



Ten minute yoga sequence
 Lauren Ostrowski Fenton
 May 24th 2010

Pose Sanskrit name	English name	time	total
<i>Supta Baddha Konasana</i>	Reclined bound angle pose or goddess pose	55 seconds	55
<i>Virasana Gomukasana arms</i>	Hero's pose with cow face arms	25 seconds each side	50
<i>Dandasana</i>	Stick or staff Pose	15 seconds	15
<i>Tadasana Samasthiti</i>	Mountain or standing pose	40 seconds	30
<i>Uttananasa</i>	Forward bend	15 seconds	15
<i>Uttita Trikonasana</i>	Triangle pose	45 seconds each side	90
<i>Uttita Parsvokonasana</i>	Extended side angle pose	45 each side	90
<i>Ardha Chandrasana</i>	Half moon pose	20 seconds each side	40
<i>Virabhadrasana I</i>	Warrior one	25 seconds each side	50
<i>Adho Mukha Svanasana</i>	Downward dog	35 seconds	35
<i>Chaturanga Dandasana</i>	Four limbed staff pose	20 seconds	20

<i>Urdva Mukha Svasana</i>	Cobra or upward facing dog (be careful, engage your core, and be conservative)	10 seconds	10
shava udarakarshanasana	Universal spinal twist	10 seconds each side	20
<i>Adho Mukha Svanasana</i>	Downward dog	35 seconds	35
<i>Savasana</i>	Corpse pose	45 seconds	45
		Ten minutes	600