
















Yoga Spring 2013, Class 5

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>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 Gomukhasana – 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>Adho Mukha Svasana x4 – hands on blocks <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. 	

Yoga Spring 2013, Class 5

10.	<p>Ardha Uttanasana – hands to blocks <i>Intense Stretch Pose</i></p> <ul style="list-style-type: none"> • Stretches hamstrings, calves & lower back. • Works the quadriceps. 	
11.	<p>Padangustasana – concave back <i>Big Toe Pose</i></p> <ul style="list-style-type: none"> • Tones the abdominal organs. • In the concave back position ONLY, helps relieve slipped discs. 	
12.	<p>Utkatasna - x2 – against the wall <i>Fierce Pose / Chair Pose</i></p> <ul style="list-style-type: none"> • Makes the ankles strong. • Develops the leg muscles evenly. • Tones the back muscles and abdominal organs. 	
13.	<p>Sirsasna Prep x3 – elbows & wrists on ground, fingers interlocked, head off floor; feet against baseboard; then shoulders into blocks at wall; 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. 	
14.	<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. 	
15.	<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. 	
16.	<p>Salamba Sarvangasana - with support Shoulderstand</p> <ul style="list-style-type: none"> • The Queen of Poses. • Regulates the thyroid. • Calms the brain. 	

Yoga Spring 2013, Class 5

17.	Halasana –repeat	
18.	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. 	
19.	Supta Konasana – with support <i>Reclining Angle Pose</i> <ul style="list-style-type: none"> • Tones the legs. • Contracts the abdominal organs. 	
20.	Setu Bandha Sarvangasana – sacrum on block, knees bent <ul style="list-style-type: none"> • Extends the spine backward. • Releases the neck. 	
21.	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. 	
22.	Parsva Suhkasana <i>Twist in Easy Pose</i> <ul style="list-style-type: none"> • Creates flexibility in the spine. • Relieves pain and cramps in the back, neck, and shoulders. 	
23.	Svasana <i>Corpse Pose</i> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
24.	Repeat - Suhkasana <i>Easy Pose</i>	