

Free Samples Plans

FOR FAITH-BASED +
INSPIRATIONAL YOGA CLASSES



YO
GA
PLANS

ABOUT



MEET RHONDA

Hi! My name is Rhonda, and I created No Prep Yoga Plans as a working handbook for myself (and now you) to help me feel more confident as a yoga teacher. I remember after my very first yoga training feeling like I needed another training before I could start teaching yoga. NPYP's was everything I felt I needed to create a holistic yoga class both quickly and easily. My goal was to develop an organized reference guide for quick access and use-ability. I just pack it with me for my yoga classes and can literally create an awesome class in minutes. This sample ebook gives you a very small picture of the NPYP's guides. Please let me know what you think!



YO GA PLANS



NOPREPYOGAPLANS.COM

INFO@NOPREPYOGAPLANS.COM

ALL RIGHTS RESERVED 2021

CONTENTS

01 WELCOME

your role as instructor
getting started as a yoga instructor
developing a life-changing yoga class

02 NO PREP PLANS

what are no prep plans
how to use no prep plans
using the faith-based openers
using the guided meditations
using the sequences

03 INSPIRATIONAL PLANS

growing from the inside out- opener #1
no prep yoga sequence
meditation- #15, heart opener

04 FAITH-BASED (CHRISTIAN) PLANS

finding god- opener
no prep yoga sequence
surrender your heart to God- meditation

05 HOW TO BUY



WEL COME



WELCOME

For more than 5,000 years yoga has been practiced as an exercise to increase the mind and the body connections and to achieve an overall physical and spiritual wellness. Over the last twenty years in particular, interest in practicing yoga has been on a steady rise. Today, yoga classes are one of the most popular forms of exercise with yoga schools and classes attracting students of all ages and walks of life.

**NO
PREP
YOGA
PLANS**



YOUR ROLE AS INSTRUCTOR

As a teacher, no matter what subject you teach, you are uniquely positioned to have an instrumental role in the development of your students. This position presents both rewards and challenges and for yoga instructors some of the challenges are rather unique. Ultimately, your goal is to present a course that will provide your students with a methodical and practical approach to the body-centered physical aspects of yoga while at the same time, offering your students the means to understand and embrace the deeply spiritual aspects of yoga. It is only through this complete mind-body approach that the true benefits of yoga plus the essential element of mindfulness can be realized.

GETTING STARTED AS A YOGA INSTRUCTOR

As a yoga instructor, your role is of special significance as you have the potential to help heal, to inspire, to educate, and to instill a passion for this spiritual and potentially life changing practice in your students. Your yoga students are like vessels who have opened their hearts and minds to a deeply restorative practice that will give them a greater sense of wellness and an enhanced awareness of self. It is up to you to fill them with the guidance and knowledge that you have been taught, and to develop this physical and spiritual mindfulness so that they too, can receive the maximum benefits that yoga has to offer.

WELCOME

GETTING STARTED AS A YOGA INSTRUCTOR (CONT)

Many of you may also be new to the instruction of yoga in which case you may have additional fears and insecurities especially when it comes to creating your course plans. Don't worry! It's perfectly natural to feel some trepidation and even to feel a little overwhelmed at times as you begin to develop your classes and as you start to teach. Remember that this is something that all teachers go through when they are starting out so you are definitely not alone! With the right array of sequences and a class plan that allows your instruction to flow, your confidence, poise and self-assuredness as a teacher will grow naturally over time.

DEVELOPING A LIFE-CHANGING CLASS

When it comes time to develop an engaging and complete yoga class, you may find the prospect of knowing where to begin a little daunting. The combined teachings of both a physical practice and a metaphysical practice requires a special approach that takes time and a great deal of planning to put together.



202



**NO
PREP
PLANS**

NO PREP PLANS



To address the needs and challenges which yoga instructors may face when developing a solid and complete yoga class plan, Rhonda Jones has created No Prep Yoga Plan Guides to help yoga instructors of all levels. No Prep Yoga Plans are a complete series of ready to use guides that provide you with an entire range of tools and structured course outlines. You can use these guides to form the basis of your instruction or you can choose specific elements to add to the value of your current coursework and methods of teaching.

Whether you are new to yoga instruction or whether you are a seasoned professional who needs to create a class plan quickly or who wants to refresh your class for something a little different or even if you just want to enhance a current classes by adding to its overall usefulness, No Prep Yoga Plans can help you!

WHAT ARE NO PREP YOGA PLANS?

