



Core Yoga Class

One Hour Class

Yoga Postures

1	Ujjayi Breath (Cushion)	20	Roll onto your back
2	Chest and Arm Movements	21	Single Leg Circles
3	Breathing Forward	22	Oblique Twists
4	Half Roll Back	23	Leg Lifts
5	Saw	24	Abdominal Stretch
6	Pelvic Placement	25	Side Curls
7	Hip Rolls	26	Side Plank with a twist
8	Bridge – Leg in Air & between the thighs (Block)	27	Boat
9	Half Curl	28	Matsyasana – The Fish
10	Sphinx/Cobra/Up dog	29	Tummy Rub Right hand clockways Left hand anti-clockways
11	Downward Dog	30	Dead Leg Drop
12	Dolphin	31	Knee to Chest – Rotate Ankle – Flex Foot
13	Breaststroke Preps	32	Hamstring Stretch
14	Downward Dog	33	Hip Pretzel
15	Tiger	34	Morning Star
16	Plunge	35	Long Stretch
17	Downface Warrior	36	Belly Stretch/Breathing
18	Wrist Release – Front/Back	37	Back Rolls to Easy Sitting Position
19	Back Legs Lifts	38	Peace be in front of me, Peace be behind me, and Peace be within me.