



Thematic Resonance

Elevate Your Practice with 24 Purposeful Yoga Class Themes for 2024

1. **Renew & Reset:** Activate the root chakra with Legs Up the Wall for a fresh start. Full Yogic Breath promotes renewal and complete breath cycles.
2. **Awakening Intentions:** Ignite the solar plexus with Supported Boat Pose. Breath of Fire enhances vitality and aligns with purposeful goal-setting.
3. **Celestial Harmony:** Awaken the stellar gateway with Supported Star Pose. Celestial Breath connects with cosmic energies for a transformative 2024.
4. **Balance Blueprint:** Ground in the heart chakra with Supported Supine Tree Pose. Nadi Shodhana fosters balance in mind and body.
5. **Inner Radiance:** Activate the sacral chakra for self-love with Supported Goddess Pose. Loving Kindness Breath nurtures inner radiance.
6. **Strength in Serenity:** Engage the throat chakra with Supported Corpse Pose. Ujjayi Breath enhances serene stillness in practice.
7. **Breath of Gratitude:** Open the heart chakra with Supported ½ Locust Pose. Gratitude Breath deepens the connection to cultivating thankfulness.
8. **Mindful Momentum:** Activate the third eye with Supported Supine Warrior II. Mindful Breath brings attention to the present moment.
9. **Harmony in Chaos:** Ground in the root chakra with Supported Legs Up the Wall. Box Breath instills calm amid life's demands.
10. **Grounded Growth:** Cultivate growth with Supported Mountain Pose. Grounding Breath anchors energy for personal development.
11. **Heartfelt Connections:** Open the heart chakra with Connected Savasana. Compassion Breath fosters community connections.
12. **Clarity in Chaos:** Activate the third eye with Supported Child's Pose. Box Breath cultivates mental focus amidst chaos.
13. **Soulful Transitions:** Activate the sacral chakra with Supported Bridge Pose. Diaphragmatic Breathing embraces change with mindfulness.
14. **Empowerment Flow :** Ignite the solar plexus with Supported Supine 1 Knee Twist. Surya Bhedana taps into inner strength.
15. **Radiant Resilience:** Open the heart chakra with Supported Heart Opener. Three Part Breath enhances the theme of bouncing back with grace.
16. **Serene Serenity:** Activate the throat chakra with Surfboard Pose. Moon-Piercing Breath aligns with calming lunar energy.
17. **Nature's Embrace:** Awaken all chakras with Supported Supine Mountain Pose. Alternate Nostril Breathing promotes balance in nature.
18. **Peaceful Presence:** Activate the third eye with Supported Seated Forward Bend. Breath Awareness enhances the theme of being in the now.
19. **Quantum Shift:** Navigate the new year with the third eye in Supported Reclining Twist. Quantum Breath Integration transcends boundaries for multidimensional growth.
20. **Gentle Grounding:** Ground in the root chakra with Supported Child's Pose. Bee Breath creates a soothing vibration for nervous system soothing.
21. **Harvesting Happiness:** Ignite the solar plexus with Supported Fish. Breath of Joy cultivates joy with its dynamic nature.
22. **Moonlit Asanas:** Awaken the crown chakra with Supported Reclined Bound Angle. Moon-Piercing Breath harmonizes breath with lunar energy.
23. **Empathy in Action:** Open the heart chakra with Supported Compassion. Alternate Nostril Breathing with Interruptions fosters balanced and mindful connection.
24. **Vibrant Vitality:** Awaken all chakras with Supported Yoga Nidra. Three-Part Breath promotes vitality and holistic well-being.

1. Renew & Reset: Embrace the Fresh Start

- Chakra: Root Chakra (Muladhara)
- Suggested Pose: Legs Up the Wall (Viparita Karani)
- Pranayama: Full Yogic Breath (Dirga Swasam)
- Connection: Ground in the present moment by activating the root chakra. Legs Up the Wall offers a gentle inversion, fostering renewal. Full Yogic Breath promotes a fresh start through complete inhalations and exhalations.

