

Yoga Strength & Balance Workshop - Full Outline

SECTION 1 - WORKSHOP OVERVIEW

Purpose of workshop:

This workshop blends yoga-based strength and balance training to help participants build functional stability, confidence, and body awareness in a supportive environment.

Who it is for:

Adults of all ages and experience levels, especially those seeking improved balance, joint-friendly strength, and mindful movement. Ideal for beginners, older adults, and anyone returning to movement.

Duration options:

- 60-minute format: condensed flow with focused strength and balance
- 90-minute format: full experience with deeper integration and relaxation

SECTION 2 - FULL WORKSHOP OUTLINE

1. Welcome & Opening (10 minutes)

- Brief introduction and workshop intention
- Define 'strength and balance' in yoga
- Centering breathwork (2-3 minutes)
- Gentle warm-up: neck rolls, shoulder circles, ankle mobility
- Optional: one-word intention setting

2. Warm-Up & Joint Preparation (10 minutes)

- Cat-Cow
- Side bends and hip circles
- Ankle and foot activation
- Gentle core engagement (e.g., supine marching)

3. Strength Foundations (20 minutes)

- Chair Pose variations
- Warrior I or II (short stance)
- Bridge Pose
- Standing leg lifts
- Plank variations

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- Bird-dog or Dead Bug
- Emphasize alignment, breath, and joint-friendly movement

4. Balance Training (20 minutes)

- Weight shifting
- Heel-to-toe walking
- Tree Pose (supported to unsupported)
- Warrior III prep
- Single-leg balance with reach
- Encourage soft gaze, steady breath, and use of props

5. Integrated Yoga Flow (15 minutes)

- Mountain to Chair to Forward Fold
- Half Lift to Step Back to Warrior I to Warrior II to Side Angle
- Tree Pose to return to Mountain
- Slow, mindful pacing

6. Cooldown & Stretching (10 minutes)

- Supine twist
- Hamstring and hip flexor stretches
- Supported chest opener
- Gentle breathing practice

7. Closing (5 minutes)

- Guided relaxation or gratitude moment
- Invite questions
- Share take-home tips or home practice ideas
- Mention future offerings

SECTION 3 - TEACHING NOTES

How to cue safely:

- Use clear, simple language
- Emphasize breath and alignment over depth

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- Remind participants to listen to their bodies

How to offer progressions and regressions:

- Demonstrate multiple levels of each pose
- Encourage use of props and wall support
- Normalize resting or modifying

How to use props:

- Chairs for support in balance poses
- Blocks for stability in standing or seated poses
- Straps for hamstring stretches or shoulder mobility

How to support beginners and older adults:

- Keep transitions slow and intentional
- Offer seated or wall-based alternatives
- Focus on stability, not complexity

SECTION 4 - OPTIONAL CREATIVE ELEMENTS

- Intention cards: Participants choose or write a word to guide their practice
- Mandala reflection: Quiet coloring or journaling moment post-practice
- Live music option: Acoustic guitar or singing bowls during savasana