No Prep Yoga Plan Guides are fully customizable and ready to use guides for the inspirational or faith based yoga instructor seeking a way to provide inspirational and transformative yoga instruction. No Prep Yoga Plan Guides are available in two formats:

With each of the plans, you'll have a valuable assortment of class material and teaching tools which can help you structure your yoga classes with all the information you need for a complete and enriching yoga course.

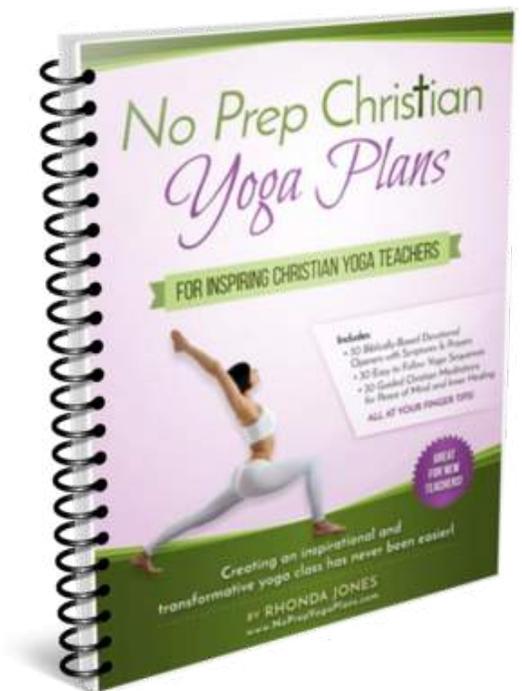
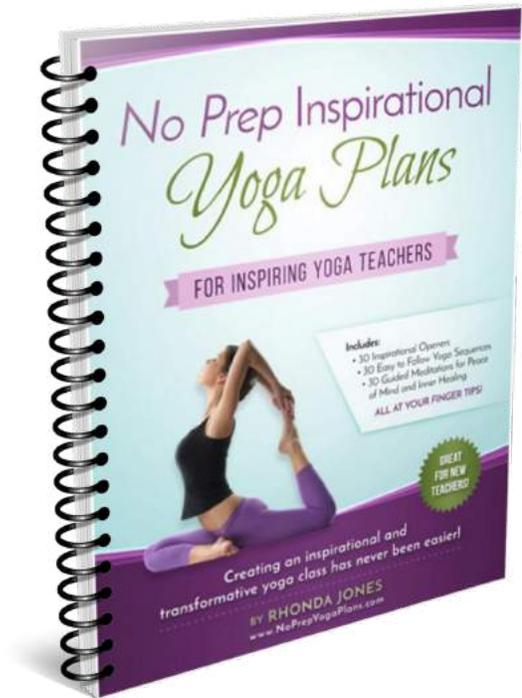
NO PREP PLANS

HOW TO USE NO PREP YOGA PLANS

One of the best parts about the No Prep Yoga Plan Guides is the ease of use and immediate accessibility of the course work. You can order the entire guide in either the downloadable eBook format (which you can then print to add to your own class binder) or the hard copy format (which includes its own binder).

As you prepare for each class session, you can simply flip through the guide and then use the included organization table (full version) to select your class theme, devotional opener, yoga sequence, and guided meditation for each particular class. You can feel free to mix selections from any of the provided components depending on your preferences or specific class goals.

It is usually helpful to familiarize yourself with the class outline that you have chosen but it is not necessary as the materials will give you everything you need to immediately and easily put them to use in the classroom. With the complete guides, you will have the proper and essential tools and methods to feel confident and excited to start your instruction as a successful and well-prepared yoga teacher.



NO PREP PLANS

BOTH THE INSPIRATIONAL AND FAITH-BASED (CHRISTIAN) NPYP GUIDES COME WITH THE FOLLOWING TOOLS:

HOW TO USE THE INSPIRATIONAL AND FAITH-BASED OPENERS

1. While students are settling into class on their backs or in easy seated position.
2. At the very start of class, before the practice begins, read or share your thoughts on the opener to create a focus for the class and mindful awareness to a particular life situation.
3. Integrate the parts of the opener throughout the class as students are in stationary poses like Warrior 1 or Tree.

HOW TO USE THE GUIDED MEDITATIONS

The guided meditations come in varying lengths but the majority are 10 minutes or less so you can easily include them in a 75-minute yoga class. Longer guided meditation scripts can be used for meditation class, yoga nidra, or even restorative yoga classes. You can shorten or lengthen the guided meditations by shortening or lengthening your pauses or reading more slowly or quickly. You will see that the meditations incorporate places to pause throughout.

