

My Home Practice - Standing Sequence

Props needed for this sequence are a yoga mat and several blocks. In general, sustain each of the asanas in ***bold italics*** for 20-30 seconds - longer if it is possible to correctly articulate and comfortably sustain the asana. The exception is the section below in *italics*. Perform the asanas in this short section in a flowing, vinyasa-style, sustaining each asana for not more than a single full breath.

Begin in ***Tadasana*** - focus on the breath to quiet body and mind, set your intention for the practice.

Remain in ***Tadasana*** and warm up arms & shoulders with:

Urdva hastasana
Baddhanguliasana
Gomukasana

Move into ***Vrksasana*** (right side, then left). If desired for additional balance, perform this asana with the knee of externally rotated leg pressed to the wall.

Step back into ***tadasana*** then into ***Utkatasana***; fold forward to

Uttanasana (bent knees), step back to

Adho Mukha Svanasana, step the right foot forward to

Ashva Sanchalanasana (High Lunge), step back to

Adho Mukha Svanasana, step left foot forward to

Ashva Sanchalanasana (High Lunge), step back to

Adho Mukha Svanasana, step right foot forward to

Anjaneyasana (Low Lunge), step back to

Adho Mukha Svanasana, step left foot forward to

Anjaneyasana (Low Lunge), step back to

Adho Mukha Svanasana, step right foot forward to

Virabhadrasana 1, then flow into ***Virabhadrasana 1 variation***; step back to

Adho Mukha Svanasana, step left foot forward to

Virabhadrasana 1, then flow into ***Virabhadrasana 1 variation***; step back to

Adho Mukha Svanasana, step right foot forward to

Virabhadrasana 3, step back to

Adho Mukha Svanasana, step left foot forward to

Virabhadrasana 3, step back to

Adho Mukha Svanasana, turn torso to the right, step the feet apart into

Ardha Padottanasana. Softly bend the knees, walk the feet together slightly if needed, bring the torso vertical, step into ***Tadasana***. The next asanas in italics are performed vinyasa-style from ***Tadasana***. Step the feet apart, arms out laterally to set up -

Virabhadrasana 2 (take right and left sides), move to

Parsvakonasana (both sides), move to

Trikonasana (right side), move to

Ardha Chandrasana (right side), move to

Trikonasana (left side), move to

Ardha Chandrasana (left side), move to

Tadasana (pause here to rest/reflect), then move to

Urdva Hastasana, flowing forward to

Uttanasana (knees bent if needed); softly come to hands and knees; move into

Dolphin Pose; back to kneeling;

Turn lengthwise on your mat, from kneeling, move into

Parighasana (right side); back to center,

Parighasana (left side); back to center.

Keeping knees together, spread feet apart, let the body rest for several breaths in ***Balasana***.

Move to ***Savasana*** (5-10 minutes).

Namaste

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