



Lower Body Focus Yoga Class

One Hour Class

Yoga Postures

1	Good Morning Stretch	18	Back Leg Lifts - hands under head or out to the side
2	Stretch Routine	19	Frog Pose Single – heel to buttocks Double – both heels to buttocks Full Frog with feet turned out
3	Virabhadrasana I - Warrior 1	20	Balasana – Child’s Pose into Downward Facing Dog
4	Reverse Lunge - drop back leg	21	Eka Pada Rajakapotasana - King Pigeon (Cushion(s))
5	Virabhadrasana III - Warrior III (right side) (Floor or Blocks)	22	Adho Mukha Svanasana - Downward Facing Dog
6	Utthita Trikonasana - Extended Triangle (right side)	23	Side Leg Lifts (Cushion)
7	Half Moon walk right hand out and lift left leg	24	Front Leg Lifts (Cushion)
8	Virabhadrasana II - Warrior 2 (right side)	25	Lower Abdominal Stretch
9	Sun Warrior or Reverse Warrior Pose (right side)	26	Dead Leg Drop
10	Utthita Parsvakonasana - Extended Side Angle Pose (right side) Extension take the back of the right hand and place at the base of the spine. Take the left hand under the leg and grab the wrist of the right hand.	27	Hamstring Stretch (Belt)
11	Prasarita Padottanasana - Wide Leg Stretch and Forward Bend (Blocks)	28	Vayu Nishkasana - Knee to Chest

12	Side Lunge to Gate Pose	29	Jathara Parivartanasana - Morning Star
13	Shake your legs	30	Long Stretch
14	Postures 6 to 9 - left side	31	Back Rolls/Easy Sitting Position
15	Shake & massage your legs	32	Easy sitting position (Cushion) <ul style="list-style-type: none"> • Right hand to right cheek & lift your bottom. Left side. • Form your hands into knuckles and tap your bottom. • Rub your hands together and place them on your bottom. • Toe Stretch with a Forward Bend – Fingers enter the toes from the sole of the foot.
16	Sumo Squat		
17	Malasana - Indian Cooking Position	33	Relaxation Exercise Inhale - Focus your thoughts on being thankful. Exhale thank your body and mind for remaining focused Inhale – Repeat to yourself I have much to be thankful for.

Stretch Routine

- **Blocks in front of you**

- Three half vinyasa to warm up
- ITB Stretch – cross your leg – bend at the waist – keep knees straight
- Rock forward & back on your feet
- Side to side on your feet
- Calf Raises (Achilles Tendon)

- Secure gaze – lift leg
- Rotate ankle and flex foot
- Quad Stretch
- Hip Flex and rock forward & back
- When rock back hamstring stretch – grab foot and draw toes to you

Stand up to the count of 10