

HOME PRACTICE SEQUENCE

Standing Postures

Model: Shauna Fuller

Standing postures help us to feel grounded and connected to the earth. Some lower back pain can be alleviated by this active use of legs. Practicing at the wall is a great way to find the (sthira) steadiness of the back leg.



1. Downward Facing Dog
keep toes on floor, heels up
wall



2. Uttanasana
(standing forward bend)



3. Virabhadrasana II
(warrior II)
back heel on floor against
wall, front knee over ankle



4. Utkatasana
(powerful pose)
entire spine
against wall



5. Trikonasana (triangle)
take front leg outer hip toward wall keeping big
toe mound firm



6. Ardha Chandrasana (half moon)
keep front foot parallel with mat
back foot parallel with floor
standing leg outer hip toward wall



7. Parsvakonasana (side angle) - middle frame shows pulling arm into socket before taking it over the head
into final pose



8. Downward Facing Dog
balance the asymmetrical
poses with down dog

9. Savasana

