












Yoga Spring 2013, Class 6

Theme: Lengthen the Side Bodies

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>Vrksasana <i>Tree Pose</i></p> <ul style="list-style-type: none"> • Tones the leg muscles. • Gives poise and balance. 	
4.	<p>Parsvottanasana <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. 	
5.	<p>Parighasana – left & right <i>Gate Pose</i></p> <ul style="list-style-type: none"> • Keeps abdominal skin tight. • Relieves stiff backs. 	
6.	<p>Ustrasana – thighs at the wall, chair under the hands <i>Camel Pose</i></p> <ul style="list-style-type: none"> • Stretches and tones the whole spine. • Corrects drooping shoulders and hunched backs. 	
7.	<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. 	
8.	<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. 	
9.	<p>Padahastasana – concave back <i>Hands to Feet Pose</i></p> <ul style="list-style-type: none"> • Tones the abdominal organs. • In the concave back position ONLY, helps relieve slipped discs. 	


Yoga Spring 2013, Class 6

Theme: Lengthen the Side Bodies

10.	<p>Uttanasana <i>Intense Stretch Pose</i></p> <ul style="list-style-type: none"> • Stretches hamstrings, calves & lower back. • Works the quadriceps. 	
11.	<p>Prasarita Padottanasana I – concave & convex <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. 	
12.	<p>Dandasana <i>Staff Pose</i></p> <ul style="list-style-type: none"> • Strengthens the back muscles. • Stretches the shoulders and chest. • Improves posture. 	
13.	<p>Dandasana Urdhva Baddhanguliyasana – left & right <i>Upward Bound Fingers Pose in Staff Pose</i></p> <ul style="list-style-type: none"> • Exercises the knuckles. • Opens the joints of the fingers. • Broadens and lengthens the chest. 	
14.	<p>Dandasana Gomukhasana – left & right <i>Cow Face Pose in Staff Pose</i></p> <ul style="list-style-type: none"> • Expands the chest. • Frees the shoulder joints. 	
15.	<p>Sirsasna Prep x2 –head off floor, shoulders into blocks at wall, elbows & wrists on ground. <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>Setu Bandha Sarvangasana – sacrum on block, knees bent</p> <ul style="list-style-type: none"> • Extends the spine backward. • Releases the neck. 	
17.	<p>Chatoosh Padasana – x2 – on blankets <i>Four Footed Pose</i></p> <ul style="list-style-type: none"> • Makes spine healthy and flexible. • Soothes the nerves. • Helps regulate the thyroid. 	
18.	<p>Salamba Sarvangasana - with support <i>Shoulderstand</i></p> <ul style="list-style-type: none"> • The Queen of Poses. • Regulates the thyroid. • Calms the brain. 	

Yoga Spring 2013, Class 6

Theme: Lengthen the Side Bodies

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