2. Awakening Intentions: Setting Purposeful Goals

- Chakra: Solar Plexus Chakra (Manipura)
- Suggested Pose: Supported Boat Pose (Ardha Navasana)
- Pranayama: Breath of Fire (Kapalabhati)
- Connection: Ignite the fire of determination within the solar plexus chakra. Supported Boat Pose engages the core gently, symbolizing the inner strength necessary to pursue what you want. Breath of Fire enhances vitality, aligning with purposeful goal-setting and bolsters ones energetic well.

3. Celestial Harmony: Aligning Energies for 2024 Ascendance

- Chakra: Stellar Gateway Chakra (Above the crown chakra, connects to divine and cosmic energies, symbolizing spiritual transcendence and a link to the universe's infinite wisdom.)
- Suggested Pose: Supported Star (Tarasana)
- Pranayama: Celestial Breath (Inhale deeply, drawing in cosmic energy, envisioning it expanding through every cell of your being. Exhale, visualize the breath extending beyond, tapping into the celestial energies of the universe—connecting with the cosmic flow that surrounds and supports your journey)
- Connection: Awaken the stellar gateway for cosmic energies. Supported Star Pose, with its extended arms reaching for the cosmos and embodiment of unity with the vastness of the universe, encourages a relaxed and receptive state which aligns with the idea of attuning oneself with the gentle currents of celestial energies and inviting cosmic energies and. Celestial Breath draws in the expansive energy of the cosmos, invoking a transcendent and transformative flow as we ascend into the possibilities of 2024.

4. Balance Blueprint: Harmony for Mind & Body

- Chakra: Heart Chakra (Anahata)
- Suggested Pose: Supported Supine Tree Pose (Vrksasana)
- Pranayama: Nadi Shodhana (Alternate Nostril Breathing)
- Connection: Root in the heart chakra, cultivating harmony. Supported Supine Tree Pose embodies balance physically and energetically, and Nadi Shodhana fosters equilibrium, aligning with the theme of harmonizing mind and body.

5. Inner Radiance: Cultivating Self-Love

- Chakra: Sacral Chakra (Svadhithana)
- Suggested Pose: Supported Goddess Pose (Utkata Konasana)
- Pranayama: Loving Kindness Breath
- Connection: Activate the sacral chakra for self-love. Supported Goddess Pose empowers, and Loving Kindness Breath creates an energetic exchange and receptacle for accepting love for yourself, nurturing the theme of inner radiance.

6. Strength in Serenity: Finding Power in Stillness

- Chakra: Throat Chakra (Vishuddha)
- Suggested Pose: Supported Corpse Pose (Savasana)
- Pranayama: Ujjayi Breath
- Connection: Engage the throat chakra, finding power in silence. Supported Corpse Pose symbolizes surrender, and Ujjayi Breath enhances the serene stillness of the practice through its extremely soft internal meditative sound.

7. Breath of Gratitude: Focusing on Thankfulness

- Chakra: Heart Chakra (Anahata)
- Suggested Pose: Supported ½ Locust Pose (Ardha Shalabhasana)
- Pranayama: Gratitude Breath (Inhale mentally repeat “I am grateful for_____” Hold briefly. Exhale, releasing gratitude out from every pore. Repeat, fostering gratitude.)
- Connection: Open the heart chakra to gratitude. Supported 1/2 Locust Pose expands the front side of the body by having the legs elevated, and Gratitude Breath deepens the connection with the theme of cultivating thankfulness.

8. Mindful Momentum: Flowing with Purpose

- Chakra: Third Eye Chakra (Ajna)
- Suggested Pose: Supported Supine Warrior II (Virabhadrasana II)
- Pranayama: Mindful Breath
- Connection: Activate the third eye for mindful flow. Supported Supine Warrior II embodies purpose, and Mindful Breath brings attention to the present moment, aligning with the theme of mindful momentum.

