

Yoga Class 45 min class ONE

by Piale Roy, Ph.D.

Start with Mountain pose.

Then, A meditation, think of a tranquil nature scene and that you can relax with a calm breathing inhale and exhale while considering that you are peaceful and there are birds and a water stream and wind rustling through the leaves, as you consider your day, you are ready, to work alongside of friendly persons who along with you affirm that the day will go well.

Sun Salutation set.

Mountain Pose. Arms reaching upwards, Inhale. Forward Bend to Ankles, Exhale. Reach to Feet, Inhale. Plank Pose, Chaturanga, Exhale. Cobra Pose, Exhale. Downward facing dog, 5 breaths. Forward Bend to feet, Inhale.

Reach to Ankles, Exhale. Stand upright and reach upwards, Inhale. Mountain Pose, Exhale. Carefully, raise shoulders up and down, counting to 5, then with arms stretched outwards to the side, circular motion forward counting to 5, and then triangle pose, to side angle bend to the right, then back to mountain pose then forward bend, back to mountain pose. Carefully, raise shoulders up and down, counting to 5, then with arms stretched outwards to the side, circular motion forward counting to 5, and then triangle pose, to side angle bend to the left, back to mountain pose, then forward bend, back to mountain pose. With feet hip width apart, chair pose with bended knee and arms raised upwards, hold for 5 counts, twice.

Inhale during the squatting position and exhale when standing.

Back to mountain pose, warrior 2, then back to center, garland pose, to lizard lunge, to plank to table pose, to child's pose, then roll onto back, supine roll feet to keep bended knees, then side twist left back to center, side twist right back to center, for 5 counts each, then bridge pose, 5 counts each. Then to boat pose back to easy pose, breathe in and out for 5 counts, table pose, downward dog, three legged dog with right leg, to downward dog, to three legged dog with left leg, to downward dog, to chaturanga, to cobra pose, to chaturanga, to forward bend bring the hands closer to feet, with feet hip width apart, roll up to standing mountain pose carefully. 5 counts of breathe in and out.

Thank you.

Have a really good day!



MY CONTACT INFO::

Phone/ Text: 302-540-3870

Email: piale.roy@gmail.com

Yoga Class 45 min class TWO **by Piale Roy, Ph.D.**

Start with Easy Pose, Sukhasana

Breathe in and out for 5 counts while considering a peaceful tranquil place.

Then reach with the right arm across to the left holding the right arm with left hand for 5 counts.

Back to center

Then reach with left arm across to the right holding the left arm with the right hand for 5 counts.

Back to center

Seated side twist with facing to the right and with left elbow resting just beyond right knee for 5 counts, Ardha Matsyendrasana, Back to center

Seated side twist with facing to the right and with left elbow resting just beyond left knee for 5 counts, Ardha Matsyendrasana, Back to center

Seated Forward Bend, Count to 5, back to center, "Paschimottanasana"

Head to Knee Pose to the right, Count to 5, back to center, "Janu Sirsasana"

Seated Forward Bend, Count to 5, back to center, "Paschimottanasana"

Head to Knee Pose to the left, Count to 5, back to center, "Janu Sirsasana"

Side Seated Angle Pose, to the right, Count to 5, Back to Center

Side Seated Angle Pose, to the left, Count to 5, Back to Center

Supine Side twist, bend knees roll side to side holding knees, 5 counts, right and left rolls, Back to center,

place left foot on Right thigh, Glute Stretch, and hold for 5 counts, Back to center,

place right foot on Left thigh, Glute Stretch and hold for 5 counts. Back to center,

Bridge pose, 5 counts, to Boat pose, 5 counts, roll over to Chaturanga or plank pose 5 counts,

Table pose, child pose, and table pose, cow pose, cat pose, table pose, for 5 counts each

Then table pose with outstretched right arm and left leg, and then outstretched left arm and right leg, each of five counts, child's pose, to easy pose, for 5 counts.

Try to do the entire sequence another time,

Back to center, rest for 5 minutes considering that the day is peaceful and going well.



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Yoga Class 45 min Class THREE
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Warm Up, arms stretched outward, and then across left and right, triceps reach towards shoulders with guidance from opposite hand on arm for each side.

Side angle bend to triangle pose, back to center,

stand tall, garland pose, lizard lunge with right leg, garland pose, lizard lunge with left leg, plank pose,

Table pose, child's pose, cat pose, cow pose, cat pose, child's pose,

Core Flow, Plank pose, downward facing dog, right arm outstretched with left leg outstretched, and left arm outstretched with right leg outstretched, back to center with table pose

Plank pose, downward facing dog, right arm outstretched with left leg outstretched, and left arm outstretched with right leg outstretched, back to center with table pose

Standing Flow, Standing pose, forward bend, hands move forward to downward dog, three legged dog, twisted high lunge, Standing pose, forward bend, hands move forward to downward dog, three legged dog, twisted high lunge

Balance and Hips and Warrior poses, Tree pose, Warrior Three, Warrior Two, Warrior One, Wide Leg Forward Fold, Tree Pose, Warrior Three, Warrior Two, Warrior One, Side angle bend, Triangle, Forward Fold, Warrior One, Warrior Two, Warrior Three, Warrior Two, Warrior One, Forward Bend.

Chaturanga and Flow, Plank Position, Lizard Lunge, to Plank Position, to Lizard Lunge come to center with cobra pose, and table pose.

Core Flow, Plank pose, downward facing dog, right arm outstretched with left leg outstretched, and left arm outstretched with right leg outstretched, back to center with table pose, child's pose, roll onto back

Supine Side Twist right, come to center, and left, back to center, savasana, for 5 to 10 minutes.



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Phone/ Text: 302-540-3870

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