













# Yoga Spring 2013, Class 7

Theme: Lengthen then Backend the Spine

1.	<p>Sukhasana <i>Easy Pose</i></p> <ul style="list-style-type: none"> <li>• Brings physical and mental harmony</li> <li>• Evens blood flow.</li> </ul>	
2.	<p>Tadasana <i>Mountain Pose</i></p> <ul style="list-style-type: none"> <li>• Creates lightness in body</li> <li>• Makes mind agile.</li> </ul>	
3.	<p>Vrksasana <i>Tree Pose</i></p> <ul style="list-style-type: none"> <li>• Tones the leg muscles.</li> <li>• Gives poise and balance.</li> </ul>	
4.	<p>Parsvottanasana <i>Intense Flank Stretch</i></p> <ul style="list-style-type: none"> <li>• Removes stiffness in the legs and hip muscles.</li> <li>• Makes the hip joints and spine elastic.</li> <li>• Makes breathing easier when shoulders are drawn well back.</li> </ul>	
5.	<p><b>Malasana</b> <i>Garland Pose</i></p> <ul style="list-style-type: none"> <li>• Lengthens the spine.</li> <li>• Strengthens the abdomen.</li> </ul>	
6.	<p>Padahasthasana – concave back <i>Hands to Feet Pose</i></p> <ul style="list-style-type: none"> <li>• Tones the abdominal organs.</li> <li>• In the concave back position ONLY, helps relieve slipped discs.</li> </ul>	
7.	<p>Uttanasana <i>Intense Stretch Pose</i></p> <ul style="list-style-type: none"> <li>• Stretches hamstrings, calves &amp; lower back.</li> <li>• Works the quadriceps.</li> </ul>	
8.	<p>Prasarita Padottanasana I – concave &amp; convex <i>Extended Leg Pose</i></p> <ul style="list-style-type: none"> <li>• Blood flows to the trunk and head.</li> <li>• Increases digestive power.</li> <li>• Brings weight to ideal.</li> </ul>	
9.	<p>Sirsasna Prep –1) head off floor, elbows &amp; wrists on ground; 2) feet on wall; 3) head on ground, feet on wall; 4) one leg off wall at a time <i>Headstand Prep</i></p> <ul style="list-style-type: none"> <li>• Begin to get used to being upside down.</li> <li>• Begin to get used to hand and arm position.</li> <li>• Develop shoulder strength.</li> </ul>	



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10.	<p>Salabhasana <i>Locust Pose</i></p> <ul style="list-style-type: none"> <li>• Aids digestion.</li> <li>• Relieves slipped disks.</li> <li>• Keeps bladder and prostate gland healthy.</li> </ul>	
11.	<p>Makarasana <i>Crocodile Pose</i></p> <ul style="list-style-type: none"> <li>• Increases bodily heat.</li> <li>• Relieves stiff shoulders.</li> </ul>	
12.	<p><b>Dhanurasana</b> <i>Bow Pose</i></p> <ul style="list-style-type: none"> <li>• Strengthens the spine.</li> <li>• Relieves slipped discs.</li> </ul>	
13.	<p>Ustrasana – thighs at the wall, chair under the hands <i>Camel Pose</i></p> <ul style="list-style-type: none"> <li>• Stretches and tones the whole spine.</li> <li>• Corrects drooping shoulders and hunched backs.</li> </ul>	
14.	<p>Adho Muhka Svanasana <i>Down Dog Pose</i></p> <ul style="list-style-type: none"> <li>• Brings back energy, removes fatigue, exhilarates.</li> <li>• Relieves pain and stiffness in the heels.</li> <li>• Strengthens the ankles and makes the legs shapely.</li> <li>• Eradicates stiffness in the shoulder blades.</li> </ul>	
15.	<p>Setu Bandha Sarvangasana – sacrum on block, knees bent</p> <ul style="list-style-type: none"> <li>• Extends the spine backward.</li> <li>• Releases the neck.</li> </ul>	
16.	<p>Chatoosh Padasana – x2 – on blankets <i>Four Footed Pose</i></p> <ul style="list-style-type: none"> <li>• Makes spine healthy and flexible.</li> <li>• Soothes the nerves.</li> <li>• Helps regulate the thyroid.</li> </ul>	
17.	<p>Salamba Sarvangasana - with support Shoulderstand</p> <ul style="list-style-type: none"> <li>• The Queen of Poses.</li> <li>• Regulates the thyroid.</li> <li>• Calms the brain.</li> </ul>	

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18.	<b>Bharadvajasana I</b> on chair <i>Bharadvaja's Pose</i> <ul style="list-style-type: none"><li>• Makes the back supple.</li><li>• Relieves arthritis.</li></ul>	
19.	Svasana <i>Corpse Pose</i> <ul style="list-style-type: none"><li>• Invigorates &amp; refreshes the mind.</li><li>• Removes fatigue.</li></ul>	
20.	Repeat - Sukhasana <i>Easy Pose</i>	