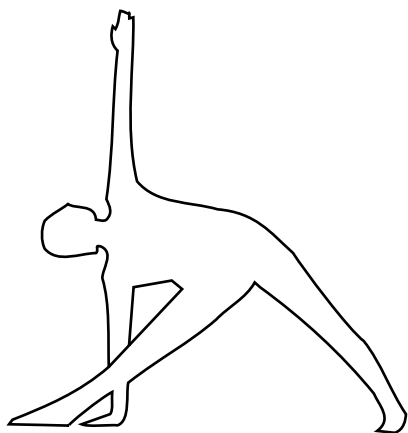
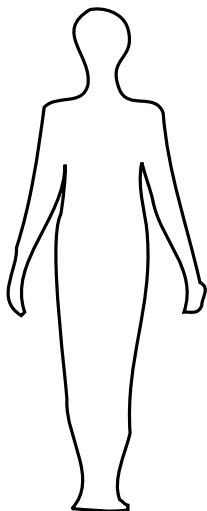


### Tadasana

#### Mountain pose

- 1 Stand erect with the feet together, the heels and big toes touching each other. Press the ball of the foot on the floor and stretch all the toes flat on the floor.
- 2 Tighten the knees and pull the knee-caps up, contract the hips and pull up the muscles at the back of the thighs.
- 3 Keep the stomach in, chest forward, spine stretched up and the neck straight.
- 4 Do not bear the weight of the body either on the heels or the toes, but distribute it evenly on them both.
- 5 Place the arms by the side of the thighs, fingers spread.

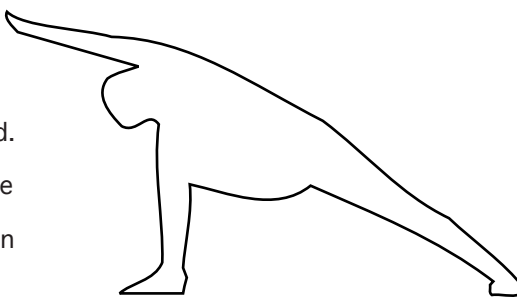
**Variation:** Stretch the arms overhead, elbows straight, palms facing and fingers spread. Make sure you do not sway back — keep the front ribs in.



### Utthita Trikonasana

#### Extended triangle pose

- 1 Stand in Tadasana.
- 2 Inhale deeply and with a jump spread the legs apart wide. Raise the arms sideways, in line with the shoulders, palms facing down. Keep the arms parallel to the floor.
- 3 Turn the right foot sideways 90 degrees to the right. Turn the left foot slightly to the right, keeping the left leg stretched from the inside and tightened at the knee.
- 4 Exhale, bend the trunk sideways to the right, bringing the right palm near the right ankle or holding the shin.
- 5 Stretch the left arm up, bringing it in line with the right shoulder and extend the trunk. The back of the legs, the back of the chest and the hips should be in a line. Gaze at the thumb of the outstretched left hand. Keep the right knee locked tight by pulling up the knee-cap and keep the right knee facing the toes.
- 6 Release. repeat on the left side, then jump feet together, coming back to Tadasana.



### Utthita Parsvakonasana

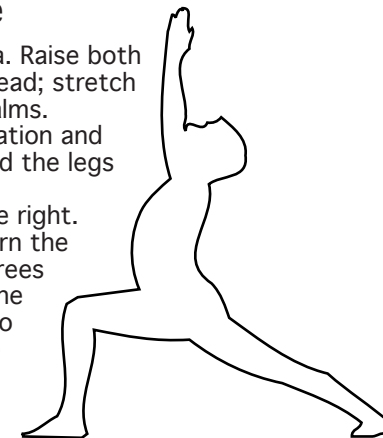
#### Extended lateral angle pose

- 1 Stand in Tadasana. Take a deep inhalation and with a jump spread the legs apart wide. Raise the arms sideways, in line with the shoulders, palms facing down.
- 2 While exhaling slowly, turn the right foot sideways 90 degrees to the right, and the left foot slightly to the right, keeping the left leg stretched out and tightened at the knee. Bend the right leg at the knee until the thigh and the calf form a right angle and the right thigh is parallel to the floor.
- 3 Place the right palm on the floor by the side of the right foot, the right armpit covering and touching the outer side of the right knee. Stretch the left arm out over the left ear. Keep the head up.
- 4 The chest, the hips and the legs should be in a line and in order to achieve this, move the chest up and back. Stretch every part of the body, concentrating on the back portion of the whole body, specially the spine. Stretch the spine until all the vertebrae and ribs move and there is a feeling that even the skin is being stretched and pulled.
- 5 Release. repeat on the left side, then jump feet together, coming back to Tadasana.

