












Yoga I, Class 10

1.	<p>Suhkasana <i>Easy Pose</i></p> <ul style="list-style-type: none"> • Brings physical and mental harmony • Evens blood flow. 	
2.	<p>Tadasana <i>Mountain Pose</i></p> <ul style="list-style-type: none"> • Creates lightness in body • Makes mind agile. 	
3.	<p>Urdhva Hastasana <i>Upward Hands Pose</i></p> <ul style="list-style-type: none"> • Opens the rib cage. • Activates shoulder blades. 	
4.	<p>Urdhva Baddhanguliyasana – left & right <i>Upward Bound Fingers Pose</i></p> <ul style="list-style-type: none"> • Exercises the knuckles. • Opens the joints of the fingers. • Broadens and lengthens the chest. 	
5.	<p>Tadasana Paschima Baddha Hastasana – left & right <i>West/Back Bound Hands Pose</i></p> <ul style="list-style-type: none"> • Brings freedom of movement to the shoulders and arms. • Opens the chest. 	
6.	<p>Tadasana Paschima Namaskarasana <i>West/Back Hands Together Pose</i></p> <ul style="list-style-type: none"> • Helps wrists move freely. • Corrects round and drooping shoulders. • Makes deep breathing easier. 	
7.	<p>Tadasana Gomuhkasana – left & right <i>Cow Face Pose in Mountain Pose</i></p> <ul style="list-style-type: none"> • Expands the chest. • Frees the shoulder joints. 	
8.	<p>Vrksasana – bent knee into the wall <i>Tree Pose</i></p> <ul style="list-style-type: none"> • Tones the leg muscles. • Gives poise and balance. 	
9.	<p>Utthita Trikonasana – left & right <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. 	
10.	<p>Virabhadrasana II – left & right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> • Relieves leg cramps • Tones the abdomen. 	

11.	<p>Utthita Parsvakonasana <i>Extended Lateral Angle Pose</i></p> <ul style="list-style-type: none"> • Reduces fat around the waist and hips. • Relieves sciatic and arthritic pains. • Increases peristaltic activity and aids elimination. 	
12.	<p>Baddha Hasta Uttanasana – hands to blocks; then hold elbows <i>Intense Stretch Pose with Bound Arms</i></p> <ul style="list-style-type: none"> • Stretches hamstrings, calves & lower back. • Works the quadriceps. 	
13.	<p>Virabhadrasana I – left & right <i>Warrior I Pose</i></p> <ul style="list-style-type: none"> • Fully expands the chest, which helps deep breathing. • Relieves stiffness in the armpits, shoulders, shoulder blades, thoracic ribs, neck, and back. • Tones the ankles and knees. 	
14.	<p>Utkatasna <i>Fierce Pose / Chair Pose</i></p> <ul style="list-style-type: none"> • Makes the ankles strong. • Develops the leg muscles evenly. • Tones the back muscles and abdominal organs. 	
15.	Baddha Uttanasana - repeat	
16.	<p>Parsvottanasana – hand variations x3 <i>Intense Flank Stretch</i></p> <ul style="list-style-type: none"> • Removes stiffness in the legs and hip muscles. • Makes the hip joints and spine elastic. • Makes breathing easier when shoulders are drawn well back. 	
17.	<p>Prasarita Padottanasana I – concave back, convex back <i>Extended Leg Pose</i></p> <ul style="list-style-type: none"> • Blood flows to the trunk and head. • Increases digestive power. • Brings weight to ideal. 	
18.	<p>Vajrasana <i>Thunderbolt Pose</i></p> <ul style="list-style-type: none"> • Stabilizes the mind. • Controls blood flow in the lower half of the body. 	
19.	<p>Adho Mukha Virasana (variation) <i>Downward Facing Hero's Pose / Child's Pose</i></p> <ul style="list-style-type: none"> • Calms the brain. • Relieves heaviness in the stomach. 	
20.	<p>Dandasana – strap around balls of the feet <i>Staff Pose</i></p> <ul style="list-style-type: none"> • Strengthens the back muscles. • Stretches the shoulders and chest. • Improves posture. 	

21.	Urdhva Hastasana in Dandasana <i>Upwards Hands in Staff Pose</i> <ul style="list-style-type: none"> • Opens the rib cage. • Activates shoulder blades. 	
22.	Urdhva Prasarita Padasana – legs at 90°/45°, x3 <i>Upward Extended Foot Pose</i> <ul style="list-style-type: none"> • Reduces fat around the abdomen. • Strengthens the lumbar spine. • Tones the abdominal organs. 	
23.	Adho Muhka Svasana <i>Down Dog Pose</i> <ul style="list-style-type: none"> • Brings back energy, removes fatigue, exhilarates. • Relieves pain and stiffness in the heels. • Strengthens the ankles and makes the legs shapely. • Eradicates stiffness in the shoulder blades. 	
24.	Chaturanga Dandasana <i>Four Limbed Staff Pose</i> <ul style="list-style-type: none"> • Strengthens the arms. • Contracts and tones the abdominal organs. Develops mobility and power in the wrists.	
25.	Chatoosh Padasana – x2 – hold the edges of the mat <i>Four Footed Pose</i> <ul style="list-style-type: none"> • Makes spine healthy and flexible. • Soothes the nerves. • Helps regulate the thyroid. 	
26.	Parsva Suhkasana <i>Twist in Easy Pose</i> <ul style="list-style-type: none"> • Creates flexibility in the spine. • Relieves pain and cramps in the back, neck, and shoulders. 	
27.	Supta Padangustasana – left & right <i>Reclining Big Toe Pose</i> <ul style="list-style-type: none"> • Relieves sciatica. • Soothes the hips. • Reduces fat in lower body. 	
28.	Svasana <i>Corpse Pose</i> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
29.	Repeat - Suhkasana <i>Easy Pose</i>	