HOW TO USE THE SEQUENCES

The sequences include many varieties and are also labeled by topics, themes, or areas of the body. The best part about the sequences is that you can make them your own by modifying, excluding, speeding up, or slowing down. For the typical Hatha Yoga class that I teach, I rarely get through every sequence (from start to finish) because I tend to hold the poses longer. Therefore, I will often just skip one of the section series. You will see how the sequences are broken up so you can easily adjust them to your class. If you are teaching a more fast-paced vinyasa class, you can probably complete all the poses. I give more information about all these topics in the complete No Prep Yoga Plans Guides.

READY TO GET STARTED

**LET'S GO! SEE
THE ACTUAL
SAMPLES
BELOW**



**INSPI
RATI
ONAL**

GROWING FROM THE INSIDE OUT # 1

“When I loved myself enough, I began leaving whatever wasn’t healthy. This meant people, jobs, my own beliefs and habits - anything that kept me small. My judgment called it disloyal. Now I see it as self-loving.” - Kim McMillen

How does your life feel? Are you at peace with your decisions, with your thoughts, with the people that cross your threshold? Many of us confuse self-love with being always available. We believe that loyalty and responsibility mean repeatedly putting someone or something else first. We want to be healthy and prosperous, but we hold onto things that weigh us down. We believe such life is normal. We think we have no other option. As we take a step back from the busyness and gaze within, things become simple. The world quiets down as we naturally reconnect. It’s difficult to find yourself in the midst of emotional roller-coasters, toxicity and learned behaviors. Break the inertia of always going in the direction of stimulus by returning to yourself. You don’t need to change all your habits at once. Just internalize whatever is going on outside yourself and witness what happens.

SET AN INTENTION

Set an intention: During our practice today, allow yourself to be fully present with whatever you perceive in your space. Use your breath to connect with the Higher Power or Spirit and notice how you start to grow from the inside out.

AFFIRMATIONS & GUIDED AWARENESS

(Integrate the affirmative statements during the practice as students are in stationary positions)

While in _____ pose, silently or verbal repeat the following affirmative statement after me.

Self-love depends on me being loyal to myself to feel what I need to feel to heal.

I frequently take a step back from busyness to look within and to make sure I’m really okay.

I witness how my inner-self responds to outside circumstances without getting caught up in the drama of it all.

YOGA SEQUENCE

No Prep Yoga Plans # 20- Gentle Flow Heart Opener

Warm-up



Transition



Core Series- ROS

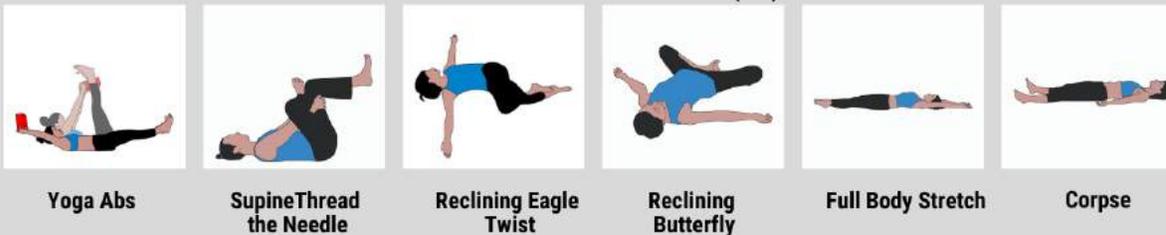


After most *Sun Salutations or *Vinyasas, repeat other side.

Floor Series



Cool Down



INSPIRATIONAL MEDITATION

MEDITATION TO OPEN THE HEART #15

LENGTH

7-10 minutes

THEME

Self-Love, Heart Opening, Connection

DESCRIPTION

Like a flower blooming open to declare its presence and beauty, open your heart to the love and light all around you.

MEDITATION SCRIPT



Find a comfortable position and close your eyes.

Breathe in and breathe out naturally. Feel how your stomach rises and falls. Keep breathing naturally. All you need to be aware of is your breathing. If other thoughts arise, just blow them away, like tiny cotton clouds.

You can feel yourself relaxing.

Be grateful that you are here at this moment. Inhale deeply and feel the gratitude flowing through your body. You love yourself unconditionally, and you love others unconditionally. As you continue breathing deeply, enjoy how good it feels to love and be loved.

Your whole body is relaxing [pause]

See yourself sitting beneath a large, powerful oak tree. It is a beautiful fall day, and the leaves are getting ready to turn vibrant colors. The oak tree is strong and majestic. There is a slight breeze moving through the air, and the world around you is peaceful and serene. Notice the lovely flowers growing in the grass around you.

Inhale deeply and become aware of your heart. In your mind, see your heart as a beautiful flower, with its petals slowly opening. Exhale. [pause] Notice the light shining inside of you as your heart opens up to the possibilities of love. This love starts with you, as you forgive yourself. Your heart radiates forgiveness. As you breathe, feel yourself releasing the fears that have kept your heart closed.

