

HOME PRACTICE SEQUENCE

Finding Equilibrium Through Standing Poses

Sequence: *Dina Restivo*

Model: *Rachel Souza*

Dina teaches Sunday Hot Yoga: 4:00 - 5:15pm. This class is suspended for the summer and will resume on October 6.

Photos: *Kathy Prekoski*

Standing poses allow you to connect to the earth, build strength and balance, and promote self-empowerment. For those of you new to a yoga practice, please start out doing three cycles of breath in each posture. Begin seated for five minutes. Take time to observe your breath. I recommend opening the hips by lying on your back and drawing circles with your knees.

1. Warrior II: Legs wide. Right foot to 90 degrees; left foot to 45 degrees. Bend the right knee to 90 degrees. With soft eyes, gaze over the right fingertips.



2. Reverse Warrior: Keeping the right knee bent at 90 degrees, the left arm reaches to the left thigh. With the right hand in external rotation, reach the right arm and hand overhead, stretching the right side body.



3. Return to Warrior II.



4. Triangle: Straighten the right leg, put the left hand on your hip. Bring the right hand to your shin, slowly moving the left shoulder on top of the right. Twist the navel toward the sky. Keep the back leg engaged. Inhale to come up. Pause and breathe, then joyfully repeat 1-4 on the other side.

Repeat the series three times through on each side.



Sava means corpse in Sanskrit. In Light on Yoga, BKS Iyengar gives the following description of savasana:

“By remaining motionless for some time, and keeping the mind still while you are fully conscious, you learn to relax. ... It is much harder to keep the mind than the body still. Therefore, this apparently easy posture is one of the most difficult to master.”

