. Improves digestion & balance.</p> <p>Video: https://www.youtube.com/embed/iEyh9yqJm78</p> <p>Modifications: Back to wall. Block under hand.</p> <p>Precautions : Neck pain. Headache. Low or high blood pressure.</p>
	Downward Facing Dog Split	<p>Start in Downward Facing Dog. Raise right leg while keeping hips level (hips stay squared with floor). Equal weight in both arms. Extend through raised right heel and crown of head. After holding pose with hips squared for several breaths, open right hip, stacking it over left hip (allows right leg to go higher). Keep torso from twisting left. Bend right knee. Right heel toward left buttock. Hold. Straighten right leg and square hips toward floor. Release right foot to floor. Repeat on left side.</p> <p>Benefits: Hip stretch.</p> <p>Video: https://www.youtube.com/embed/yMlqo5YIsA8</p> <p>Modifications: Head on block.</p> <p>Precautions : Pregnant. High blood pressure.</p>



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	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>

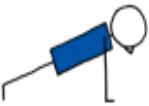


Image	Pose	Description
	Plank	<p>Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Fingertips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold.</p> <p>Alternatives: Dolphin. One Legged Side Plank.</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/pSWYGXSNjdE?rel=0</p> <p>Modifications: Knees on floor. Use wall to place feet for support.</p> <p>Precautions : Carpal tunnel syndrome</p>
	Side Plank Knee Crunch	<p>Lay on left side. Place left hand on ground. Push upper body off ground, lifting hips until only thing touching the mat are edges of feet and hand. Lift right arm and right knee. Bring knee and elbow together. Repeat. Switch.</p> <p>Alternatives: Side Plank.</p> <p>Benefits: Strengthens wrists, arms, legs. Builds strong core.</p> <p>Video: https://www.youtube.com/embed/w4lxFe9tiI8</p> <p>Precautions : Arm, shoulder or wrist injury.</p>
	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>



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	Cat Pulling Tail	<p>Lie on right side. Use right arm as a pillow. Stack hips, knees and feet. Bend bottom knee and reach top hand to take hold of foot. Roll top shoulder back. Draw top leg out in front of you. Drop top shoulder towards mat. Hold. Roll onto opposite side and repeat.</p> <p>Benefits: Counterpose to forward bends. Compresses lower back. Opens quads and upper thighs.</p> <p>Video: https://www.youtube.com/embed/hEyCFVvXIs</p> <p>Modifications: A) Use a strap. B) Cat pulling tail with strap. C) Cat pose with leg raised. D) Bananasa pose E) Dancer pose. F) Lunge pose.</p>





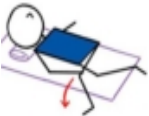

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	Bridge Leg Up	<p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Place hands under hips. Raise left leg. Hold. Lower left leg. Repeat with right leg. Release hands. Lower slowly to mat.</p> <p>Alternatives: Bridge.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/igoajQo_po4</p> <p>Modifications: A) Bridge with blanket under shoulders. B) Block below shoulders. C) Block (or bolster) below lower back. D) Feet close to wall to prevent slipping.</p> <p>Precautions : Knee or neck injury.</p>
	Wheel	<p>Lie on back. Bend knees. Set feet on floor. Heels close to sitting bones. Bend elbows. Spread palms beside head (fingers point to shoulders). Press inner feet into floor. Push tailbone up. Lift buttocks. Press inner hands into floor. Lift onto crown of head. Press feet and hands into floor to lift up. Let head hang.</p> <p>Benefits: Strengthens arms, wrists, legs, buttocks, abs, spine.</p> <p>Video: https://www.youtube.com/embed/hdSj4hHt2To?rel=0</p> <p>Modifications: Hands or feet on blocks.</p> <p>Precautions : Back injury. Heart problems. HBP. LBP.</p>
	Cool Down	

Image	Pose	Description
	Knees To Chest	<p>Lie on back. Legs and arms extended. Both knees to chest. Clasp hands around knees. Wrap forearms over shins. Clasp each elbow with opposite hand. Keep back flat on mat. Release shoulder blades down toward waist. Draw tailbone and sacrum down. Lengthening spine. Softly rock backward and forward or side-to-side for a spinal massage. Tuck chin slightly. Gaze down. Hold. Release.</p> <p>Benefits: Massages spin. Lower back stretch. Good for posture. Relieves tired legs. Strengthens back. Firms abdominals. Strengthens legs and hips. Cures joint pains. Improves blood circulation in legs.</p> <p>Video: https://www.youtube.com/embed/TVk4ht8V8J8</p> <p>Modifications: Knee to chest.</p>
	Lying Twist	<p>Lie on back. Raise right leg up and roll it over to left side (foot touches floor). Spread legs wide. Put left hand on right thigh for leverage. Switch sides.</p> <p>Benefits: Releases lower back. Opens tight shoulders. Improves digestion. Quiet Mind. Eases sciatic pain.</p> <p>Video: https://www.youtube.com/embed/TI9scRUR95g</p> <p>Modifications: Lift head up.</p>
	Savasana	<p>Lie on back with legs and arms apart. Feet to side, palms up. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation.</p> <p>Alternatives: Crocodile. Child.</p> <p>Benefits: Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p>Video: https://www.youtube.com/embed/YBe1nzunHJ0</p> <p>Modifications: Knees bent. Blanket under knees. Blanket under head. Supine star (legs & arms spread out).</p>

Lesson Plan Description:

Aim: To build the core strength, shoulder stability, balance and side-body control needed for Side Plank Knee Crunch.

Objectives:

- Mobilise the spine and gently warm the whole body.
- Open the shoulders, chest and side body.
- Strengthen the legs, glutes and core.
- Develop balance and concentration through standing poses.
- Prepare the body for weight-bearing on one arm.
- Build confidence and control for the peak pose.
- Release tension with twists, relaxation and Savasana.

Theme (emotional meaning): This class explores the idea of holding yourself up when life feels unsteady. Side Plank Knee Crunch is a pose of courage, coordination and inner lift. As elbow and knee draw together, the body gathers itself into one clear action, reminding us that strength grows when we come back to centre.