













Yoga Spring 2013, Class 9

Theme: Base of the Pose

1.	<p>Suhkasana <i>Easy Pose</i></p> <ul style="list-style-type: none"> • Brings physical and mental harmony • Evens blood flow. 	
2.	<p>Foot Massage – Love Your Feet</p>	
3.	<p>Tadasana <i>Mountain Pose</i></p> <ul style="list-style-type: none"> • Creates lightness in body • Makes mind agile. 	
4.	<p>Vrksasana <i>Tree Pose</i></p> <ul style="list-style-type: none"> • Tones the leg muscles. • Gives poise and balance. 	
5.	<p>Utthita Trikonasana <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> • Tones the legs. • Relieves backache. 	
6.	<p>Utthita Parsvakonasana <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. 	
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>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. 	
9.	<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. 	





Yoga Spring 2013, Class 9

Theme: Base of the Pose

10.	<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. 	
11.	<p>Utkatasna – x3 - at wall; middle or room; above chair <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. 	
12.	<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. 	
13.	<p>Sirsasna Prep <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>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. 	
15.	<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. 	
16.	<p>Halasana –repeat</p>	

Yoga Spring 2013, Class 9

Theme: Base of the Pose

17.	Supta Konasana – with support <i>Reclining Angle Pose</i> <ul style="list-style-type: none">• Tones the legs.• Contracts the abdominal organs.	
18.	Setu Bandha Sarvangasana – sacrum on block, knees bent <ul style="list-style-type: none">• Extends the spine backward.• Releases the neck.	
19.	Maricyasana I – twist only; without catch; then with catch <i>Marici's Pose</i> <ul style="list-style-type: none">• Increases circulation to the abdominal organs.• Helps digestion.	
20.	Svasana <i>Corpse Pose</i> <ul style="list-style-type: none">• Invigorates & refreshes the mind.• Removes fatigue.	
21.	Repeat - Sukhasana <i>Easy Pose</i>	