




















# Yoga Spring 2013, Class 12

Theme: Inversions and Arm Balances

1.	<p>Sukhasana <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>Tadasana <i>Mountain Pose</i></p> <ul style="list-style-type: none"> <li>• Creates lightness in body</li> <li>• Makes mind agile.</li> </ul>	
3.	<p>Urdhva Hastasana <i>Upward Hands Pose</i></p> <ul style="list-style-type: none"> <li>• Opens the rib cage.</li> <li>• Activates shoulder blades.</li> </ul>	
4.	<p>Urdhva Baddhanguliyasana – left &amp; right <i>Upward Bound Fingers Pose</i></p> <ul style="list-style-type: none"> <li>• Exercises the knuckles.</li> <li>• Opens the joints of the fingers.</li> <li>• Broadens and lengthens the chest.</li> </ul>	
5.	<p>Tadasana Paschima Namaskarasana <i>West/Back Hands Together Pose</i></p> <ul style="list-style-type: none"> <li>• Helps wrists move freely.</li> <li>• Corrects round and drooping shoulders.</li> <li>• Makes deep breathing easier.</li> </ul>	
6.	<p>Tadasana Gomuhkasana – left &amp; right <i>Cow Face Pose in Mountain Pose</i></p> <ul style="list-style-type: none"> <li>• Expands the chest.</li> <li>• Frees the shoulder joints.</li> </ul>	
7.	<p>Garudasana – left &amp; right <i>Eagle Pose</i></p> <ul style="list-style-type: none"> <li>• Removes stiffness in the shoulders.</li> <li>• Develops the ankles.</li> <li>• Prevents cramps in the calves.</li> </ul>	
8.	<p>Utthita Trikonasana – left &amp; right <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> <li>• Tones the legs.</li> <li>• Relieves backache.</li> </ul>	
9.	<p>Virabhadrasana II – left &amp; right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> <li>• Relieves leg cramps</li> <li>• Tones the abdomen.</li> </ul>	

10.	<p>Utthita Parsvakonasana <i>Extended Lateral Angle Pose</i></p> <ul style="list-style-type: none"> <li>• Reduces fat around the waist and hips.</li> <li>• Relieves sciatic and arthritic pains.</li> <li>• Increases peristaltic activity and aids elimination.</li> </ul>	
11.	<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"> <li>• Stretches hamstrings, calves &amp; lower back.</li> <li>• Works the quadriceps.</li> </ul>	
12.	<p>Adho Muhka Svasana <i>Down Dog Pose</i></p> <ul style="list-style-type: none"> <li>• Brings back energy, removes fatigue, exhilarates.</li> <li>• Relieves pain and stiffness in the heels.</li> <li>• Strengthens the ankles and makes the legs shapely.</li> <li>• Eradicates stiffness in the shoulder blades.</li> </ul>	
13.	<p>Prasarita Padottanasana I – concave and convex back <i>Extended Leg Pose</i></p> <ul style="list-style-type: none"> <li>• Blood flows to the trunk and head.</li> <li>• Increases digestive power.</li> <li>• Brings weight to ideal.</li> </ul>	
14.	<p>Sirsasna Prep – lift one leg off the wall at a time <i>Headstand Prep</i></p> <ul style="list-style-type: none"> <li>• Begin to get used to being upside down.</li> <li>• Begin to get used to hand and arm position.</li> <li>• Develop shoulder strength.</li> </ul>	
15.	<p>Lolasana – with blocks under hands and strap around legs <i>Pendant Pose</i></p> <ul style="list-style-type: none"> <li>• Strengthens the wrists and hands.</li> <li>• Strengthens the muscles of the back and the abdominal organs.</li> <li>• Makes the leg muscles elastic.</li> </ul>	
16.	<p>Halasana – shoulders on blankets, toes to chair <i>Plough Pose</i></p> <ul style="list-style-type: none"> <li>• Increases circulation to the abdominal organs.</li> <li>• Relieves backache.</li> <li>• Brings emotional stability.</li> </ul>	
17.	<p>Salamba Sarvangasana - with support <i>Shoulderstand</i></p> <ul style="list-style-type: none"> <li>• The Queen of Poses.</li> <li>• Regulates the thyroid.</li> <li>• Calms the brain.</li> </ul>	

18.	<p>Karnapidasana – with support <i>Ear Pressure Pose</i></p> <ul style="list-style-type: none"> <li>• Rests the trunk, heart, and legs.</li> <li>• Stretches the spine.</li> <li>• Helps circulate blood around the waistline.</li> </ul>	
19.	<p>Supta Konasana – with support <i>Reclining Angle Pose</i></p> <ul style="list-style-type: none"> <li>• Tones the legs.</li> <li>• Contracts the abdominal organs.</li> </ul>	
20.	<p>Bharadvajasana I on chair <i>Bharadvaja's Pose</i></p> <ul style="list-style-type: none"> <li>• Makes the back supple.</li> <li>• Relieves arthritis.</li> </ul>	
21.	<p>Supta Padangustasana – left &amp; right <i>Reclining Big Toe Pose</i></p> <ul style="list-style-type: none"> <li>• Relieves sciatica.</li> <li>• Soothes the hips.</li> <li>• Reduces fat in lower body.</li> </ul>	
22.	<p>Supta Padangustasana II– left &amp; right – leg 90° to the side <i>Reclining Big Toe Pose II</i></p> <ul style="list-style-type: none"> <li>• Relieves sciatica.</li> <li>• Opens the hips.</li> <li>• Reduces fat in lower body.</li> <li>• Creates space in the pelvic cavity.</li> <li>• Soothes the pelvic organs.</li> </ul>	
23.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> <li>• Invigorates &amp; refreshes the mind.</li> <li>• Removes fatigue.</li> </ul>	
24.	<p>Repeat - Sukhasana <i>Easy Pose</i></p>	