












Yoga Spring 2013, Class 4

1.	<p>Suhkasana <i>Easy Pose</i></p> <ul style="list-style-type: none"> • Brings physical and mental harmony • Evens blood flow. 	
2.	<p>Urdhva Hastasana in Suhkasana <i>Upward Hands in Easy Pose</i></p> <ul style="list-style-type: none"> • Opens the rib cage. • Activates shoulder blades. 	
3.	<p>Urdhva Baddhanguliyasana in Suhkasana – left & right <i>Upward Bound Fingers in Easy Pose</i></p> <ul style="list-style-type: none"> • Exercises the knuckles. • Opens the joints of the fingers. • Broadens and lengthens the chest. 	
4.	<p>Paschima Baddha Hastasana in Suhkasana – left & right <i>West/Back Bound Hands in Easy Pose</i></p> <ul style="list-style-type: none"> • Brings freedom of movement to the shoulders and arms. • Opens the chest. 	
5.	<p>Paschima Namaskarasana in Suhkasana <i>West/Back Hands Together in Easy 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 Suhkasana – left & right <i>Cow Face Pose in Easy Pose</i></p> <ul style="list-style-type: none"> • Expands the chest. • Frees the shoulder joints. 	
7.	<p>Utthita Trikonasana x2 – left & right – foot to wall and hand to chair; then foot to wall hand to shin <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. 	
8.	<p>Utthita Parsvakonasana x2 – block between wall and knee; then block under hand <i>Extended Lateral Angle Pose</i></p> <ul style="list-style-type: none"> • Reduces fat around the waist and hips. • Relieves sciatic and arthritic pains. • Increases peristaltic activity and aids elimination. 	

9.	<p>Ardha Uttanasana – hands on the wall, back perpendicular to floor <i>Half Intense Stretch Pose</i></p> <ul style="list-style-type: none"> • Stretches hamstrings, calves & lower back. • Works the quadriceps. 	
10.	<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. 	
11.	<p>Sirsasna Prep x2 – elbows & wrists on ground, fingers interlocked, head off floor; feet against baseboard, then feet up wall <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. 	
12.	<p>Ardha Uttanasana – hands to blocks; concave back <i>Intense Stretch Pose</i></p> <ul style="list-style-type: none"> • Stretches hamstrings, calves & lower back. • Works the quadriceps. 	
13.	<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. 	
14.	<p>Salamba Sarvangasana - with support Shoulderstand</p> <ul style="list-style-type: none"> • The Queen of Poses. • Regulates the thyroid. • Calms the brain. 	
15.	<p>Halasana –repeat</p>	
16.	<p>Supta Konasana – with support <i>Reclining Angle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Contracts the abdominal organs. 	
17.	<p>Maricyasana I – twist only; without catch; then with catch <i>Marici's Pose</i></p> <ul style="list-style-type: none"> • Increases circulation to the abdominal organs. • Helps digestion. 	

18.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
19.	<p>Repeat - Sukhasana <i>Easy Pose</i></p>	