
















## Yoga I, Class 8

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 <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 <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>Urdhva Baddhanguliyasana – left &amp; right <i>Upward Bound Fingers Pose</i></p> <ul style="list-style-type: none"> <li>• Exercises the knuckles.</li> <li>• Opens the joints of the fingers.</li> <li>• Broadens and lengthens the chest.</li> </ul>	
5.	<p>Tadasana Paschima Baddha Hastasana – left &amp; right <i>West/Back Bound Hands Pose</i></p> <ul style="list-style-type: none"> <li>• Brings freedom of movement to the shoulders and arms.</li> <li>• Opens the chest.</li> </ul>	
6.	<p>Tadasana Gomuhkasana – left &amp; right <i>Cow Face Pose in Mountain Pose</i></p> <ul style="list-style-type: none"> <li>• Expands the chest.</li> <li>• Frees the shoulder joints.</li> </ul>	
7.	<p>Vrksasana – x2 – bent knee into the wall <i>Tree Pose</i></p> <ul style="list-style-type: none"> <li>• Tones the leg muscles.</li> <li>• Gives poise and balance.</li> </ul>	
8.	<p>Utthita 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>	
9.	<p>Virabhadrasana II – left &amp; right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> <li>• Relieves leg cramps</li> <li>• Tones the abdomen.</li> </ul>	
10.	<p>Utthita Parsvakonasana <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>	

11.	Baddha Uttanasana – hands to blocks; then hold elbows <i>Intense Stretch Pose with Bound Arms</i> <ul style="list-style-type: none"> <li>• Stretches hamstrings, calves &amp; lower back.</li> <li>• Works the quadriceps.</li> </ul>	
12.	Parsvottanasana (variation)– hands on blocks <i>Intense Flank Stretch</i> <ul style="list-style-type: none"> <li>• Removes stiffness in the legs and hip muscles.</li> <li>• Makes the hip joints and spine elastic.</li> </ul>	
13.	Virabhadrasana I – left & right <i>Warrior I Pose</i> <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>	
14.	Utkatasna <i>Fierce Pose / Chair Pose</i> <ul style="list-style-type: none"> <li>• Makes the ankles strong.</li> <li>• Develops the leg muscles evenly.</li> <li>• Tones the back muscles and abdominal organs.</li> </ul>	
15.	Baddha Uttanasana - repeat	
16.	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>	
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 Hastasana in Dandasana <i>Upwards Hands in Staff Pose</i> <ul style="list-style-type: none"> <li>• Opens the rib cage.</li> <li>• Activates shoulder blades.</li> </ul>	
19.	Adho Muhka Svasana – hands on blocks, at the wall – x2 <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.	Chatoosh Padasana – x2 – hold the edges of the mat <i>Four Footed Pose</i> <ul style="list-style-type: none"> <li>• Makes spine healthy and flexible.</li> <li>• Soothes the nerves.</li> <li>• Helps regulate the thyroid.</li> </ul>	

21.	Parsva Suhkasana – x2 <i>Twist in Easy Pose</i> <ul style="list-style-type: none"> <li>• Creates flexibility in the spine.</li> <li>• Relieves pain and cramps in the back, neck, and shoulders.</li> <li>• Enhances digestion.</li> </ul>	
22.	Supta Padangustasana – left & right <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>	
23.	Svasana <i>Corpse Pose</i> <ul style="list-style-type: none"> <li>• Invigorates &amp; refreshes the mind.</li> <li>• Removes fatigue.</li> </ul>	
24.	Repeat - Suhkasana <i>Easy Pose</i>	