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<p>Sukhasana <i>Easy Pose</i></p> <ul style="list-style-type: none"> • Brings physical and mental harmony • Evens blood flow. 		<p>Surya Namaskara <i>Sun Salutation</i></p> <ul style="list-style-type: none"> • Gives mobility, alertness, speed, sharpness, and freedom. • Develops will power and optimism. • Develops physical strength. <p>Precautions</p> <ul style="list-style-type: none"> • Avoid during menstruation and pregnancy. • Avoid if heart problems. <p>FLOW x2 – Sun Salutation (partial)</p> <p>Tadasana <i>Mountain Pose</i> TO Tadasana Namaskarasana <i>Prayer Pose in Mountain</i> TO Tadasana Urdhva Hastasana <i>Upward Hands in Mountain</i> TO Uttanasana concave, then convex <i>Intense Stretch Pose</i> TO Lunge TO Adho Muhka Svanasana <i>Downward Dog Pose</i> TO Lunge [Repeat] TO Uttanasana convex then concave [Repeat] TO Tadasana Urdhva Hastasana [Repeat] TO Tadasana Namaskarasana TO [Repeat] Tadasana</p>
<p>Tadasana <i>Mountain Pose</i></p> <ul style="list-style-type: none"> • Creates lightness in body • Makes mind agile. 		
<p>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. 		
<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. 		





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<p>FLOW x2 – Sun Salutation (partial) Add Utthita Parsvakonasana (Extended Side Angle) to first FLOW Tadasana <i>Mountain Pose</i> TO Tadasana Namaskarasana <i>Prayer Pose in Mountain</i> TO Tadasana Urdhva Hastasana <i>Upward Hands in Mountain</i> TO Uttanasana concave, then convex <i>Intense Stretch Pose</i> TO Lunge TO Utthita Parsvakonasana <i>Extended Lateral Angle Pose</i> TO Adho Muhka Svanasana <i>Downward Dog Pose</i> TO Lunge [Repeat] TO Utthita Parsvakonasana [Repeat] TO Uttanasana convex then concave [Repeat] TO Tadasana Urdhva Hastasana [Repeat] TO Tadasana Namaskarasana TO [Repeat] Tadasana</p>	          	<p>FLOW x2 – Sun Salutation (partial) Add Virabhadrasana I (Warrior I) to first FLOW Tadasana <i>Mountain Pose</i> TO Tadasana Namaskarasana <i>Prayer Pose in Mountain</i> TO Tadasana Urdhva Hastasana <i>Upward Hands in Mountain</i> TO Uttanasana concave, then convex <i>Intense Stretch Pose</i> TO Lunge TO Virabhadrasana I <i>Warrior I Pose</i> TO Adho Muhka Svanasana <i>Downward Dog Pose</i> TO Lunge [Repeat] TO Virabhadrasana I [Repeat] TO Uttanasana convex then concave [Repeat] TO Tadasana Urdhva Hastasana [Repeat] TO Tadasana Namaskarasana TO [Repeat] Tadasana</p>	           
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<p>Virasana Cycle <i>Hero's Pose Cycle</i></p> <p>Virasana</p> <ul style="list-style-type: none"> • Cures pain in the outer knees. • Ideal for pain in the feet. <p>TO</p> <p>Virasana Urdhva Hastasana <i>Upward Hands Pose in Hero's Pose</i></p> <ul style="list-style-type: none"> • Opens the rib cage. • Activates shoulder blades. <p>TO</p> <p>Adho Muhka Virasana <i>Downward Facing Hero's Pose</i></p> <ul style="list-style-type: none"> • Calms the brain. • Relieves heaviness in the stomach. 	
<p>Vajrasana <i>Thunderbolt Pose</i></p> <ul style="list-style-type: none"> • Stabilizes the mind. • Controls blood flow in the lower half of the body. 	
<p>Adho Muhka Virasana (variation) <i>Child's Pose</i></p> <ul style="list-style-type: none"> • Calms the brain. • Relieves heaviness in the stomach. 	
<p>Urdhva Muhka Svasana – hands on chair</p> <ul style="list-style-type: none"> • Relieves stiff backs, sciatica. • Opens chest. • Increases pelvic blood flow. 	

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<p>FLOW x2 – Sun Salutation (complete) Surya Namaskar Tadasana <i>Mountain Pose</i> TO Tadasana Namaskarasana <i>Prayer Pose in Mountain</i> TO Tadasana Urdhva Hastasana <i>Upward Hands in Mountain</i> TO Uttanasana concave, then convex <i>Intense Stretch Pose</i> TO Lunge TO Adho Muhka Svanasana <i>Downward Dog Pose</i> TO Urdhva Muhka Svanasana <i>Up Dog Pose - on blocks</i> TO Adho Muhka Svanasana [Repeat] TO Plank Pose TO Chaturanga Dandasana <i>Four Limbed Staff Pose</i> TO Urdhva Muhka Svanasana [Repeat] - on blocks TO Adho Muhka Svanasana [Repeat] TO Lunge [Repeat] TO Uttanasana convex then concave [Repeat] TO Tadasana Urdhva Hastasana [Repeat] TO Tadasana Namaskarasana TO [Repeat] Tadasana</p>		<p>Paripurna Navasana – feet on the wall <i>Full Boat Pose</i></p> <ul style="list-style-type: none"> • Increases peristaltic activity. • Tones the waistline. • Tones the kidneys. 	
		<p>Setu Bandha Sarvangasana - sacrum on block, knees bent <i>Bridge Pose</i></p> <ul style="list-style-type: none"> • Extends the spine backward. • Releases the neck. 	
		<p>Parsva Sukhasana <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. 	
		<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
		<p>Repeat - Sukhasana <i>Easy Pose</i></p>	