














Yoga Spring 2013, Class 8

Theme: Healthy Bladder, Prostate, Uterus

1.	<p>Suhkasana <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>Utthita Trikonasana – against the wall <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. 	
4.	<p>Utthita Parsvakonasana – against the wall <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. 	
5.	<p>Adho Muhka Svasana – hands at the wall, head supported <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. 	
6.	<p>Malasana I – against the wall; away from the wall <i>Garland Pose</i></p> <ul style="list-style-type: none"> • Lengthens the spine. • Strengthens the abdomen. 	
7.	<p>Padangustasana – concave back <i>Hands to Big Toes Pose</i></p> <ul style="list-style-type: none"> • Tones the abdominal organs. • In the concave back position ONLY, helps relieve slipped discs. 	
8.	<p>Uttanasana – concave back, legs apart <i>Intense Stretch Pose</i></p> <ul style="list-style-type: none"> • Stretches hamstrings, calves & lower back. • Works the quadriceps. 	
9.	<p>Prasarita Padottanasana I – concave <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. 	




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10.	<p>Dandasana <i>Staff Pose</i></p> <ul style="list-style-type: none"> • Strengthens the back muscles. • Stretches the shoulders and chest. • Improves posture. 	
11.	<p>Baddha Konasana <i>Bound Angle Pose</i></p> <ul style="list-style-type: none"> • Corrects urinary disorders. • Brings blood to the pelvis, abdomen, and back. • Relieves sciatic pain. • Prevents hernia. • Checks irregular menstrual cycle and helps the ovaries function properly. 	
12.	<p>Upavista Konasana – upright, hands pressing into the ground <i>Seated Angle Pose</i></p> <ul style="list-style-type: none"> • Brings blood to the pelvic region. • Relieves sciatic pain. • Prevents hernia and can cure mild cases. • Regularizes menstrual flow and stimulates the ovaries. • Stretches the hamstrings. 	
13.	<p>Virasana <i>Hero's Pose</i></p> <ul style="list-style-type: none"> • Cures pain in the outer knees. • Ideal for pain in the feet. 	
14.	<p>Virasana Urdhva Baddhanguliyasana – left & right <i>Upward Bound Fingers while in Hero's Pose</i></p> <ul style="list-style-type: none"> • Exercises the knuckles. • Opens the joints of the fingers. • Broadens and lengthens the chest. 	
15.	<p>Trianga Mukhaikapada Paschimottanasana – left & right, support to make hips even <i>Three Limb, Face to One Leg, Intense Stretch of Back Body Pose</i></p> <ul style="list-style-type: none"> • Keeps the abdominal organs healthy and in trim. • Helps dropped arches and flat feet. • Cures sprains in the ankle and knee. • Reduces swelling in the legs. 	

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16.	<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. 	
17.	<p>Setu Bandha Sarvangasana – variation <i>Cross Bolsters Pose</i></p> <ul style="list-style-type: none"> • Extends the spine backward. • Releases the neck. • Regulates the thyroid. • Calms the brain. 	
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>	