



# Lower Body Focus Yoga Class

One Hour Class

## Yoga Postures

|    |   |    |   |
|----|---|----|---|
| 1  | Good Morning Stretch  | 18 | Malasana - Indian Cooking Position  |
| 2  | Stretch Routine   | 19 | Back Leg Lifts - hands under head or out to the side  |
| 3  | Virabhadrasana I - Warrior 1  | 20 | Frog Pose<br>Single – heel to buttocks<br>Double – both heels to buttocks<br>Full Frog with feet turned out |
| 4  | Reverse Lunge - drop back leg   | 21 | Balasana – Child's Pose into Downward Facing Dog  |
| 5  | Virabhadrasana III - Warrior III (right side) (Floor or Blocks)   | 22 | Eka Pada Rajakapotasana - King Pigeon (Cushion(s))  |
| 6  | Utthita Trikonasana - Extended Triangle (right side)  | 23 | Adho Mukha Svanasana - Downward Facing Dog  |
| 7  | Half Moon walk right hand out and lift left leg   | 24 | Side Leg Lifts (Cushion)  |
| 8  | Virabhadrasana II - Warrior 2 (right side)  | 25 | Front Leg Lifts (Cushion)   |
| 9  | Sun Warrior or Reverse Warrior Pose (right side)  | 26 | Lower Abdominal Stretch   |
| 10 | Utthita Parsvakonasana - Extended Side Angle Pose (right side) Extension take the back of the right hand and place at the base of the spine. Take the left hand under the leg and grab the wrist of the right hand. | 27 | Dead Leg Drop   |
| 11 | Prasarita Padottanasana - Wide Leg Stretch and Forward Bend (Blocks)  | 28 | Hamstring Stretch (Belt)  |

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|----|--------------------------------------|----|---|
| 12 | Side Lunge to Gate Pose              | 29 | Vayu Nishkasana - Knee to Chest   |
| 13 | Shake your legs                      | 30 | Jathara Parivartanasana - Morning Star  |
| 14 | Postures 6 to 9 - left side          | 31 | Long Stretch  |
| 15 | Shake & massage your legs            | 32 | Back Rolls/Easy Sitting Position  |
| 16 | Half Lotus Stretch ( <b>Blocks</b> ) | 33 | Easy sitting position ( <b>Cushion</b> )<br>Toe Stretch with a Forward Bend – Fingers enter the toes from the sole of the foot.   |
| 17 | Sumo Squat                           | 34 | Relaxation Exercise<br><b>Inhale</b> - Focus your thoughts on being thankful.<br><b>Exhale</b> thank your body and mind for remaining focused<br><b>Inhale – Repeat to yourself</b> I have much to be thankful for. |

## Stretch Routine

- **Blocks in front of you**
- Three half vinyasa to warm up
- ITB Stretch – cross your leg – bend at the waist – keep knees straight
- Rock forward & back on your feet
- Side to side on your feet
- Secure gaze – lift leg
- Rotate ankle and flex foot
- Quad Stretch
- Hip Flex and rock forward & back
- When rock back hamstring stretch
- Stand up to the count of 10