



**Thoughtful
Actions**

Upper Body Yoga Class

One Hour Class

Yoga Postures

1	Breathing Exercise	19	Dolphin
2	Neck Stretches	20	Pick-Up
3	Sukhasana - Arms Over Head - Cross Fingers	21	Ustrasana - Camel
4	Arms Behind - Cross Fingers - Bend Forward Raise Arms in Air	22	Adho-Mukha Svanasana - Downward Facing Dog
5	Modified Gomukhasana - Cow Face	23	Tadasana - Mountain Pose Indian Cooking Position
6	Lord of the Fish Pose	24	Crow – Cushion & Block
7	Breathing Forward - C curve in the Spine	24	Partner for two postures
8	Scoop Rhomboids	25	Chest Stretch Partner - Cushion
9	Adho-Mukha Svanasana - Downward Facing Dog	26	Shoulder Stretch - Standing
10	Sphinx - 3 breaths	27	Viparita Kirani - Fountain of Youth
11	Sphinx Roll-Up	28	Shoulder Stand
12	Bhujangasana - Cobra	29	Plough
13	Urdhva Mukha Svanasana - Upward Facing Dog	30	Head Stand
14	Sphinx/Cobra Combination	31	Side Curls & Vasisthasana - Side Plank
15	Shoulder Stretch - Lying on stomach, arms/shoulders on floor, lift one leg to the other side of the body	32	Purvottanasana - Incline Plain or Modified Camel
16	Adho-Mukha Svanasana - Downward Facing Dog	33	Half Curl
17	Ashva Sanchalanasana - Lunge and Upper Body Twist	34	Spinal Rotation - (Block)
18	Adho-Mukha Svanasana - Downward Facing Dog	35	Long Stretch - Savasana - Corpse Pose