












Yoga Spring 2013, Class 2

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 Paschima Baddha Hastasana – left & right <i>West/Back Bound Hands Pose</i></p> <ul style="list-style-type: none"> • Brings freedom of movement to the shoulders and arms. • Opens the chest. 	
6.	<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. 	
7.	<p>Tadasana Gomuhkasana – left & right <i>Cow Face Pose in Mountain Pose</i></p> <ul style="list-style-type: none"> • Expands the chest. • Frees the shoulder joints. 	
8.	<p>Tadasana Garudasana – left & right <i>Eagle Pose in Mountain Pose</i></p> <ul style="list-style-type: none"> • Removes stiffness in the shoulders. 	
9.	<p>Utthita Trikonasana – left & right <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. 	
10.	<p>Virabhadrasana II – left & right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> • Relieves leg cramps • Tones the abdomen. 	

18.	Chaturanga Dandasana – press up from floor	
19.	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. 	
20.	Sirsasna Prep – elbows & wrists on ground, fingers interlocked, head off floor <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. 	
21.	Halasana – shoulders on blankets, toes to chair <i>Plough Pose</i> <ul style="list-style-type: none"> • Increases circulation to the abdominal organs. • Relieves backache. • Brings emotional stability. 	
22.	Karnapidasana – feet on chair <i>Ear Pressure Pose</i> <ul style="list-style-type: none"> • Rests the trunk, heart, and legs. • Stretches the spine. • Helps circulate blood around the waistline. 	
23.	Chatoosh Padasana – x2 <i>Four Footed Pose</i> <ul style="list-style-type: none"> • Makes spine healthy and flexible. • Soothes the nerves. • Helps regulate the thyroid. 	
24.	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. 	
25.	Svasana <i>Corpse Pose</i> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
26.	Repeat - Sukhasana <i>Easy Pose</i>	