MEDITATION TO OPEN THE HEART #15 CONT.

Inhale. [pause] Your heart is growing bigger and brighter. See the love in your heart expanding to those around you. Feel yourself opening up your heart to them. Allow the love others have to give inside of you. Feel it grow, like the flower.

Exhale. [pause] See your heart letting go of old anger that no longer matters. Feel the light growing stronger inside of you. As you breathe, breathe out old fears and feel your heart becoming lighter ... more radiant.

Find a comfortable position and close your eyes.

Breathe in and breathe out naturally. Feel how your stomach rises and falls. Keep breathing naturally. All you need to be aware of is your breathing. If other thoughts arise, just blow them away, like tiny cotton clouds. You can feel yourself relaxing.

Be grateful that you are here at this moment. Inhale deeply and feel the gratitude flowing through your body. You love yourself unconditionally, and you love others unconditionally. As you continue breathing deeply, enjoy how good it feels to love and be loved. Your whole body is relaxing [pause]

See yourself sitting beneath a large, powerful oak tree. It is a beautiful fall day, and the leaves are getting ready to turn vibrant colors. The oak tree is strong and majestic. There is a slight breeze moving through the air, and the world around you is peaceful and serene. Notice the lovely flowers growing in the grass around you.

Inhale deeply and become aware of your heart. In your mind, see your heart as a beautiful flower, with its pedals slowly opening. Exhale. [pause] Notice the light shining inside of you as your heart opens up to the possibilities of love. This love starts with you, as you forgive yourself. Your heart radiates forgiveness. As you breathe, feel yourself releasing the fears that have kept your heart closed.

Inhale. [pause] Your heart is growing bigger and brighter. See the love in your heart expanding to those around you. Feel yourself opening up your heart to them. Allow the love others have to give inside of you. Feel it grow, like the flower.

Exhale. [pause] See your heart letting go of old anger that no longer matters. Feel the light growing stronger inside of you. As you breathe, breathe out old fears and feel your heart becoming lighter ... more radiant.



FAITH- BASED

FINDING GOD # 13

God said in Jeremiah 29:13 (NASB) that, “You will you seek me and find me when you search for me with all your heart.” Statistics show that many Christians spend little time reading their Bibles or fellowshiping with God, yet they are surprised when they are overcome by worry, fear, anger, or many other toxic emotions. Spending quiet and solitary time with God helps to insulate us from the woes of the world. However, Jesus doesn’t give his peace and joy to just anyone. He gives it to those who draw close to Him. Hebrews 11:6 says that God is a rewarder of those who diligently seek him. Ask yourself tonight, how badly have you sought after God? If you are suffering from worry, fear, or other destructive emotions, it may be time to seek the Lord with more diligence. During our practice today, I pray that the Holy Spirit will give you a greater desire to seek God with all your heart.

SET AN INTENTION

Take a few minutes to check in with yourself and then set an intention for today’s practice. Affirm your desire to draw closer to God.

(Integrate the scripture and prayers during practice as students are in stationary positions)

SCRIPTURE + PRAYER

Scripture #1: James 4:8 (ESV) - Draw near to God, and he will draw near to you.

Prayer #1: Father, thank you for being close to us; You are not a far off, distant, unreachable power, but instead, while still being all powerful, You are our Father.

Scripture #2: Deuteronomy 4:29 (NIV)- But if from there you seek the LORD your God, you will find him if you seek him with all your heart and with all your soul.

Prayer #2: God, direct my desires, that I will constantly seek You with all that I am! Let this be such a big part of my life that it defines me, that others can see You in my passions and constant conversations.

CLOSING PRAYER

Remind us, Lord, that You desire closeness with us, and what it feels like to be close to You; create in us a desire to know You more, and let us rejoice in the fact that You fully know us.

YOGA SEQUENCE

No Prep Yoga Plans # 4- Twists (Detox)

Warm-up



Reclining Fish



Supine Twist 2



Knee Circles



Leg Rotation



Hamstring Stretch



Reclining Big Toe

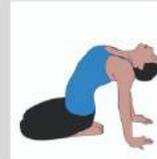


Seated Cross Legged FB

Transition



Heros Twist



Heros Heart Opener



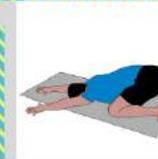
Cat Pose



Child's Pose



Up Dog



Child's Pose Side Stretch



Rag Doll Spirals

Core Series- ROS



Standing Backbend



Crescent Moon (L/R)



Sun Salutation



Downward Facing Dog



Downward Dog Split



Warrior 1



Water Fall Warrior



Humble Warrior



Half Moon



Sun Salutation



Three Legged Split



Warrior 1



High Lunge Eagle Arms



Warrior 3 Eagle Arms



Forward Bend



Tree



Vinyasa



Plank



Forearm Plank



Forearm Side Plank



Side Plank

*After each sun salutation or vinyasa, repeat again on other side.

