














Yoga I, Class 3

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 – 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>Urdhva Baddhanguliyasana – x2 <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>Vrksasana – - hands in front of chest only - x2 <i>Tree Pose</i></p> <ul style="list-style-type: none"> • Tones the leg muscles. • Gives poise and balance. 	
6.	<p>Trikonasana – left & right – x2 <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. 	
7.	<p>Virabhadrasana II – left & right – x2 <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> • Relieves leg cramps • Tones the abdomen. 	
8.	<p>Utthita Parsvakonasana – upper hand on waist only – x2 <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. 	
9.	<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. 	
10.	<p>Utkatasna (variation) – sacrum on the wall, feet away from the wall, knees bent – x2 <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. 	
11.	Repeat - Ardha Uttanasana - fingertips at the wall	

12.	Repeat - Tadasana	
13.	Parsvottanasana (variation)– hands on waist, spine upright – x2 <i>Intense Flank Stretch</i> <ul style="list-style-type: none"> Removes stiffness in the legs and hip muscles. Makes the hip joints and spine elastic. 	
14.	Vajrasana <i>Thunderbolt Pose</i> <ul style="list-style-type: none"> Stabilizes the mind. Controls blood flow in the lower half of the body. 	
15.	Urdhva Hastasana Vajrasana <i>Upwards Hands in Thunderbolt Pose</i> <ul style="list-style-type: none"> Opens the rib cage. Activates shoulder blades. 	
16.	Repeat - Sukhasana	
17.	Dandasana – strap around balls of the feet <i>Staff Pose</i> <ul style="list-style-type: none"> Strengthens the back muscles. Stretches the shoulders and chest. Improves posture. 	
18.	Urdhva Prasarita Padasana – legs at 90° -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. 	
19.	Supta Padangustasana – left & right – x2 <i>Reclining Big Toe Pose</i> <ul style="list-style-type: none"> Relieves sciatica. Soothes the hips. Reduces fat in lower body. 	
20.	Supported Urdhva Prasarita Padasana – legs on the wall, thighs strapped <i>Supported Legs Up the Wall</i> <ul style="list-style-type: none"> Relaxes the abdomen. Invigorates and refreshes the mind. Removes fatigue. 	
21.	Svasana <i>Corpse Pose</i> <ul style="list-style-type: none"> Invigorates & refreshes the mind. Removes fatigue. 	
22.	Repeat - Sukhasana <i>Easy Pose</i>	