










## Yoga Short Session Fall 2013, Class 3

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>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>	
3.	<p>Ardha Chandrasana – left &amp; right – on a chair <i>Half Moon Pose</i></p> <ul style="list-style-type: none"> <li>• Tones the legs and lumbar spine.</li> <li>• Opens the chest.</li> </ul>	
4.	<p>Padangustasana – concave &amp; convex back <i>Big Toe 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>	
5.	<p>Padahastasana – concave &amp; convex 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>	
6.	<p>Adho Mukha Svasana – hands on blocks <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>	
7.	<p><b>Parsvatasana in Swastikasana– x2</b> <i>Upward Bound Fingers in Easy Pose</i></p> <ul style="list-style-type: none"> <li>• Exercises the knuckles.</li> <li>• Opens the joints of the fingers.</li> <li>• Broadens and lengthens the chest.</li> </ul>	
8.	<p>Malasana <i>Garland Pose</i></p> <ul style="list-style-type: none"> <li>• Lengthens the spine.</li> <li>• Strengthens the abdomen.</li> </ul>	
9.	<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>	

10.	Salamba Sarvangasana - with support Shoulderstand <ul style="list-style-type: none"> <li>• The Queen of Poses.</li> <li>• Regulates the thyroid.</li> <li>• Calms the brain.</li> </ul>	
11.	Bharadvajasana I <i>Bharadvaja's Pose</i> <ul style="list-style-type: none"> <li>• Makes the back supple.</li> <li>• Relieves arthritis.</li> </ul>	
12.	Svasana <i>Corpse Pose</i> <ul style="list-style-type: none"> <li>• Invigorates &amp; refreshes the mind.</li> <li>• Removes fatigue.</li> </ul>	
13.	Repeat - Sukhasana <i>Easy Pose</i>	