










Yoga Short Session Fall 2013, Class 2

1.	<p>Suhkasana <i>Easy Pose</i></p> <ul style="list-style-type: none"> • Brings physical and mental harmony • Evens blood flow. 	
2.	<p>Parighasana – left & right <i>Gate Pose</i></p> <ul style="list-style-type: none"> • Keeps abdominal skin tight. • Relieves stiff backs. 	
3.	<p>Parsvottanasana – concave and convex back, hands down <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. 	
4.	<p>Virabhadrasana I – left & right <i>Warrior I Pose</i></p> <ul style="list-style-type: none"> • Fully expands the chest, which helps deep breathing. • Relieves stiffness in the armpits, shoulders, shoulder blades, thoracic ribs, neck, and back. • Tones the ankles and knees. 	
5.	<p>Utkatasna <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. 	
6.	<p>Urdhva Prasarita Padasana – legs at 90° <i>Upward Extended Foot Pose</i></p> <ul style="list-style-type: none"> • Reduces fat around the abdomen. • Strengthens the lumbar spine. • Tones the abdominal organs. 	
7.	<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. 	
8.	<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. 	

9.	<p>Chatoosh Padasana – x2 <i>Four Footed Pose</i></p> <ul style="list-style-type: none"> • Makes spine healthy and flexible. • Soothes the nerves. • Helps regulate the thyroid. 	
10.	<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. 	
11.	<p>Svasana <i>Corpse Pose</i></p> <ul style="list-style-type: none"> • Invigorates & refreshes the mind. • Removes fatigue. 	
12.	<p>Repeat - Suhkasana <i>Easy Pose</i></p>	