

YOGA CLASS #2



Mountain Pose (1) 1 time
Sun Salutation A (2) 3 times
Sun Salutation B (3) 3 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 (5)
Extended Side Angle (6)
Expanded Leg Postures A,B,C,D (7)
Standing Hand to Big Toe or Knee (9)
Tree (10)
Warrior 1 and 2 (12)
Vinyasa (13) to the floor for the floor series now:
Staff (13)
Forward Bend A (14)
Seated Half Lotus/Cradle (16)
Chin to Shin (18)
Sage A, C (19)
Boat Posture (20) -3 times
Bound Angle (22)
Straddle A (23)
Bridge or Backbend (26)
Forward Bend A (14)
Extended Closing Sequence (28)
Final Resting Posture (29)