Floor Series



Wide Legged Child Pose



Frog



Half Lord of the Fishes



Bridge



Legs of the Wall



Shoulder Stand

Cool Down



Plow



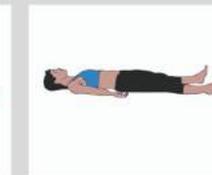
Thread the Needle



Supine Twist



Full Body Stretch



Corpse

FAITH-BASED MEDITATION

SURRENDER YOUR HEART TO GOD GUIDED MEDITATION #14

LENGTH

10 minutes

THEME

Cleansing, Balancing



DESCRIPTION

We often feel burdened and alone. We feel overwhelmed by people, situations and internal conflict. This exercise teaches you how to free yourself from the weight you have been carrying, with the help of the Lord.

MEDITATION SCRIPT

Take a few moments and notice your breath. Breathe in deeply and release. [short pause] Now allow your body to rest. With each breath, your body becomes more and more relaxed. Your mind is at ease. You are drifting away in a state of profound relaxation. [pause]

If you want, you can continue to journey in your space, or you can listen to my voice and let it guide you. Whatever you choose, know that you will reach the same destination. [short pause]

When we find ourselves deeply tied to people, objects, and habits that are harmful to us, it can be extremely difficult to let them go. The following guided meditation will help you put down your earthly burdens by basking in the Glory of God. [short pause]

Take another deep breath in and release. Become aware of your body. If you have been disconnected from yourself for a long time, waking up may cause a lot of anxiety or discomfort. Paying attention to this discomfort is crucial for healing and growth. If something hurts, acknowledge it. [pause]

Look at the thoughts and feelings as they come and go. Some thoughts and emotions may linger. Notice them. [pause]

SURRENDER YOUR HEART TO GOD GUIDED MEDITATION # 14

MEDITATION SCRIPT (CONT)

Whether it is a thought, a feeling, a person, or a desire, allow yourself to stay with it. Shine a light on the contents of your mind that feel the heaviest. When you focus on a painful situation or an unmet need, it may trigger more intense emotions-- you may feel resentful, frightened, or impatient. Acknowledge these feelings. [pause]

As you focus on these heavy thoughts, visualize yourself looking at them through a window; this window is outside yourself. Look at this burden from a different angle. Know that it is not you. [short pause] Release your grasp on these heavy thoughts - cast them from your mind and give them to Yeshua. [pause]

If your mind begins to wander, gently return to this present moment by using my voice or your breath as anchors. [short pause]

Be earnest and eager; now is the time for honesty. Know that Father God loves you, and that He accepts your human fallibility. His hands are strong enough to hold all that you may pass to Him. Watch the burden fall from your shoulders into His strong hands. [pause]

Allow God to do what He wishes with your struggles. Let Him look after you. [short pause]

Thank Father God for carrying your burden, and become aware of your body once more. Pay attention to the emotions within you. Are you relieved, peaceful, and grateful? [pause]

This is the grace that comes with fully trusting the Lord. Now take a moment and connect again with your emotions. Be patient. If you still find pain inside yourself, set an intention. Ask Father God to alleviate your sorrows and to show you the way. Ask Christ to bless you with peace and self-compassion. [pause]

Know that God is always here for you. Take another deep breath in and release. Allow your being to rest in the loving arms of Jesus. [short pause] When you are ready to return to your body, slowly begin to bring movement to your fingers and toes. Take as much time as you need to wake up your muscles. [short pause] Roll to one side and then resume a seated position. Bring both hands in prayer in front of your heart and be grateful for the gifts of understanding that you have received. Thank yourself for your willingness to go deeper. Namaste!



HOW TO BUY

HOW TO BUY

ORDER NO PREP YOGA PLANS TODAY!

To Order, Visit:

<https://NoPrepYogaPlans.com>

Two Ways to Order:

1. No Prep Yoga Plan Ebooks
2. No Prep Yoga Spiral-Bound Versions

Become a No Prep Yoga Plan Affiliate & Earn Percentage Per Sale! Great for Yoga Studios and Training Programs. Learn More at NoPrepYogaPlans.Com.

GET BONUSES:

- 1.No Prep Meditation Plans
- 2.Modern Email Marketing

ORDER NOW

