












# Yoga Short Session Fall 2013, Class 1

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>Utthita Trikonasana – left &amp; right <i>Extended Triangle Pose</i></p> <ul style="list-style-type: none"> <li>• Tones the legs.</li> <li>• Relieves backache.</li> </ul>	
4.	<p>Virabhadrasana II – left &amp; right <i>Warrior II Pose</i></p> <ul style="list-style-type: none"> <li>• Relieves leg cramps</li> <li>• Tones the abdomen.</li> </ul>	
5.	<p>Utthita Parsvakonasana <i>Extended Lateral Angle Pose</i></p> <ul style="list-style-type: none"> <li>• Reduces fat around the waist and hips.</li> <li>• Relieves sciatic and arthritic pains.</li> <li>• Increases peristaltic activity and aids elimination.</li> </ul>	
6.	<p>Uttanasana – hands to blocks; then on floor <i>Intense Stretch Pose with Bound Arms</i></p> <ul style="list-style-type: none"> <li>• Stretches hamstrings, calves &amp; lower back.</li> <li>• Works the quadriceps.</li> </ul>	
7.	<p>Prasarita Padottanasana I – concave back, convex back <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>	
8.	<p>Dandasana – strap around balls of the feet <i>Staff Pose</i></p> <ul style="list-style-type: none"> <li>• Strengthens the back muscles.</li> <li>• Stretches the shoulders and chest.</li> <li>• Improves posture.</li> </ul>	
9.	<p>Gomuhkasana in Dandasana – left &amp; right <i>Cow Face Pose in Staff Pose</i></p> <ul style="list-style-type: none"> <li>• Expands the chest.</li> <li>• Frees the shoulder joints.</li> <li>• Strengthens the legs and spine.</li> </ul>	

10.	<b>Siddhasana</b> <i>Auspicious, or Sage's, Pose</i> <ul style="list-style-type: none"> <li>• Purifies the nadis.</li> <li>• Keeps the pubic region healthy.</li> <li>• Cures stiffness in the knees and ankles.</li> <li>• Keeps the mind firm, attentive, and alert.</li> </ul>	
11.	<b>Salamba Sarvangasana - with support</b> <b>Shoulderstand</b> <ul style="list-style-type: none"> <li>• The Queen of Poses.</li> <li>• Regulates the thyroid.</li> <li>• Calms the brain.</li> </ul>	
12.	<b>Svasana</b> <i>Corpse Pose</i> <ul style="list-style-type: none"> <li>• Invigorates &amp; refreshes the mind.</li> <li>• Removes fatigue.</li> </ul>	
13.	<b>Repeat - Sukhasana</b> <i>Easy Pose</i>	