














## Yoga I, Class 4

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 – <b>feet together</b> <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 - x2 <i>Upward Hands Pose</i></p> <ul style="list-style-type: none"> <li>• Opens the rib cage.</li> <li>• Activates shoulder blades.</li> </ul>	
4.	<p>Vrksasana - x2 <i>Tree Pose</i></p> <ul style="list-style-type: none"> <li>• Tones the leg muscles.</li> <li>• Gives poise and balance.</li> </ul>	
5.	<p>Utthita Hasta Padasana – <b>jump or step</b> the arms and legs wide <i>Extended Arms and Legs Pose</i></p> <ul style="list-style-type: none"> <li>• Stand evenly on the feet.</li> <li>• Extend arms in line with shoulder blades.</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 – <b>knee against block at the wall</b>  <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>Utthita Parsvakonasana - x2 <i>Extended Lateral Angle Pose</i></p> <ul style="list-style-type: none"> <li>• Reduces fat around the waist and hips.</li> <li>• Relieves sciatic and arthritic pains.</li> <li>• Increases peristaltic activity and aids elimination.</li> </ul>	
9.	<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>	
10.	Tadasana - repeat	
11.	<p><b>Virabhadrasana I</b> – left &amp; right – <b>no arms</b> <i>Warrior I Pose</i></p> <ul style="list-style-type: none"> <li>• Fully expands the chest, which helps deep breathing.</li> <li>• Relieves stiffness in the armpits, shoulders, shoulder blades, thoracic ribs, neck, and back.</li> <li>• Tones the ankles and knees.</li> </ul>	

12.	Utkatasna (variation) – <b>skipped</b>	
13.	Ardha Uttanasana - repeat	
14.	Parsvottanasana (variation)– <b>skipped</b>	
15.	Vajrasana <i>Thunderbolt Pose</i> <ul style="list-style-type: none"> <li>• Stabilizes the mind.</li> <li>• Controls blood flow in the lower half of the body.</li> </ul>	
16.	Urdhva Hastasana in Vajrasana <i>Upwards Hands in Thunderbolt Pose</i> <ul style="list-style-type: none"> <li>• Opens the rib cage.</li> <li>• Activates shoulder blades.</li> </ul>	
17.	Dandasana – strap around balls of the feet <i>Staff Pose</i> <ul style="list-style-type: none"> <li>• Strengthens the back muscles.</li> <li>• Stretches the shoulders and chest.</li> <li>• Improves posture.</li> </ul>	
18.	Urdhva Prasarita Padasana – <b>skipped</b>	
19.	<b>Adho Muhka Svasana</b> – hands at the wall <i>Down Dog Pose</i> <ul style="list-style-type: none"> <li>• Brings back energy, removes fatigue, exhilarates.</li> <li>• Relieves pain and stiffness in the heels.</li> <li>• Strengthens the ankles and makes the legs shapely.</li> <li>• Eradicates stiffness in the shoulder blades.</li> </ul>	
20.	Supta Padangustasana – left & right – x2 <i>Reclining Big Toe Pose</i> <ul style="list-style-type: none"> <li>• Relieves sciatica.</li> <li>• Soothes the hips.</li> <li>• Reduces fat in lower body.</li> </ul>	
21.	Svasana <i>Corpse Pose</i> <ul style="list-style-type: none"> <li>• Invigorates &amp; refreshes the mind.</li> <li>• Removes fatigue.</li> </ul>	
22.	Repeat - Sukhasana <i>Easy Pose</i>	