











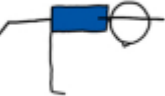







Peak Pose: Build To Side Plank Knee Crunch

 <p>Warm up</p>	 <p>Child</p>	 <p>Extended Puppy</p>	 <p>Bridge</p>	 <p>Bridge Leg Up</p>	 <p>Cobra Legs Up</p>
 <p>Downward Facing Dog</p>	 <p>Samasthiti</p>	 <p>Standing Backbend</p>	 <p>Rag Doll</p>	<p>hands behind head</p>  <p>Crescent Moon</p>	<p>cow face arms</p>  <p>Warrior Eagle I</p>
 <p>Warrior III</p>	 <p>Downward Facing Dog</p>	 <p>Child</p>	<p>repeat x2</p>  <p>Side Plank Knee Crunch Peak Pose</p>	 <p>Downward Facing Dog</p>	 <p>Downward Facing Dog Split</p>



Gentle Low Lunge Twist



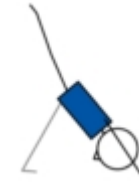
Crescent Lunge



Humble Warrior



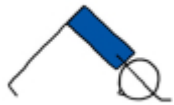
Half Moon Bound Revolved



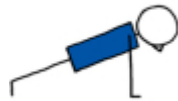
Downward Facing Dog Split



Child



Downward Facing Dog



Plank



Side Plank Knee Crunch



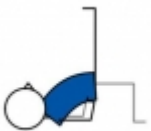
Downward Facing Dog



Child



Cat Pulling Tail



Bridge Leg Up



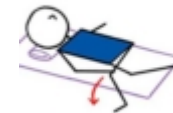
Wheel



Cool Down



Knees To Chest



Lying Twist



Savasana

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.