


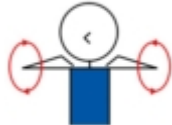





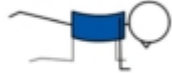
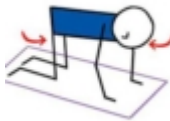
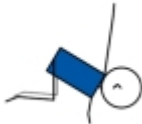








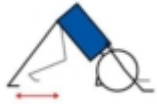

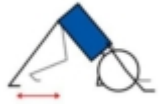





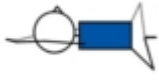




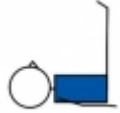




Intermediate Yoga: Warrior II Peak Pose

 <p>Bound Angle</p>	 <p>Easy Head Circles</p>	 <p>Easy Head Turn</p>	 <p>Shoulder Rotations</p>	 <p>Easy Twist</p>	 <p>Easy Side Bend III</p>
 <p>Eagle Arms</p>	 <p>End Of Sequence</p>	 <p>Cat Cow</p>	 <p>Cow Leg Raise</p>	 <p>Cow Head To Pelvis</p>	 <p>Thread The Needle Arm Up</p>
 <p>Extended Puppy</p>	 <p>Thread The Needle</p>	 <p>Extended Child</p>	 <p>Thread The Needle Arm Up</p>	 <p>Embracing Wings</p>	 <p>Half Bow</p>

 <p>Extended Puppy</p>	 <p>Plank On Forearms</p>	 <p>Down Dog Pedal</p>	 <p>Plank On Forearms</p>	 <p>Down Dog Pedal</p>	 <p>Standing Fold Knees Bent II</p>
 <p>Halfway Lift II</p>	 <p>Mountain</p>	 <p>Five Pointed Star</p>	 <p>End Of Sequence</p>	 <p>Reclined Bound Angle II</p>	 <p>Supine Windshield Wiper</p>
 <p>Bananasana</p>	 <p>Sacral Circles</p>	 <p>Knee To Chest</p>	 <p>Supine Cycling</p>	 <p>Piriformis Stretch Strap</p>	 <p>Bridge</p>

 <p>Wind Release</p>	 <p>Lying Twist</p>	 <p>End Of Sequence</p>	 <p>Chair</p>	 <p>Gorilla</p>	 <p>Downward Facing Dog Leg Up</p>
 <p>Warrior I</p>	 <p>Mountain</p>	 <p>Low Lunge Kneeling Twist</p>	 <p>Lunge Twist Arm Up</p>	 <p>Warrior I</p>	 <p>Five Pointed Star</p>
 <p>Warrior II</p>	 <p>Goddess Tip Toes Anjali</p>	 <p>Wide Leg Forward Bend C</p>	 <p>Goddess Tip Toes Anjali</p>	 <p>Chair</p>	 <p>Standing Backbend Arms Up</p>



Standing Crescent



**Standing Side Bend
Arms Up**



Figure Four



Gorilla



Halfway Lift II



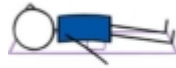
**Downward Facing Dog
Knees Bent**



Extended Child



End Of Sequence



Savasana Rolled Blanket

Lesson Plan Description:

This is an intermediate-level yoga class. Intermediate yoga flow is a class that is vigorous while using approachable asanas.

Intermediate yoga poses and sequences are what you'll find at 99% of yoga classes around the world. Most yoga teachers only teach "Intermediate" yoga classes because they want to be inclusive and not exclusive. If a Beginner joins a yoga class, the teacher will typically give that person a modified version of a pose to do (e.g. [Down Dog with knees bent](#)). Approachable poses can be modified for the beginner or people with physical limitations (e.g. due to injury, preexisting conditions, pregnancy, old age, etc), and can also be explored more deeply by experienced students.

So, time for a recap. Most Beginners will learn the basics of yoga in an "intermediate" yoga class. Even if you find a yoga class labelled "Beginners", it will almost certainly be an "Intermediate" class, because it will be a vigorous class where the asanas are approachable for most people.

So, what is an example of an un-approaching asana? [Headstands](#)! Most yoga teachers won't teach them for obvious reasons - an inexperienced student could break their neck. There are dozens of asanas that never see the light of day in an "Intermediate" yoga class because they involve some kind of gymnast-type contortion to get into and out of. Just in case you're curious about what asanas most yoga teachers would only teach in an advanced class, here are some of them: [headstands](#), [eight-angle pose](#), [firefly pose](#), [lifting lotus pose](#), [peacock pose](#), [wheel pose](#), [wild thing pose](#), and [flying pigeon pose](#). A good rule of thumb is to avoid asanas that have the words "head", "fly", "fire" and "wild" (that's meant to be a joke, but you get the point).

There is also a spiritual element to the word "Intermediate" because it implies the "Middle Path" - not too hard and not too easy. The middle place is where we avoid extremes. Moderation is a good place to be in your asanas and in life. In an asana, you want to be stimulated but not intimidated, and so in life. Unfortunately, the word "moderation" in the Western world has been smeared with the word mediocre, which comes from the Latin word mediocris which translates to 'of middle height'. Welcome the moderate place between too much and not enough because it is where your body, mind and soul will rejoice.

You can create lesson plans like this using the [Genie Lesson Planner](#)