### Virabhadrasana 1

#### First warrior pose

- 1 Stand in Tadasana. Raise both arms above the head; stretch up and join the palms.
- 2 Take a deep inhalation and with a jump spread the legs apart sideways.
- 3 Exhale, turn to the right. Simultaneously turn the right foot 90 degrees to the right and the left foot slightly to the right. Flex the right knee till the right thigh is parallel to the floor and the right shin perpendicular to the floor, forming a right angle between the right thigh and the right calf. The bent knee should not extend beyond the ankle, but should be in line with the heel.
- 4 Stretch out the left leg and tighten at the knee.
- 5 The face, chest and right knee should face the same way right foot. Throw the head up, stretch the spine and the coccyx and gaze at the joined palms.
- 6 Release. repeat on the left side, then jump feet together, coming back to Tadasana.

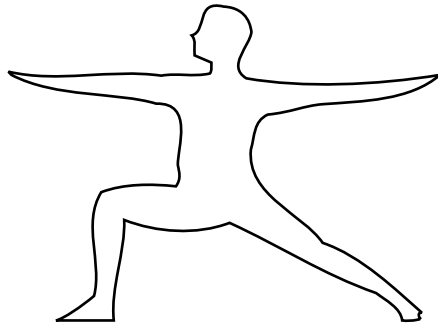


**Note:** All standing poses are strenuous, this pose in particular should not be tried by persons with a weak heart. Even persons who are fairly strong should not stay long in this asana.

### Uttanasana (to wall)

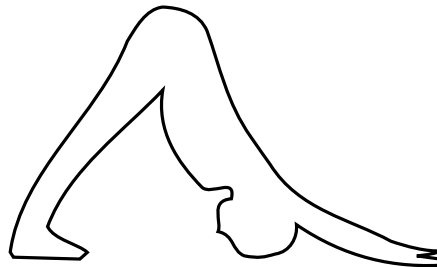
#### Intense pose

- 1 Stand facing the wall, feet slightly apart. Keeping arms and legs straight, bend forward from the hips so that the palms are on the wall, fingers up, and the arms and trunk are parallel to the ground. The legs should be vertical.
- 2 Keep the head level with the upper arms, lift the knees and stretch the buttocks toward the centre of the room to lengthen the back. Do not drop through the abdomen or front ribs.



## Adho Mukha Svanasana Down-face dog pose

- 1 Lie full length on the floor on the stomach, face downwards. The feet should be kept one foot apart.
- 2 Rest the palms by the side of the chest, the fingers straight and pointing in the direction of the head.
- 3 Exhale and raise the trunk from the floor. Straighten the arms, move the head inwards towards the feet and place the crown of the head towards the floor, keeping the elbows straight and extending the back.
- 4 Keep the legs stiff and do not bend the knees but press the heels down towards the floor. The feet should be parallel to each other, the toes pointing straight ahead.
- 5 Stay in the pose up to a minute with deep breathing. Then with an exhalation lift the head off the floor, stretch the trunk forward and lower the body gently to the floor and relax. Rest in pose of the child.

