











Yoga I, Class 2

1.	<p>Sukhasana <i>Easy Pose</i></p> <ul style="list-style-type: none"> • Brings physical and mental harmony • Evens blood flow. 	
2.	<p>Tadasana – feet hip width apart <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>Utthita Hasta Padasana <i>Extended Hands & Feet Pose</i></p> <ul style="list-style-type: none"> • Stand evenly on the feet. • Extend arms in line with shoulder blades. 	
5.	<p>Parsva Hasta Padasana <i>Sideways Hands & Feet Pose</i></p> <ul style="list-style-type: none"> • Turn while keeping rest of body steady. 	
6.	<p>Trikonasana – left & right <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. 	
7.	<p>Virabhadrasana II – left & right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> • Relieves leg cramps • Tones the abdomen. 	
8.	<p>Ardha Uttanasana - fingertips at the wall <i>Half Intense Stretch Pose</i></p> <ul style="list-style-type: none"> • Stretches hamstrings, calves & lower back. • Works the quadriceps. 	
9.	<p>Utkatasna (variation) – sacrum on the wall, feet away from the wall, knees bent <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. 	
10.	Repeat - Ardha Uttanasana - fingertips at the wall	
11.	<p>Parsvottanasana (variation)– hands on waist, spine upright <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. 	

12.	<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. 	
13.	<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. 	
14.	<p>Urdhva Prasarita Padasana – legs at 90° <i>Upward Extended Foot Pose</i></p> <ul style="list-style-type: none"> • Reduces fat around the abdomen. • Strengthens the lumbar spine. • Tones the abdominal organs. 	
15.	<p>Supta Padangustasana – left & right <i>Reclining Big Toe Pose</i></p> <ul style="list-style-type: none"> • Relieves sciatica. • Soothes the hips. • Reduces fat in lower body. 	
16.	<p>Supported Urdhva Prasarita Padasana – legs on the wall <i>Supported Legs Up the Wall</i></p> <ul style="list-style-type: none"> • Relaxes the abdomen. • Invigorates and refreshes the mind. • Removes fatigue. 	
17.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
18.	<p>Sukhasana <i>Easy Pose</i></p>	