





# Yoga Spring 2013, Class 11

## Theme: Restoratives

1.	<p>Suhkasana <i>Easy Pose</i></p> <ul style="list-style-type: none"> <li>• Brings physical and mental harmony</li> <li>• Evens blood flow.</li> </ul>	
2.	<p>Backbend over horizontal rolled blankets or bolster, knees bent or legs straight</p> <ul style="list-style-type: none"> <li>• Opens the chest.</li> </ul>	
3.	<p>Supta Virasana – on bolster <i>Reclining Hero's Pose</i></p> <ul style="list-style-type: none"> <li>• Stretches the ankles, abdomen, back and waist.</li> <li>• Aids digestion.</li> <li>• Calms the pelvic organs.</li> <li>• Calms the mind.</li> </ul>	
4.	<p>Supta Baddha Konasana <i>Reclining Bound Angle Pose</i></p> <ul style="list-style-type: none"> <li>• Relieves the pelvic organs.</li> <li>• Tones the urinary system.</li> <li>• Good for hernia and piles.</li> <li>• Calms the mind.</li> </ul>	
5.	<p>Adho Muhka Virasana (variation) – big toe's touching, heels separated <i>Downward Facing Hero's Pose / Child's Pose</i></p> <ul style="list-style-type: none"> <li>• Calms the brain.</li> <li>• Relieves heaviness in the stomach.</li> </ul>	
6.	<p>Pranayama on a bolster – bottom of the shoulderblades at the bottom of the bolster, chest open, head and neck supported</p> <ul style="list-style-type: none"> <li>• <b>Normal Breathing</b> – take a baseline</li> <li>• <b>Ujjayi I</b> – Conditioned Breath – expand the side ribs at the thoracic diaphragm, little abdominal movement             <ul style="list-style-type: none"> <li>○ Trains one in the art of being aware of sensations in the lungs.</li> <li>○ Leads to even breathing</li> <li>○ Makes one attentive.</li> <li>○ Invigorates the nerves.</li> <li>○ Loosens hardness in the lungs.</li> <li>○ Prepares the lungs for deep breathing.</li> </ul> </li> <li>• <b>Ujjayi II</b> – slightly longer exhale than inhale             <ul style="list-style-type: none"> <li>○ Trains one to lengthen the duration of each outbreath.</li> <li>○ Learn the art of exhalation.</li> <li>○ Soothes the nerves.</li> <li>○ Calms the brain.</li> <li>○ Ideal for sufferers from cardiac disorders and hypertension.</li> </ul> </li> <li>• <b>Normal Breathing</b> – check your state</li> </ul>	

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7.	Svasana <i>Corpse Pose</i> <ul style="list-style-type: none"><li>• Invigorates &amp; refreshes the mind.</li><li>• Removes fatigue.</li></ul>	
8.	Repeat - Sukhasana <i>Easy Pose</i>	