
















# Yoga I/II, Class 1

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>Tadasana 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>Tadasana 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 Paschima Namaskarasana <i>West/Back Hands Together Pose</i></p> <ul style="list-style-type: none"> <li>• Helps wrists move freely.</li> <li>• Corrects round and drooping shoulders.</li> <li>• Makes deep breathing easier.</li> </ul>	
7.	<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>	
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>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>	
10.	<p><b>Ardha Chandrasana</b> – left &amp; right – against the wall <i>Half Moon Pose</i></p> <ul style="list-style-type: none"> <li>• Tones the legs and lumbar spine.</li> <li>• Opens the chest.</li> </ul>	

11.	<p>Baddha Hasta Uttanasana – hands to blocks; then hold elbows <i>Intense Stretch Pose with Bound Arms</i></p> <ul style="list-style-type: none"> <li>• Stretches hamstrings, calves &amp; lower back.</li> <li>• Works the quadriceps.</li> </ul>	
12.	<p>Parsvottanasana – hands on blocks / floor, concave &amp; convex <i>Intense Flank Stretch</i></p> <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> <li>• Makes breathing easier when shoulders are drawn well back.</li> </ul>	
13.	<p>Prasarita Padottanasana I – concave back only <i>Extended Leg Pose</i></p> <ul style="list-style-type: none"> <li>• Blood flows to the trunk and head.</li> <li>• Increases digestive power.</li> <li>• Brings weight to ideal.</li> </ul>	
14.	<p>Dandasana – feet against the wall <i>Staff Pose</i></p> <ul style="list-style-type: none"> <li>• Strengthens the back muscles.</li> <li>• Stretches the shoulders and chest.</li> <li>• Improves posture.</li> </ul>	
15.	<p>Urdhva Hastasana in Dandasana <i>Upwards Hands in Staff Pose</i></p> <ul style="list-style-type: none"> <li>• Opens the rib cage.</li> <li>• Activates shoulder blades.</li> </ul>	
16.	<p>Adho Muhka Svasana – hands at the wall <i>Down Dog Pose</i></p> <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>	
17.	<p>Shoulder Opener – lie on stomach, hands on chair rung / seat</p>	
18.	<p>Shoulder Opener – sit in front of chair with back to the chair, place hands on chair rung / seat</p>	
19.	<p>Adho Muhka Svasana – feet at the wall <i>Down Dog Pose</i></p>	

20.	<p>Chatoosh Padasana – x2 – hold the edges of the mat <i>Four Footed Pose</i></p> <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.	<p>Parsva Suhkasana <i>Twist in Easy Pose</i></p> <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> </ul>	
22.	<p><b>Maricyasana I</b> – twist only <i>Marici's Pose</i></p> <ul style="list-style-type: none"> <li>• Increases circulation to the abdominal organs.</li> <li>• Helps digestion.</li> </ul>	
23.	<p>Urdhva Prasarita Padasana – legs against the wall 90° <i>Upward Extended Foot Pose</i></p> <ul style="list-style-type: none"> <li>• Releases the legs.</li> <li>• Tones the abdominal organs.</li> </ul>	
24.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> <li>• Invigorates &amp; refreshes the mind.</li> <li>• Removes fatigue.</li> </ul>	
25.	<p>Repeat - Suhkasana <i>Easy Pose</i></p>	