

YOGA CLASS #1



This class should take about 15 minutes once you know the postures.

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

(finish in down dog and take it to the floor)

Staff Posture (13)

*insert a Vinyasa (13) after each seated posture. Practice the right side first and then the left side in all bi-lateral postures.

Forward Bend A (14) -1 time
Sage A, C (19) -1 time
Boat Posture (20) – 2 times
Bridge Posture (26) – 1 time
Forward Bend A (14) – 1 time
Extended Closing Sequence (28) – 1 time
Final Resting Posture (29) – 1 time