
















## Yoga I/II, Class 4

1.	<p>Sukhasana <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 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>	
4.	<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>	
5.	<p><b>FLOW X2</b> Utthita Trikonasana <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> <li>• Tones the legs.</li> <li>• Relieves backache.</li> </ul> <p><b>TO</b> Virabhadrasana II <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> <li>• Relieves leg cramps</li> <li>• Tones the abdomen.</li> </ul> <p><b>TO</b> 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> <p><b>Repeat on other side.</b></p>	    
6.	<p>Parighasana – left &amp; right <i>Gate Pose</i></p> <ul style="list-style-type: none"> <li>• Keeps abdominal skin tight.</li> <li>• Relieves stiff backs.</li> </ul>	
7.	<p>Utkatasna at the wall <i>Fierce Pose / Chair Pose</i></p> <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>	

8.	<p>Ardha Uttanasana - fingertips at the wall <i>Half Intense Stretch Pose</i></p> <ul style="list-style-type: none"> <li>• Stretches hamstrings, calves &amp; lower back.</li> <li>• Works the quadriceps.</li> </ul>	
9.	<p>Prasarita Padottanasana I – concave &amp; convex <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> </ul> <p>Brings weight to ideal.</p>	
10.	<p>Baddha Hasta Uttanasana <i>Intense Stretch Pose</i></p> <ul style="list-style-type: none"> <li>• Stretches hamstrings, calves &amp; lower back.</li> <li>• Works the quadriceps.</li> </ul>	
11.	<p>Virasana <i>Hero's Pose</i></p> <ul style="list-style-type: none"> <li>• Cures pain in the outer knees.</li> <li>• Ideal for pain in the feet.</li> </ul>	
12.	<p>Virasana 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>	
13.	<p>Adho Muhka Virasana (variation) <i>Downward Facing Hero's Pose / Child's Pose</i></p> <ul style="list-style-type: none"> <li>• Calms the brain.</li> <li>• Relieves heaviness in the stomach.</li> </ul>	
14.	<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>	

15.	<p><b>FLOW x2</b>  Adho Mukha Svasana – feet 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> <p><b>TO</b>  Plank Pose – feet at the wall  <b>TO</b>  Chaturanga Dandasana – feet at the wall  <i>Four Limbed Staff Pose</i></p> <ul style="list-style-type: none"> <li>• Strengthens the arms.</li> <li>• Contracts and tones the abdominal organs.</li> <li>• Develops mobility and power in the wrists.</li> </ul>	
16.	<p>Chatoosh Padasana – x2 – on blankets  <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>	
17.	<p>Halasana – shoulders on blankets, toes to chair  <i>Plough Pose</i></p> <ul style="list-style-type: none"> <li>• Increases circulation to the abdominal organs.</li> <li>• Relieves backache.</li> <li>• Brings emotional stability.</li> </ul>	
18.	<p><b>Bharadvajasana I</b> (without holding)  <i>Bharadvaja's Pose</i></p> <ul style="list-style-type: none"> <li>• Makes the back supple.</li> <li>• Relieves arthritis.</li> </ul>	
19.	<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>	
20.	<p>Repeat - Sukhasana  <i>Easy Pose</i></p>	