

Basic Standing Pose Sequence - Foundation

A basic sequence of standing poses to be practised with some regularity. Standing poses are the most corrective of all the poses, informing us of misalignments and restrictions.

Sequence steps



Supta Baddha Konasana

Reclining Bound Angle Pose
2 minutes

Join your feet together, your heels pressed to your pelvis. Lie back over a bolster or other form of support. Relax and let your chest open. If necessary, use a strap to hold your feet in place.



Virasana Forward

Downward-Facing Hero Pose
30-45 seconds

Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.



Tadasana

Mountain Pose
On the breath

Stand up tall and straight, place your feet close together, with your heels and big toes touching. Imagine as if you are standing with your back against the wall. Extend your whole body from the heels up through the crown of your head.



Urdhva Baddhanguliyasana

Upward Salute with Interlocked Fingers
Five steady breaths

Stretch your arms in front of you and interlock your fingers. Turn your palms inside out and lift your arms up overhead, making sure to keep your shoulders open. Change the interlock of your fingers and repeat.



Tadasana

Mountain Pose
On the breath

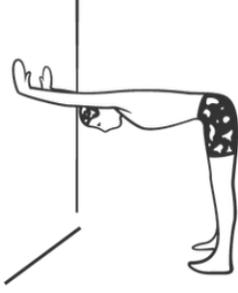
Stand up tall and straight, place your feet close together, with your heels and big toes touching. Imagine as if you are standing with your back against the wall. Extend your whole body from the heels up through the crown of your head.



Paschima Namaskar

Reverse Prayer Pose
Five steady breaths

Stand in Tadasana and spread your arms outward. Then bring your hands behind your back, join your palms together, and walk them up to capacity. If you lack wrist mobility, you can also simply grab hold of your elbows.



Half Uttanasana

Half Forward Bend
30-45 seconds

Stand in front of a wall. Keeping your back and legs straight, tip from your pelvis until your chest is parallel to the ground. Push your hands into the wall and stretch your hips backwards.



Adho Mukha Svanasana

Downward-Facing Dog Pose
30 seconds

Press evenly into your hands and feet. The main aim is to elongate the back of your body while lifting your hips up as high off the ground as possible. If necessary, bend your knees a little but stay strong in the legs.



Adho Mukha Vrksasana

Handstand
20-30 seconds

Open your hands into the floor and strengthen your arms as you lift your body up, one leg at a time, into an inverted balance. Use the wall for support if necessary. If pushing yourself up proves to be too difficult, you can walk your feet up the wall.



Tadasana

Mountain Pose
30-45 seconds

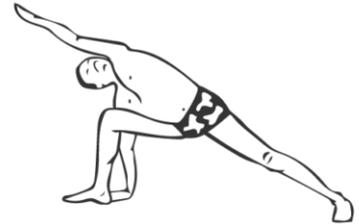
Stand up tall and straight, place your feet close together, with your heels and big toes touching. Imagine as if you are standing with your back against the wall. Extend your whole body from the heels up through the crown of your head.



Utthita Trikonasana

Extended Triangle Pose
30-45 seconds

Keep the toes and kneecap of your left leg pointed forward and, keeping your spine straight and long, stretch over your leg. Place your left hand on your ankle or on a block next to your foot. Look up towards your extended right arm.



Utthita Parsvakonasana

Extended Side Angle Pose
30-45 seconds

Bend your front leg and place your hand by of your foot as you stretch your other arm up and over your head. Pull your waist away from the floor, keep your back straight. Place a block under your hand if necessary.



Virabhadrasana I

Warrior I Pose
30-45 seconds

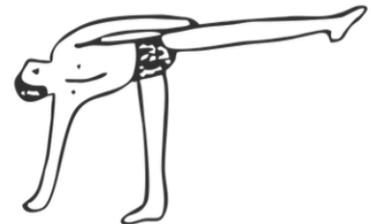
Angle your back foot outward slightly and straighten your back leg. Lift from your navel up, bring your arms up, and lengthen through the crown of your head. Make sure your front knee and toes are aligned and pointing straight forward.



