














Yoga Spring 2013, Class 1

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>Urdhva Hastasana <i>Upward Hands Pose</i></p> <ul style="list-style-type: none"> • Opens the rib cage. • Activates shoulder blades. 	
4.	<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. 	
5.	<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. 	
6.	<p>Vrksasana – bent knee into the wall <i>Tree Pose</i></p> <ul style="list-style-type: none"> • Tones the leg muscles. • Gives poise and balance. 	
7.	<p>Utthita Trikonasana – left & right <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. 	
8.	<p>Virabhadrasana II – left & right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> • Relieves leg cramps • Tones the abdomen. 	
9.	<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. 	
10.	<p>Baddha Hasta Uttanasana – hands to blocks; then hold elbows <i>Intense Stretch Pose with Bound Arms</i></p> <ul style="list-style-type: none"> • Stretches hamstrings, calves & lower back. • Works the quadriceps. 	

11.	Virabhadrasana I – left & right <i>Warrior I Pose</i> <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. 	
12.	Utkatasna <i>Fierce Pose / Chair Pose</i> <ul style="list-style-type: none"> Makes the ankles strong. Develops the leg muscles evenly. Tones the back muscles and abdominal organs. 	
13.	Baddha Uttanasana - repeat	
14.	Parsvottanasana – hands on blocks <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. 	
15.	Prasarita Padottanasana I – concave back, hands on blocks <i>Extended Leg Pose</i> <ul style="list-style-type: none"> Blood flows to the trunk and head. Increases digestive power. Brings weight to ideal. 	
16.	Vajrasana <i>Thunderbolt Pose</i> <ul style="list-style-type: none"> Stabilizes the mind. Controls blood flow in the lower half of the body. 	
17.	Adho Muhka Virasana (variation) <i>Downward Facing Hero's Pose / Child's Pose</i> <ul style="list-style-type: none"> Calms the brain. Relieves heaviness in the stomach. 	
18.	Dandasana – strap around balls of the feet <i>Staff Pose</i> <ul style="list-style-type: none"> Strengthens the back muscles. Stretches the shoulders and chest. Improves posture. 	
19.	Urdhva Hastasana in Dandasana <i>Upwards Hands in Staff Pose</i> <ul style="list-style-type: none"> Opens the rib cage. Activates shoulder blades. 	
20.	Urdhva Prasarita Padasana – legs at 90°/45°, x3 <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. 	

21.	<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. 	
22.	<p>Sirsasna Prep – elbows & wrists on ground, fingers interlocked, head off floor <i>Headstand Prep</i></p> <ul style="list-style-type: none"> • Begin to get used to being upside down. • Begin to get used to hand and arm position. • Develop shoulder strength. 	
23.	<p>Chaturanga Dandasana <i>Four Limbed Staff Pose</i></p> <ul style="list-style-type: none"> • Strengthens the arms. • Contracts and tones the abdominal organs. • Develops mobility and power in the wrists. 	
24.	<p>Salabhasana <i>Locust Pose</i></p> <ul style="list-style-type: none"> • Aids digestion. • Relieves slipped disks. • Keeps bladder and prostate gland healthy. 	
25.	<p>Makarasana <i>Crocodile Pose</i></p> <ul style="list-style-type: none"> • Increases bodily heat. • Relieves stiff shoulders. 	
26.	<p>Salamba Sarvangasana x3 Shoulderstand</p> <ul style="list-style-type: none"> • Regulates the thyroid. • Calms the brain. 	
27.	<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. 	
28.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
29.	<p>Repeat - Suhkasana <i>Easy Pose</i></p>	