



General Yoga Class

One Hour Class

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

	<ul style="list-style-type: none"> • Bend straight leg and hold the ankle. – 3 breaths • Balasana in between legs 		(Belt)
14	Downward Dog	30	Long Stretch
15	Dolphin	31	Relaxation Exercise
16	Locust	32	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