Virabhadrasana II

Warrior II Pose
30-45 seconds

Angle your back foot in and straighten out the leg. Bend your front knee into a lunge, pointing it forward so that it's aligned with your hips, shin, and toes. Stretch your arms out in a parallel line. Lengthen through the crown of your head.



Ardha Chandrasana

Half Moon Pose
30-45 seconds

Get rooted through your left foot, point your toes and kneecap forward. Then, place your left hand on the floor or a block in front of you as you stretch your other right leg back in line with your straight back. You can use the wall for support if you lack the balance. If possible, lift your right arm up.



Parivritta Trikonasana

Revolved Triangle Pose
30-45 seconds

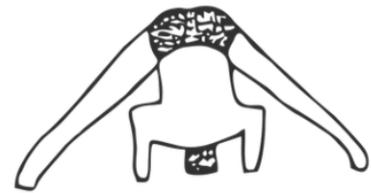
Keep yourself rooted through your toe mounds as you twist and balance. Make sure your spine is straight and elongated, use blocks if necessary.



Parsvottanasana

Intense Side Stretch Pose
30-45 seconds

Place your feet one leg-length apart, your back foot angled out slightly. Keep your legs straight as you start to fold over your front leg, maintaining a concave spine for as far into the bend as possible.



Prasarita Padottanasana

Wide-Legged Forward Bend
30-45 seconds

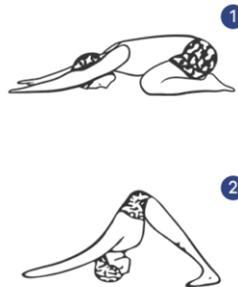
Plant your feet as wide apart as you can. Place your hands on the floor and lengthen forward through your spine. Once you have achieved the concave spine, start to walk your hands backward to capacity, aiming to lengthen and release your spine as evenly as possible.



Supta Virasana

Reclining Hero Pose
3 minutes

Lay on your back with your legs bent, your toes pointing backward.



Virasana Forward into Adho Mukha Svanasana

Forward Facing Hero Pose into Downward Facing Dog Pose
4-5 steady breaths

Back and forward transition from Virasana Forward to Adho Mukha Svanasana. Change poses on the breath, attempt to go deeper into each pose with every repetition.



Salamba Sirsasana I

Headstand I
3-5 minutes

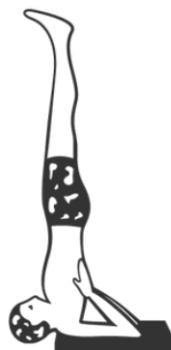
Activate your shoulders and upper back muscles as you lift your body up into inverted balance. Use the wall for support if necessary.



Virasana Forward

Downward-Facing Hero Pose
30 seconds

Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.



Salamba Sarvangasana

Shoulderstand
5-6 minutes

Activate your arms and shoulders as you lift your body up perpendicular to the floor. Use blankets or bolsters to support your shoulders. Make sure the back of your neck stays relaxed and maintains its natural curve.



Halasana

Plough Pose
2-3 minutes

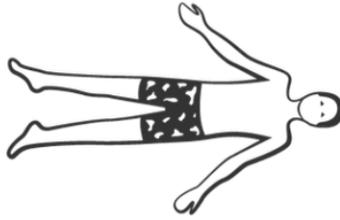
Use support under your shoulders. Keeping your shoulders open, lift your hips up high above your head, dropping your feet down behind you. Place your hands on your back to help keep it from rounding.



Simple Cross Legs Forward

1 minute

Sit with your legs crossed. Keep your sit-bones pointing down as you stretch your arms forward to capacity, lengthening your spine.



Savasana

Corpse Pose

5-6 minutes

Lie down on the floor. Spread your arms and legs slightly at your side. Relax and concentrate on your breath.