





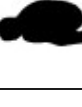






















Classplan Description: General beginner/intermediate class - starts with pranayama, neck stretches, foot exercises and massage and then proceeds to standing and balance poses.

	Pose Name	Pose Description	Pose Transition Comments
	Pranayama (<i>Pranayama</i>)	Start with 5 minutes of reclining prana yama. Equal breath. Use 2 tri-folded blankets.	
	Seated Side Bend		
	Cat (<i>Marjari</i>)		
	Cow (<i>Bitilasana</i>)		
	Child's (<i>Balasana</i>)		
	Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)		
	Child's (<i>Balasana</i>)		
	Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)		
	Standing Forward Bend (<i>Uttanasana</i>)		
	Standing Half Forward Bend (<i>Ardha Uttanasana</i>)		
	Mountain (<i>Tadasana</i>)		
	Lunge (<i>Ardha Mandalasana</i>)		

	Pose Name	Pose Description	Pose Transition Comments
	Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)		
	Standing Forward Bend (<i>Uttanasana</i>)		
	Standing Half Forward Bend (<i>Ardha Uttanasana</i>)		
	Mountain (<i>Tadasana</i>)		
	Extended Side Angle (<i>Utthita Parsvakonasana</i>)		
	Warrior II (<i>Virabhadrasana II</i>)		
	Extended Triangle (<i>Utthita Trikonasana</i>)		
	Tree (<i>Vrksasana</i>)		
	Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)		
	Plank (<i>Phalahakasana</i>)		
	Cobra (<i>Bhujangasana</i>)		
	Child's (<i>Balasana</i>)		
	Spinal Twist Prostration (<i>Akashi Mudra</i>)		
	Hip Roll		

	Pose Name	Pose Description	Pose Transition Comments
	Corpse (<i>Savasana</i>)		