9. Harmony in Chaos: Balancing Life's Demands

- Chakra: Root Chakra (Muladhara)
- Suggested Pose: Supported Legs Up the Wall (Viparita Karani)
- Pranayama: Box Breath
- Connection: Ground in the root chakra amid chaos. Supported Legs Up the Wall offers reprieve, and Box Breath instills calm, fostering harmony within life's demands. Box breath is even used by the Navy SEALs

10. Grounded Growth: Nurturing Personal Development

- Chakra: Root Chakra (Muladhara)
- Suggested Pose: Supported Mountain Pose (Tadasana)
- Pranayama: Grounding Breath
- Connection: Cultivate growth rooted in the foundation of the root chakra. Supported Mountain Pose symbolizes strength and stability through the foot connection to the wall, and Grounding Breath anchors students energetically by imagining the inhale coming in from the crown and exhale tethering into the soil at the root chakra.

11. Heartfelt Connections: Building Community

- Chakra: Heart Chakra (Anahata)
- Suggested Pose: Connected Savasana (Partner Pose)
- Pranayama: Compassion Breath (Imagine breathing in compassion for a specific demographic enduring suffering and out a mist of compassionate light to address darkness in the world. Close with three rounds of a 4:5:6 ratio - inhale:kumbhaka:exhale)
- Connection: Open the heart chakra to foster connections. Connected Savasana enhances community by asking students to join hands with their neighbors, and Compassion Breath deepens the theme of heartfelt connections through acknowledging the suffering of the world.

12. Clarity in Chaos: Cultivating Mental Focus

- Chakra: Third Eye Chakra (Ajna)
- Suggested Pose: Supported Child's Pose (Balasana)
- Pranayama: Box Breath
- Connection: Activate the third eye for mental focus. Supported Child's Pose brings a sense of surrender, and Box Breath aligns with the theme of cultivating mental focus due to the health benefits including increased focus and decreased cortisol levels.

13. Soulful Transitions: Embracing Change

- Chakra: Sacral Chakra (Svadhithana)
- Suggested Pose: Supported Bridge Pose (Setu Bandhasana)
- Pranayama: Diaphragmatic Breathing
- Connection: Activate the sacral chakra for fluidity in transitions. Supported Bridge Pose facilitates opening to change, and Diaphragmatic Breathing aligns with the theme of embracing transitions with mindfulness when you watch the shift points in the flow of breath and because it activates the body's relaxation response, reducing stress and promotes a sense of calm needed in uncertain times.

14. Empowerment Flow: Harnessing Inner Strength

- Chakra: Solar Plexus Chakra (Manipura)
- Suggested Pose: Supported Supine 1 Knee Twist (Supta Matsyendrasana)
- Pranayama: Surya Bhedana
- Connection: Ignite the solar plexus for inner strength. Supported Supine 1 Knee Twist activates our confidence and power center, and Surya Bhedana aligns with the theme, fostering a sense of personal power by tapping into solar energy.

15. Radiant Resilience: Bouncing Back with Grace

- Chakra: Heart Chakra (Anahata)
- Suggested Pose: Supported Heart Opener
- Pranayama: Three Part Breath (Dirga Swasam)
- Connection: Open the heart chakra to resilience. Supported Heart Opener expands the chest by placing a rolled blanket at the base of the scapula with the ends extending out under the armpits, and Three Part Breath enhances the theme of bouncing back with grace by encouraging the steady smooth flow from one area to another.

16. Serene Serenity: Embracing Calm Within Chaos

- Chakra: Throat Chakra (Vishuddha)
- Suggested Pose: Surfboard Pose
- Pranayama: Moon-Piercing Breath (Chandra Bhedana)
- Connection: Activate the throat chakra for serene tranquility. The throat chakra, associated with communication and expression, becomes a bridge to convey inner calm amidst chaos. Surfboard Pose invites practitioners to embrace serenity through the prone and protected position and Chandra Bhedana Pranayama, focusing on inhaling through the left nostril, aligns with the calming lunar energy, enhancing the theme by fostering a profound sense of peace and quiet strength in the midst of life's turbulence..

17. Nature's Embrace: Balancing with the Elements

- Chakra: All Chakras
- Suggested Pose: Supported Supine Mountain Pose (Tadasana) in Nature
- Pranayama: Alternate Nostril Breathing (Nadi Shodhana)
- Connection: Awaken all chakras by connecting with nature. Supported Supine Mountain Pose grounds in the elements and chakras with the feet planted against the wall and central alignment of the spine, and Alternate Nostril Breathing enhances the theme by promoting balance and harmony between both sides.

