

















Yoga I/II, Class 3

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 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. 	
6.	<p>Tadasana Gomuhkasana – left & right <i>Cow Face Pose in Mountain Pose</i></p> <ul style="list-style-type: none"> • Expands the chest. • Frees the shoulder joints. 	
7.	<p>FLOW Utthita Trikonasana <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. <p>TO Virabhadrasana II <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> • Relieves leg cramps • Tones the abdomen. <p>TO 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. <p>Repeat on other side.</p>	  

8.	Parighasana – left & right <i>Gate Pose</i> <ul style="list-style-type: none"> Keeps abdominal skin tight. Relieves stiff backs. 	
9.	Utkatasna <i>Fierce Pose / Chair Pose</i> <ul style="list-style-type: none"> Makes the ankles strong. Develops the leg muscles evenly. Tones the back muscles and abdominal organs. 	
10.	Parsvottanasana – concave & convex <i>Intense Flank Stretch</i> <ul style="list-style-type: none"> Removes stiffness in the legs and hip muscles. Makes the hip joints and spine elastic. Makes breathing easier when shoulders are drawn well back. 	
11.	Baddha Hasta Uttanasana <i>Intense Stretch Pose</i> <ul style="list-style-type: none"> Stretches hamstrings, calves & lower back. Works the quadriceps. 	
12.	Prasarita Padottanasana I – concave & convex <i>Extended Leg Pose</i> <ul style="list-style-type: none"> Blood flows to the trunk and head. Increases digestive power. Brings weight to ideal. 	
13.	Virasana <i>Hero's Pose</i> <ul style="list-style-type: none"> Cures pain in the outer knees. Ideal for pain in the feet. 	
14.	Shoulder Opener – lie on stomach, hands on chair rung / seat	
15.	Shoulder Opener – sit in front of chair with back to the chair, place hands on chair rung / seat	

16.	<p>FLOW Adho Mukha 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. 	
17.	<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. 	
18.	<p>Halasana – shoulders on blankets, toes to chair <i>Plough Pose</i></p> <ul style="list-style-type: none"> • Increases circulation to the abdominal organs. • Relieves backache. • Brings emotional stability. 	
19.	<p>Parsva Suhkasana <i>Twist in Easy Pose / Cross Legged Pose</i></p> <ul style="list-style-type: none"> • Creates flexibility in the spine. • Relieves pain and cramps in the back, neck, and shoulders. 	
20.	<p>Supported Urdhva Prasarita Padasana – legs on the wall <i>Supported Legs Up the Wall</i></p> <ul style="list-style-type: none"> • Relaxes the abdomen. • Invigorates and refreshes the mind. • Removes fatigue. 	
21.	<p>Repeat - Suhkasana <i>Easy Pose</i></p>	