















Yoga I/II, Class 2

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 <i>Mountain Pose</i></p> <ul style="list-style-type: none"> • Creates lightness in body • Makes mind agile. 	
3.	<p>Tadasana Urdhva Hastasana <i>Upward Hands Pose</i></p> <ul style="list-style-type: none"> • Opens the rib cage. • Activates shoulder blades. 	
4.	<p>Tadasana Urdhva Baddhanguliyasana – left & right <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>Tadasana Paschima Baddha Hastasana – left & right <i>West/Back Bound Hands Pose</i></p> <ul style="list-style-type: none"> • Brings freedom of movement to the shoulders and arms. • Opens the chest. 	
6.	<p>Tadasana Paschima Namaskarasana <i>West/Back Hands Together Pose</i></p> <ul style="list-style-type: none"> • Helps wrists move freely. • Corrects round and drooping shoulders. • Makes deep breathing easier. 	
7.	<p>Tadasana Gomukhasana – left & right <i>Cow Face Pose in Mountain Pose</i></p> <ul style="list-style-type: none"> • Expands the chest. • Frees the shoulder joints. 	
8.	<p>Utthita Trikonasana – left & right <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. 	
9.	<p>Virabhadrasana II – left & right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> • Relieves leg cramps <p>Tones the abdomen.</p>	
10.	<p>Utthita Parsvakonasana <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. 	

11.	<p>Parighasana – left & right <i>Gate Pose</i></p> <ul style="list-style-type: none"> • Keeps abdominal skin tight. • Relieves stiff backs. 	
12.	<p>Ardha Chandrasana – left & right – on a chair <i>Half Moon Pose</i></p> <ul style="list-style-type: none"> • Tones the legs and lumbar spine. • Opens the chest. 	
13.	<p>Ardha Uttanasana – at the wall <i>Intense Stretch Pose</i></p> <ul style="list-style-type: none"> • Stretches hamstrings, calves & lower back. • Works the quadriceps. 	
14.	<p>Prasarita Padottanasana I – concave & convex <i>Extended Leg Pose</i></p> <ul style="list-style-type: none"> • Blood flows to the trunk and head. • Increases digestive power. • Brings weight to ideal. 	
15.	<p>Dandasana – feet against the wall <i>Staff Pose</i></p> <ul style="list-style-type: none"> • Strengthens the back muscles. • Stretches the shoulders and chest. • Improves posture. 	
16.	<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. 	
17.	Shoulder Opener – lie on stomach, hands on chair rung / seat	
18.	Shoulder Opener – sit in front of chair with back to the chair, place hands on chair rung / seat	

19.	<p>FLOW Adho Muhka Svasana – feet at the wall <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. <p>TO Plank Pose – feet at the wall TO Chaturanga Dandasana – feet at the wall <i>Four Limbed Staff Pose</i></p> <ul style="list-style-type: none"> • Strengthens the arms. • Contracts and tones the abdominal organs. • Develops mobility and power in the wrists. 	
20.	<p>Chatoosh Padasana – x2 – on blankets <i>Four Footed Pose</i></p> <ul style="list-style-type: none"> • Makes spine healthy and flexible. • Soothes the nerves. • Helps regulate the thyroid. 	
21.	<p>Maricyasana I – twist only <i>Marici's Pose</i></p> <ul style="list-style-type: none"> • Increases circulation to the abdominal organs. • Helps digestion. 	
22.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
23.	<p>Repeat - Suhkasana <i>Easy Pose</i></p>	