



# Core Yoga Class

One Hour Class

## Yoga Postures

1	Ujjayi Breath ( <b>Cushion</b> )	20	Roll onto your back
2	Chest and Arm Movements	21	Oblique Twists
3	Stretching Forward	22	Single Leg Circles
4	Breathing Forward	23	Leg Lifts
5	Half Roll Back	24	Double Leg/Elbow Hamstring Stretch
6	Pelvic Placement	25	Side Curls
7	Hip Rolls	26	Side Plank with a twist
8	Bridge – Leg in Air & Back ( <b>Blocks</b> )	27	Boat
9	Half Curl	28	Matsyasana – The Fish
10	Kneeling Side Left /Gate Pose	29	Abdominal Stretch
11	Sphinx/Cobra/Updog	30	Dead Leg Drop
12	Downward Dog	31	Knee to Chest – Rotate Ankle – Flex Foot
13	Dolphin	32	Hamstring Stretch
14	Breaststroke Preps	33	Hip Pretzel
15	Child's Pose arms in a diamond – 5 Ujjayi Breaths	34	Morning Star
16	Tiger	35	Long Stretch
17	Plunge	36	Belly Stretch/Breathing
18	Wrist Release – Front/Back	37	Back Rolls to Easy Sitting Position
19	Back Legs Lifts	38	Peace be in front of me, Peace be behind me, and Peace be within me.