

**Yoga Class**  
Tehama Family Fitness Center  
Red Bluff, California  
Instructor: Michael Garofalo  
October 2004

## **Outline of Class Activities**

### **1. Introductory Remarks**

#### **Welcome, Cautions, PEP, Plan**

**Presentation: Brevity, Clarity, Inclusiveness, Action Words, PEP**

**Keys: Non-competitive, Self-Supportive, Body-Mind-Will-Spirit**

**Integration (Yoga=Union=Integration=Synergy), Patience, Self-Kindness, Accepting, Calming, Enjoying, Growing, A Path of Self-Transformation.**

### **2. Preparation – Integration**

**Lie on Floor, Deep Breathing, Shift of Intentions, Focus, Your Time**

### **3. Warm Up**

**On Back on Floor**

**Turning Neck from Side to Side**

**Pull Kneel to Chest as Exhale**

**Tensing Entire Body as Exhale**

**Crunches Exhale on Tension**

**Moving Raised Leg from Side to Side – Inhale to Center**

**Rolling Bridge – Inhale Up, Tense Exhale at Bottom**

**Move to Knees (Roll to Right, Push Up with Arms)**

**Spinal Balance Flowing – Alternating Legs, Exhale Press Out**

**Cat and Cow Flowing**

**Extended Child's Pose and Downward Dog Flowing**

**Stand Up to Mountain Pose**

**Picking Peaches – Inhale Up Extended Lateral Raise Flowing**

**Chair Pose (Mountain, Arms Out in Front, Sit Down) Flowing**

**Roll Down, Bend Knees – Roll Up Bend Back Flowing**

**Draw the Bow Flowing**

**Big Bear Swings From Side to Side**

**Sunflowers Flowing**

**Rest – Mountain Pose**

Shoulders Back and Down involves the Posterior Deltoideus, Trapezius, Trapezius inferior, Teres major, Teres minor, Rhomboideus, Infraspinatus, and the Latissimus dorsi. Most of these muscles insert on the posterior of the scapula bone. Hands can be placed facing thighs or facing the front.

Lift head, chin down. Center weight on hips. Stay balanced.

English: Mountain Pose Sanskrit: Tadasana Chinese: WuJi

**Transition – Work Phase**

**Sun Salutations**

**Standing Lateral Flexion – One Arm**

**Standing Lateral Flexion – Two Arms**

**Pranayama: Hands interlaced under chin, breathe in and raise elbows, look up, breathe out as elbows come together.**

**Standing Chest Expansion**

**Chair – Extend Arms, Push Butt Back**

**Balance Chair on Toes**

**Sun Salutation**

**Warrior I**

**Warrior II**

**Reverse Warrior**

**Sun Salutation II**

**Triangle – Leg Straight**

**Warrior II**

**Warrior II – Extended Angle**

**Sun Salutation**

**Pyramid - Heel to Knee**

**Standing Straddle Splits**

**Balance – Knee to Chest**

**Balance – Eagle Pose**

**Sun Salutation**

**Transition - Hands on Hips Meditation  
Mat Phase**

**On Back**

**Bridge – Gentle Roll**

**Knees to Chest – Right, Left, Both**

**Crunches – Abdominal Work**

**Dead Bug (Happy Baby)**

**Boat – Abdominal Work**

**Knees to Chest – Rock from Side to Side**

**Both Legs up then Down – Abdominal Work**

**Knees to Chest**

**Up on Knees and Hands**

**Cat and Cow**

**Spinal Balance**

**Locust Pose – Arms Forward and Up**

**Locust Pose – Arms Back and Up, Legs Up**

**Child's Pose - Supported**

**Pigeon – Knee Under Waist**

**Child's Pose**

**Thread the Needle**

**Camel – On Knees, Bend Backwards**

**Sit on Buttocks, Center**

**Seated Forward Roll**

**Butterfly**

**Foot to Groin, Stretch to Right and Left**

**Seated Straddle Splits**

**Seated Twist**

**Lie on Back**

**Right Knee to Chest**

**Bridge**

**Left Knee to Chest**

**Fish**

**Knees to Chest**

**Lying Down Spinal Twist**

**Lying Butterfly**

**Full Stretch and Yawn**

**Relaxation**

**Awakening**

**Standing: Rolling Head, Rolling Waist**

**Gathering Positive Energy**

**Mutual Respect, Giving Thanks – Namaste**