



General Yoga Class

One Hour Class

1	Equal Breathing – standing <ul style="list-style-type: none"> • In – draw shoulders up and expand chest • Out – roll the spine forward and arch the back – shift hands onto quads 	14	Trickonasa
2	Arm Movements <ul style="list-style-type: none"> • Arms out to the side and over the head • Arms over head cross fingers palms to the ceiling – tilt body to the right back to centre then to the left • Cow Arms • Extend arms behind & bend forward • Open arms wide • Hug yourself – turn to the right and then left 	15	Warrior 2
3	Thunderbolt Twist <ul style="list-style-type: none"> • Bend forward • Left elbows outside of right knee • Extension – open arms • Turn head to ceiling 	16	Side Angle Stretch
4	Lunge <ul style="list-style-type: none"> • Toes – rock forward and back • Hands on floor – leg in the air • Ankle rotation • Foot flexion & extension • Knee to floor - Rocking forward & back • Hamstring stretch • Lunge upper body twist • Standing split 	17	Extended Leg Stretch (Blocks)
5	Downward Dog	18	Tree
6	King Pigeon (Yin) (Cushion) Bend straight leg and grab foot	19	Inversions
7	Downward Dog – transition	20	Bridge & Wheel
8	Dolphin	21	Lower Abdominal Stretch
9	Superhero (Locust but arms extended out over head)	22	Morning Star
10	Bow	23	Long Stretch

11	Downward Dog – transition to mountain pose	24	Massage lower back
12	Warrior 1	25	Back Rolls to easy sitting position
13	Warrior 3 (Blocks)	26	Affirmation: Let each day bring: <ul style="list-style-type: none"> • Inhale - Laughter to my soul • Exhale - Love to my heart • Inhale - Wisdom to my heart