18. Peaceful Presence: Being in the Now

- Chakra: Third Eye Chakra (Ajna)
- Suggested Pose: Supported Seated Forward Bend (Paschimottanasana)
- Pranayama: Breath Awareness (Apa Japa)
- Connection: Activate the third eye to enhance clarity of perception, heighten awareness, cultivate intuitive presence, and facilitate the release of mental clutter, contributing to a deeper and more present state of being. Supported Seated Forward Bend encourages introspection, enhances intuition, and fosters a deep sense of calm, aligning with the activation of the third eye and Breath Awareness enhances the theme of being in the now with its focus on simple, ordinary present-moment awareness.

19. Quantum Shift: Evolving Dimensions in 2024

- Chakra: Third Eye Chakra (Ajna)
- Suggested Pose: Supported Reclining Twist (Supta Matsyendrasana)
- Pranayama: Quantum Breath Integration (Envision inhaling dimensions representing facets of existence—personal growth, collective wisdom, unity. Feel their energies intertwining, fostering transformation and heightened awareness for 2024. Release limitations with each exhale. Conclude with reflection.)
- Connection: Navigate the unexplored realms of the new year by activating the third eye to see more than what's right in front of you. Supported Reclining Twist represents surrender and renewal, and Quantum Breath Integration enhances the theme by encouraging a breath practice that transcends boundaries, aligning with the quantum shifts and multidimensional growth anticipated in 2024.

20. Gentle Grounding: Soothing the Nervous System

- Chakra: Root Chakra (Muladhara)
- Suggested Pose: Supported Child's Pose (Balasana)
- Pranayama: Bee Breath (Bhramari)
- Connection: Ground in the root chakra for soothing. Supported Child's Pose offers a comforting stretch, and Bhramari Pranayama stimulates the vagus nerve and enhances the theme by creating a soothing, resonant vibration reminiscent of the gentle hum of bees.

21. Harvesting Happiness: Cultivating Joy

- Chakra: Solar Plexus Chakra (Manipura)
- Suggested Pose: Supported Fish (Supta Matsyendrasana)
- Pranayama: Breath of Joy
- Connection: Ignite the solar plexus for harvesting happiness. Supported Fish gently opens the heart chakra, fostering a liberating release of physical and emotional tensions, and inviting a profound sense of happiness through the expansive breath and surrender inherent in the pose, and Breath of Joy enhances the theme of cultivating joy with its dynamic nature. The heart opening, root focused structure and core contractions culminate to create its energizing quality.

22. Moonlit Asanas: Aligning with Lunar Energy

- Chakra: Crown Chakra (Sahasrara)
- Suggested Pose: Supported Reclined Bound Angle
- Pranayama: Moon-Piercing Breath (Chandra Bhedana)
- Connection: Awaken the crown chakra in alignment with lunar energy. Reclined Bound Angle unlocks the yin energy of the pelvic floor while allowing lunar energy to flow in through the crown, and Moon-Piercing Breath complements the theme by harmonizing breath with the moon's yielding and feminine energy.

23. Empathy in Action: Cultivating Compassion

- Chakra: Heart Chakra (Anahata)
- Suggested Pose: Supported Compassion (Rolled blanket down spine, bolster under the knees, blocks under bent elbows for arm support so the hands effortlessly rest upon the heart)
- Pranayama: Alternate Nostril Breathing with Interruptions (Anulom Vilom)
- Connection: Open the heart chakra to cultivate compassion. Supported Compassion Pose deepens heart chakra access with the endpoints of the heart chakra, the hands, reconnecting to the core of the compassion center, and fluid Alternate Nostril Breathing enhances the theme by promoting balance and mindful connection.

24. Vibrant Vitality: Nourishing Body and Soul

- Chakra: All Chakras
- Suggested Pose: Supported Yoga Nidra
- Pranayama: Three-Part Breath (Dirga Swasam)
- Connection: Awaken all chakras for vibrant vitality. Supported Yoga Nidra nourishes body and soul, and Three-Part Breath enhances the theme with its comprehensive, grounding breath, promoting vitality and holistic well-being.