



YOGA CLASS #3

Mountain Pose (1) 1 time
Sun Salutation A (2) 5 times
Sun Salutation B (3) 5 times

*Return to the front of your mat after each standing posture and insert a Vinyasa (13) after each seated posture. You will be very proficient at Vinyasa because you will do it so often.

*Practice the right side first and then the left side in all bi-lateral postures.

Bending Hand to Big Toe (4)
Triangle to Revolve Triangle (5)
Extended Side Angle (6)
Expanded Leg Postures A-D (7)
Pyramid (8)
Standing Hand to Big Toe or Knee (9)
Tree (10)
Ackward Chair (11)
Warrior Series 1 & 2 (12)
Staff Posture (13) followed by Vinyasa (13)
Forward Bend A (14) followed by Vinyasa
Incline (15), Vinyasa
Seated Half Lotus/Cradle (16), Vinyasa
Half Hero (17), Vinyasa
Chin to Shin (18), Vinyasa
Sage A, C (19), Vinyasa
Boat (20), Vinyasa
Intense Shoulder Stretch (21), Vinyasa
Bound Angle (22), Vinyasa
Straddle A-C (23), Vinyasa
Reclining Hand to Big Toe (24), Vinyasa
Both Big Toe Posture (25), Vinyasa
Bridge or Backbend (26), Vinyasa
Closing Sequence (27)
Extended Closing Sequence (28)
Final Resting Posture (29)