















Yoga I, Class 5

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 <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>Vrksasana <i>Tree Pose</i></p> <ul style="list-style-type: none"> • Tones the leg muscles. • Gives poise and balance. 	
5.	<p>Utthita Trikonasana – left & right <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. 	
6.	<p>Virabhadrasana II – left & right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> • Relieves leg cramps • Tones the abdomen. 	
7.	<p>Utthita Parsvakonasana - 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. 	
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>Virabhadrasana I – left & right x2 <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. 	
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.	<p>Ardha Uttanasana - repeat</p>	

12.	<p>Parsvottanasana (variation)– hands on blocks, 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. 	
13.	<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. 	
14.	<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. 	
15.	<p>Urdhva Hastasana in Dandasana <i>Upwards Hands in Staff Pose</i></p> <ul style="list-style-type: none"> • Opens the rib cage. • Activates shoulder blades. 	
16.	<p>Urdhva Prasrita Padasana – legs at 90°, arms over head-x3 <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. 	
17.	<p>Adho Muhka Svasana – hands on blocks, at the wall – x2 <i>Down Dog Pose</i></p> <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. 	
18.	<p>Parsva Suhkasana – x2 <i>Twist in Easy Pose</i></p> <ul style="list-style-type: none"> • Creates flexibility in the spine. • Relieves pain and cramps in the back, neck, and shoulders. 	
19.	<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. 	
20.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
21.	<p>Repeat - Suhkasana <i>Easy Pose</i></p>	