



















Yoga I/II, Class 5

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 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. 	
5.	<p>Vrksasana <i>Tree Pose</i></p> <ul style="list-style-type: none"> • Tones the leg muscles. • Gives poise and balance. 	
6.	<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>	  
7.	<p>Virabhadrasana I – left & right <i>Warrior I Pose</i></p> <ul style="list-style-type: none"> • Fully expands the chest, which helps deep breathing. • Relieves stiffness in the armpits, shoulders, shoulder blades, thoracic ribs, neck, and back. • Tones the ankles and knees. 	

8.	Parsvottanasana <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. 	
9.	Baddha Hasta Uttanasana <i>Intense Stretch Pose</i> <ul style="list-style-type: none"> • Stretches hamstrings, calves & lower back. • Works the quadriceps. 	
10.	Virasana <i>Hero's Pose</i> <ul style="list-style-type: none"> • Cures pain in the outer knees. • Ideal for pain in the feet. 	
11.	Virasana Urdhva Hastasana <i>Upward Hands Pose in Hero's Pose</i> <ul style="list-style-type: none"> • Opens the rib cage. • Activates shoulder blades. 	
12.	FLOW x2 Adho Muhka Svasana – feet at the wall <i>Down Dog Pose</i> <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. TO Plank Pose – feet at the wall TO Chaturanga Dandasana – feet at the wall <i>Four Limbed Staff Pose</i> <ul style="list-style-type: none"> • Strengthens the arms. • Contracts and tones the abdominal organs. • Develops mobility and power in the wrists. 	 
13.	Urdhva Muhka Svasana – hands on chair, hands on blocks <ul style="list-style-type: none"> • Relieves stiff backs, sciatica. • Opens chest. • Increases pelvic blood flow. 	
14.	Setu Bandha Sarvangasana – sacrum on block, knees bent <ul style="list-style-type: none"> • Extends the spine backward. • Releases the neck. 	

15.	<p>Chatoosh Padasana – x2 <i>Four Footed Pose</i></p> <ul style="list-style-type: none"> • Makes spine healthy and flexible. • Soothes the nerves. • Helps regulate the thyroid. 	
16.	<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. 	
17.	<p>Parsva Suhkasana <i>Twist in Easy Pose</i></p> <ul style="list-style-type: none"> • Creates flexibility in the spine. • Relieves pain and cramps in the back, neck, and shoulders. 	
18.	<p>Bharadvajasana I (without holding) <i>Bharadvaja's Pose</i></p> <ul style="list-style-type: none"> • Makes the back supple. • Relieves arthritis. 	
19.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
20.	<p>Repeat - Suhkasana <i>Easy Pose</i></p>	