















Yoga I/II, Class 9

<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 • Tones the abdomen. 	
<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>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>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>Dandasana – strap around balls of the feet <i>Staff Pose</i></p> <ul style="list-style-type: none"> • Strengthens the back muscles. • Stretches the shoulders and chest. • Improves posture. 	
<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>Utthita Trikonasana – left & right <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. 			

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Shoulder Opener – lie on stomach, hands on chair rung / seat		Repeat - Sukhasana <i>Easy Pose</i>	
Shoulder Opener – sit in front of chair with back to the chair, place hands on chair rung / seat			
Supta Padangustasana – left & right <i>Reclining Big Toe Pose</i> <ul style="list-style-type: none"> • Relieves sciatica. • Soothes the hips. • Reduces fat in lower body. 			
Urdhva Prasarita Padasana – legs at 90°/45°, x5 <i>Upward Extended Foot Pose</i> <ul style="list-style-type: none"> • Reduces fat around the abdomen. • Strengthens the lumbar spine. • Tones the abdominal organs. 			
Salamba Sarvangasana Shoulderstand <ul style="list-style-type: none"> • Regulates the thyroid. • Calms the brain. 			
Setu Bandha Sarvangasana - sacrum on block, knees bent <i>Bridge Pose</i> <ul style="list-style-type: none"> • Extends the spine backward. • Releases the neck. 			
Parsva Sukhasana <i>Twist in Easy Pose</i> <ul style="list-style-type: none"> • Creates flexibility in the spine. • Relieves pain and cramps in the back, neck, and shoulders. 			
Svasana <i>Corpse Pose</i> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	