








# Yoga I, Class I

1.	<p>Suhkasana <i>Easy Pose</i></p> <ul style="list-style-type: none"> <li>• Brings physical and mental harmony</li> <li>• Evens blood flow.</li> </ul>	
2.	<p>Tadasana – feet hip width apart <i>Mountain Pose</i></p> <ul style="list-style-type: none"> <li>• Creates lightness in body</li> <li>• Makes mind agile.</li> </ul>	
3.	<p>Urdhva Hastasana <i>Upward Hands Pose</i></p> <ul style="list-style-type: none"> <li>• Opens the rib cage.</li> <li>• Activates shoulderblades.</li> </ul>	
4.	<p>Utthita Hasta Padasana <i>Extended Hands &amp; Feet Pose</i></p> <ul style="list-style-type: none"> <li>• Stand evenly on the feet.</li> <li>• Extend arms in line with shoulderblades.</li> </ul>	
5.	<p>Parsva Hasta Padasana <i>Sideways Hands &amp; Feet Pose</i></p> <ul style="list-style-type: none"> <li>• Turn while keeping rest of body steady.</li> </ul>	
6.	<p>Trikonasana – left &amp; right <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> <li>• Tones the legs.</li> <li>• Relieves backache.</li> </ul>	
7.	<p>Virabhadrasana II – left &amp; right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> <li>• Relieves leg cramps</li> <li>• Tones the abdomen.</li> </ul>	
8.	<p>Ardha Uttanasana - fingertips at the wall <i>Half Intense Stretch Pose</i></p> <ul style="list-style-type: none"> <li>• Stretches hamstrings, calves &amp; lower back.</li> <li>• Works the quadriceps.</li> </ul>	
9.	<p>Supta Padangustasana – left &amp; right <i>Reclining Big Toe Pose</i></p> <ul style="list-style-type: none"> <li>• Relieves sciatica.</li> <li>• Soothes the hips.</li> <li>• Reduces fat in lower body.</li> </ul>	
10.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> <li>• Invigorates &amp; refreshes the mind.</li> <li>• Removes fatigue.</li> </ul>	
11.	<p>Suhkasana <i>Easy Pose</i></p>	