












Yoga Spring 2013, Class 10

Theme: Base of the Pose

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 in Tadasana <i>Upward Hands in Mountain Pose</i></p> <ul style="list-style-type: none"> • Opens the rib cage. • Activates shoulder blades. 	
4.	<p>Urdhva Baddhanguliyasana in Tadasana – left & right <i>Upward Bound Fingers in Mountain 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>Paschima Namaskarasana in Tadasana <i>West/Back Hands Together in Mountain Pose</i></p> <ul style="list-style-type: none"> • Helps wrists move freely. • Corrects round and drooping shoulders. • Makes deep breathing easier. 	
6.	<p>Tadasana Gomuhkasana in Tadasana – left & right <i>Cow Face Pose in Mountain Pose</i></p> <ul style="list-style-type: none"> • Expands the chest. • Frees the shoulder joints. 	
7.	<p>Utthita Trikonasana <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>Parsvottanasana (variation)– hands on waist, spine upright <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. 	






Yoga Spring 2013, Class 10

Theme: Base of the Pose

10.	Uttanasana – concave back, legs apart <i>Intense Stretch Pose</i> <ul style="list-style-type: none"> • Stretches hamstrings, calves & lower back. • Works the quadriceps. 	
11.	Sirsasna Prep – lift one leg off the wall at a time <i>Headstand Prep</i> <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. 	
12.	Ustrasana – thighs at the wall, chair under the hands <i>Camel Pose</i> <ul style="list-style-type: none"> • Stretches and tones the whole spine. • Corrects drooping shoulders and hunched backs. 	
13.	Salabhasana <i>Locust Pose</i> <ul style="list-style-type: none"> • Aids digestion. • Relieves slipped disks. • Keeps bladder and prostate gland healthy. 	
14.	Makarasana <i>Crocodile Pose</i> <ul style="list-style-type: none"> • Increases bodily heat. • Relieves stiff shoulders. 	
15.	Dhanurasana <i>Bow Pose</i> <ul style="list-style-type: none"> • Strengthens the spine. • Relieves slipped discs. 	
16.	Lolasana – with blocks under hands and strap around legs <i>Pendant Pose</i> <ul style="list-style-type: none"> • Strengthens the wrists and hands. • Strengthens the muscles of the back and the abdominal organs. • Makes the leg muscles elastic. 	
17.	Malasana <i>Garland Pose</i> <ul style="list-style-type: none"> • Lengthens the spine. • Strengthens the abdomen. 	

Yoga Spring 2013, Class 10

Theme: Base of the Pose

18.	<p>Adho Muhka Svanasana <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. 	
19.	<p>Salamba Sarvangasana - with support <i>Shoulderstand</i></p> <ul style="list-style-type: none"> • The Queen of Poses. • Regulates the thyroid. • Calms the brain. 	
20.	<p>Supta Padangustasana I – left & right <i>Reclining Big Toe Pose I</i></p> <ul style="list-style-type: none"> • Relieves sciatica. • Soothes the hips. • Reduces fat in lower body. 	
21.	<p>Supta Padangustasana II – left & right – leg 90° to the side <i>Reclining Big Toe Pose II</i></p> <ul style="list-style-type: none"> • Relieves sciatica. • Opens the hips. • Reduces fat in lower body. • Creates space in the pelvic cavity. • Soothes the pelvic organs. 	
22.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
23.	<p>Repeat - Sukhasana <i>Easy Pose</i></p>	