

Suggested Yoga Class Outline

10 Phases

- 1. Sitting Warm ups.**
- 2. Standing Warm ups.**
- 3. Sun Salutation.**
- 4. Standing Stretches.**
- 5. Standing Balances.**
- 6. Sitting Stretches.**
- 7. Sitting Twists.**
- 8. Stomach Stretches.**
- 9. Back Stretches.**
- 10. Stillness.**