
































Yoga I/II, Class 8

<p>Sukhasana <i>Easy Pose</i></p> <ul style="list-style-type: none"> • Brings physical and mental harmony • Evens blood flow. 		<p>Virabhadrasana II – left & right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> • Relieves leg cramps <p>Tones the abdomen.</p>	
<p>Tadasana <i>Mountain Pose</i></p> <ul style="list-style-type: none"> • Creates lightness in body • Makes mind agile. 		<p>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>Tadasana Urdhva Hastasana <i>Upward Hands Pose</i></p> <ul style="list-style-type: none"> • Opens the rib cage. • Activates shoulder blades. 		<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. 	
<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. 		<p>Parsvottanasana <i>Intense Flank Stretch</i></p> <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. 	
<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. 		<p>Shoulder Opener – lie on stomach, hands on chair rung / seat</p>	
<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. 		<p>Shoulder Opener – sit in front of chair with back to the chair, place hands on chair rung / seat</p>	
<p>Tadasana Garudasana – left & right <i>Eagle Pose in Mountain Pose</i></p> <ul style="list-style-type: none"> • Removes stiffness in the shoulders. 		<p>Urdhva Mukha Svasana – hands on chair</p> <ul style="list-style-type: none"> • Relieves stiff backs, sciatica. • Opens chest. • Increases pelvic blood flow. 	
<p>Utthita Trikonasana – left & right <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. <p>Relieves backache.</p>			

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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.	
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<p>Tadasana <i>Mountain Pose</i></p>		<p>Prasarita Padottanasana I – concave back, convex back</p>	
<p>TO Tadasana Namaskarasana <i>Prayer Pose in Mountain</i></p>		<p><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>TO Tadasana Urdhva Hastasana <i>Upward Hands in Mountain</i></p>		<p>Dandasana – strap around balls of the feet</p>	
<p>TO Uttanasana concave, then convex <i>Intense Stretch Pose</i></p>		<p><i>Staff Pose</i></p> <ul style="list-style-type: none"> • Strengthens the back muscles. • Stretches the shoulders and chest. • Improves posture. 	
<p>TO Lunge</p>		<p>Adho Muhka Virasana (variation)</p>	
<p>TO Adho Muhka Svanasana <i>Downward Dog Pose</i></p>		<p><i>Child's Pose</i></p> <ul style="list-style-type: none"> • Calms the brain. • Relieves heaviness in the stomach. 	
<p>TO Urdhva Muhka Svanasana <i>Up Dog Pose - on blocks</i></p>		<p>Supta Padangustasana – left & right</p>	
<p>TO Plank Pose</p>		<p><i>Reclining Big Toe Pose</i></p> <ul style="list-style-type: none"> • Relieves sciatica. • Soothes the hips. • Reduces fat in lower body. 	
<p>TO Chaturanga Dandasana <i>Four Limbed Staff Pose</i></p>		<p>Parsva Suhkasana</p>	
<p>TO Plank Pose [Repeat]</p>		<p><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>TO Urdhva Muhka Svanasana [Repeat] - on blocks</p>		<p>Svasana</p>	
<p>TO Plank Pose [Repeat]</p>		<p><i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
<p>TO Adho Muhka Svanasana [Repeat]</p>		<p>Repeat - Suhkasana</p>	
<p>TO Lunge [Repeat]</p>		<p><i>Easy Pose</i></p>	
<p>TO Uttanasana convex then concave [Repeat]</p>			
<p>TO Tadasana Urdhva Hastasana [Repeat]</p>			
<p>TO Tadasana Namaskarasana [Repeat] Tadasana</p>	