



**Thoughtful  
Actions**

# General Yoga Class

One Hour Class

<b>1</b>	<b>Breathing Exercise</b> <ul style="list-style-type: none"> <li>• Legs in Baddah Konasana</li> <li>• Breath in push your belly out and shoulders into the mat.</li> <li>• Breath out suck the belly in and draw the shoulders in.</li> <li>• <b>To the count of 6.</b></li> </ul>	<b>17</b>	<b>Downward Dog – transition to mountain pose</b>
<b>2</b>	<b>Legs and arms in the air</b> <ul style="list-style-type: none"> <li>• Rotate ankles and wrist 3 times one way and 3 times the other</li> <li>• Point and flex the hands and feet 3 times</li> </ul>	<b>18</b>	<b>Warrior 1</b>
<b>3</b>	<b>Knees to Chest – Arms shoulder height - Move knees side to side</b>	<b>19</b>	<b>Warrior 3 (Blocks)</b>
<b>4</b>	<b>Hug Right Knee to chest – Left leg straight and in the air. Other Leg</b>	<b>20</b>	<b>Trikonasana</b>
<b>5</b>	<b>Both Knees to Chest – Massage Lower Back – 3 times one way – then the other</b>	<b>21</b>	<b>Warrior 2</b> <ul style="list-style-type: none"> <li>• Fluid through the knee joint</li> </ul>
<b>6</b>	<b>Back Rolls - 3</b>	<b>22</b>	<b>Side Angle Stretch</b>
<b>7</b>	<b>Kneeling Position (Cushion)</b>	<b>23</b>	<b>Extended Leg Stretch (Blocks)</b>
<b>8</b>	<b>Arms behind and bend forward – (Block)</b>	<b>24</b>	<b>Tree</b>
<b>9</b>	<b>Arms stretched out in front. Arms move to the right and then the left</b>	<b>25</b>	<b>Inversions</b> <ul style="list-style-type: none"> <li>• <b>Legs Up the Wall</b></li> <li>• <b>Shoulder Stand</b></li> <li>• <b>Plough</b></li> </ul>
<b>10</b>	<b>Bidalasana– Cat and Cow</b>	<b>26</b>	<b>Bridge (Block)</b>
<b>11</b>	<b>Threading the Needle</b>	<b>27</b>	<b>Lower Abdominal Stretch</b>
<b>12</b>	<b>Tail Wagging the Dog</b>	<b>28</b>	<b>Dead Leg Drop</b>
<b>13</b>	<b>Pointer Dog</b> <ul style="list-style-type: none"> <li>• <b>Straight Leg from Side to Side.</b></li> </ul>	<b>29</b>	<b>Hamstring Stretch – Hug both knees to chest – grab big toes and straighten legs.</b>

	<ul style="list-style-type: none"> <li>• <b>Bend straight leg and hold the ankle. – 3 breaths</b></li> <li>• <b>Balāsana in between legs</b></li> </ul>		<b>(Belt)</b>
<b>14</b>	<b>Downward Dog</b>	<b>30</b>	<b>Long Stretch</b>
<b>15</b>	<b>Dolphin</b>	<b>31</b>	<b>Relaxation Exercise</b>
<b>16</b>	<b>Locust</b>	<b>32</b>	<b>Affirmation: Let each day bring:</b> <ul style="list-style-type: none"> <li>• <b>Inhale - Laughter to my soul</b></li> <li>• <b>Exhale - Love to my heart</b></li> <li>• <b>Inhale - Wisdom to my heart</b></li> </ul>