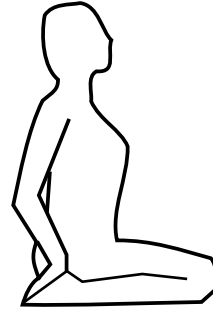


## Virabhadrasana 2 Second warrior pose

- 1 Stand in Tadasana.
- 2 Take a deep inhalation, and with a jump spread the legs wide apart sideways. Raise the arms sideways in line with the shoulders, palms facing down.
- 3 Turn the right foot sideways 90 degrees to the right and the left foot slightly to the right, keeping the left leg stretched out and tightened at the knee. Stretch the hamstring muscles of the left leg.
- 4 Exhale and bend the right knee till the right thigh is parallel to the floor, keeping the right shin perpendicular to the floor, thus forming a right angle between the right thigh and the right calf. The bent knee should not extend beyond the ankle, but should be in line with the heel.
- 5 Stretch out the hands sideways, as though two persons are pulling you from opposite ends.
- 6 Turn the face to the right and gaze at the right palm. Stretch the back muscles of the left leg fully. The back of the legs, the dorsal region and the hips should be in one line.
- 7 Release, repeat on the left side, then jump feet together, coming back to Tadasana.

## Virasana Hero pose

- 1 Kneel on the floor. Keep the knees together and spread the feet about 18 inches apart.
- 2 Rest the buttocks on the floor, but not the body on the feet. The feet are kept by the side of the thighs, the inner side of each calf touching the outer side of its respective thigh. Keep the toes pointing back and touching the floor. Keep the wrists on the knees, palms facing up, and join the tips of the thumbs and forefingers. Keep the other fingers extended. Stretch the back erect.



the knees, palms facing up, and join the tips of the thumbs and forefingers. Keep the other fingers extended. Stretch the back erect.

- 3 Use support under the buttocks if they do not contact fully with the floor.
- 4 Then rest the palms on the knees for a while.

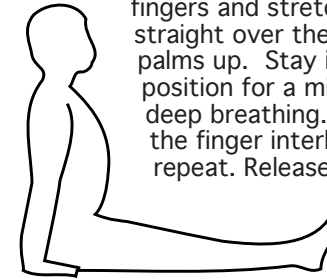
**Variation:** Now interlock the fingers and stretch the arm straight over the head, palms up. Stay in this position for a minute with deep breathing. Change the finger interlock and repeat.

**Variation:** Exhale, release the fingerlock, place the palms on the soles, bend forward and rest the chin on the knees. Stay in this position for a minute with normal breathing. Inhale, raise the trunk up, bring the feet forward and relax.

## Dandasana Staff or stick pose

- 1 Sit on the floor with the legs stretched out straight in front. Place the palms on the floor by the hips, the fingers pointing to the feet. Stretch the hands straight and keep the back erect. If the back is arching and is difficult to hold upright or if the hamstrings are too tight, support the buttocks with a folded blanket.
- 2 Straighten the knees by pulling the kneecaps up and stretching the backs of the knees. Press the thighs, knees and shins down.

**Variation:** Now interlock the fingers and stretch the arm straight over the head, palms up. Stay in this position for a minute with deep breathing. Change the finger interlock and repeat. Then



move to...

## Sukhasana Easy cross-legged pose

- 1 From Dandasana, bend the legs and cross the right shin over the left. Draw the knees closer together. Place the hands beside the hips, cupping the fingers. The ankles should be under the opposite knee, and the feet should not be drawn too close to the thighs.
- 2 Keep the seat firm. Lift the trunk vertically.

**Variation:** Now interlock the fingers and stretch the arm straight over the head, palms up. Stay in this position for a minute with deep breathing. Change the finger interlock and repeat.

**Variation:** Place the left hand over the right knee, the right hand on the floor behind the back, lift up and twist to the right. Repeat on left hand side.

- 3 Release and repeat the Sukhasana cycle with the left shin placed over the right shin.

## Savasana Corpse pose

- 1 Sit in Dandasana, lean back on elbows, and check that trunk and legs are in line. Lie down, lowering the back vertebra by vertebra. Extend the buttocks towards the feet to bring the sacrum towards the floor. Support the head with a folded blanket, keeping the back of the neck long, and the shoulders moving away from the ears.
- 2 Extend the arms and legs prior to relaxing them. Keep the heels together and let the toes move out. Rest the arms out from the body, palms out and fingers spread. Allow the body to sink into the ground.
- 3 Close the eyes, become quiet and watch the breath. Do not let the mind wander, but keep attention on the body and the breath.
- 4 Stay for 5-10 minutes. Then slowly bend the left knee up and roll to the right, so that you are resting on your right side. Open the eyes and slowly sit up.

Ask your teacher if you are unsure about any pose or if you would like more information.