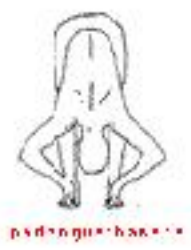


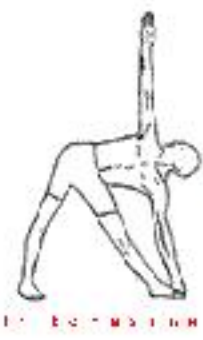
# Ashtanga Standing Asanas



padmasana



baddha padmasana



trikonasana



parivrtta trikonasana



parvasa uttanasana

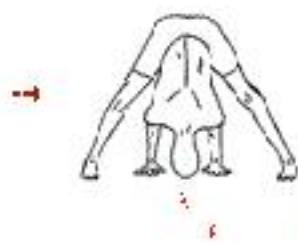


parivrtta parvasa uttanasana

The standing sequence follows the Sun Salutations which have warmed up the body and established the flowing breath and movement. The standing postures continue the flowing breath and movement synchronization - one breath per movement - until you are in the posture where the breath is held for a count of 5.

The benefits of the standing postures are: increased strength, stability. The postures prepare the body for the seated postures that follow.

Modifications for each posture are shown beneath - remember, if you lose the breath perform one of the modifications.



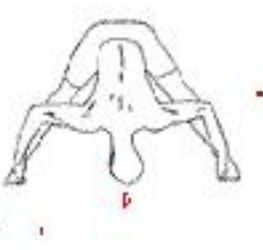
adho mukha svanasana



bhujangasana



bhujangasana



bhujangasana



ardha uttanasana



trikonasana



padmasana



ardha padmasana



ardha padmasana



ardha padmasana



urdhva dhanurasana



virabhadrasana A



virabhadrasana B

