























Yoga Spring 2013, Class 3

Theme: Hips

1.	<p>Sukhasana <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>Vrksasana <i>Tree Pose</i></p> <ul style="list-style-type: none"> • Tones the leg muscles. • Gives poise and balance. 	
5.	<p>Virabhadrasana II – left & right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> • Relieves leg cramps • Tones the abdomen. 	
6.	<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. 	
7.	<p>Virabhadrasana I – left & right <i>Warrior I Pose</i></p> <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. 	
8.	<p>Utthita Hasta Padangustasana – leg supported on chair <i>Extended Hand to Big Toe Pose</i></p> <ul style="list-style-type: none"> • Makes the leg muscles powerful. • Removes backache. • Strengthens the hips and abdominal organs. • Relieves stiffness in the pelvic joints. 	
9.	<p>Baddha Hasta Uttanasana –repeat</p>	

10.	<p>Parsvottanasana – hands on blocks / floor, concave back <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. • Makes breathing easier when shoulders are drawn well back. 	
11.	<p>Virabhadrasana III – hands on blocks <i>Warrior III</i></p> <ul style="list-style-type: none"> • Improves bearing and poise. • Makes the leg muscles shapely and sturdy. • Gives agility to the body and mind. 	
12.	<p>Prasarita Padottanasana I – concave and convex back <i>Extended Leg Pose</i></p> <ul style="list-style-type: none"> • Blood flows to the trunk and head. • Increases digestive power. • Brings weight to ideal. 	
13.	<p>Dandasana <i>Staff Pose</i></p> <ul style="list-style-type: none"> • Strengthens the back muscles. • Stretches the shoulders and chest. • Improves posture. 	
14.	<p>Gomuhkasana in Dandasana – left & right <i>Cow Face Pose in Staff Pose</i></p> <ul style="list-style-type: none"> • Expands the chest. • Frees the shoulder joints. • Strengthens the legs and spine. 	
15.	<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. 	
16.	<p>FLOW Adho Muhka 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. <p>TO Plank Pose TO 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. 	 

17.	<p>Salabhasana <i>Locust Pose</i></p> <ul style="list-style-type: none"> • Aids digestion. • Relieves slipped disks. • Keeps bladder and prostate gland healthy. 	
18.	<p>Makarasana <i>Crocodile Pose</i></p> <ul style="list-style-type: none"> • Increases bodily heat. • Relieves stiff shoulders. 	
19.	<p>Halasana – shoulders on blankets, toes to chair <i>Plough Pose</i></p> <ul style="list-style-type: none"> • Increases circulation to the abdominal organs. • Relieves backache. • Brings emotional stability. 	
20.	<p>Salamba Sarvangasana - with support Shoulderstand</p> <ul style="list-style-type: none"> • The Queen of Poses. • Regulates the thyroid. • Calms the brain. 	
21.	<p>Halasana –repeat</p>	
22.	<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. 	
23.	<p>Maricyasana I – twist only <i>Marici's Pose</i></p> <ul style="list-style-type: none"> • Increases circulation to the abdominal organs. • Helps digestion. 	
24.	<p>Supta Padangustasana I – left & right <i>Reclining Big Toe Pose</i></p> <ul style="list-style-type: none"> • Relieves sciatica. • Soothes the hips. • Reduces fat in lower body. 	
25.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
26.	<p>Repeat - Suhkasana <i>Easy Pose</i></p>	