













Yoga I/II, Class 7







<p>Suhkasana <i>Easy Pose</i></p> <ul style="list-style-type: none"> • Brings physical and mental harmony • Evens blood flow. 	
<p>Suhkasana 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>Suhkasana 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. 	
<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 Mukha Virasana (variation) <i>Child's Pose</i></p> <ul style="list-style-type: none"> • Calms the brain. • Relieves heaviness in the stomach. 	
<p>Adho Mukha Svasana <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>Tadasana <i>Mountain Pose</i></p> <ul style="list-style-type: none"> • Creates lightness in body • Makes mind agile. 	

<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>	  
<p>Utkatasna <i>Fierce Pose / Chair Pose</i></p> <ul style="list-style-type: none"> • Makes the ankles strong. • Develops the leg muscles evenly. • Tones the back muscles and abdominal organs. 	
<p>Prasarita Padottanasana I – concave back, convex back <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. 	
<p>Urdhva Mukha 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>Surya Namaskara - x2 <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>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>	
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<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>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. <p>Brings emotional stability.</p>	
<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>Supta Padangustasana – left & right <i>Reclining Big Toe Pose</i></p> <ul style="list-style-type: none"> • Relieves sciatica. • Soothes the hips. <p>Reduces fat in lower body.</p>	
<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. 	
<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
<p>Repeat - Suhkasana <i>Easy Pose</i></p>	