









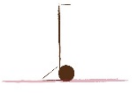


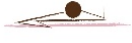



## Yoga to Go Studio - Standing Poses - Home Practice

<p><b>Tadasana</b> Lift through the legs &amp; chest, draw the shoulders down and lengthen into the fingers.</p>	
<p><b>Urdhva Hastasana</b> From Tadasana, extend the arms forward, up and over the head bringing the upper arms in line with the ears, extend into the tips of the fingers.</p>	
<p><b>Urdhva Badhangulyasana</b> From Tadasana, interlock the fingers turn the palms away and take the arms up, press into the palms of the hands and open the palms fully, so that they are facing up to wards the ceiling. Release the arms forward, change the interlock of the fingers and repeat.</p>	
<p><b>Trikonasana</b> Jump the feet apart, turn the right foot out, firm the legs, lengthen out over the right leg, take one hand to the shin, top arm up.</p>	
<p><b>Virabhadrasana 2</b> Jump the feet apart, turn the right foot out, keep extending the arms away from you, keep the center of the torso vertical and evenly lengthen both sides of the torso, exhale bend the right knee to the right angel, keep the back-leg active. Turn the gaze to the right hand.</p>	
<p><b>Parsvokonasana</b> Jump the feet apart and move into Virabhadrasana 2, on an exhalation lengthen over the right leg and take the hand to the outer edge of your right foot. Keep turning the chest up toward the ceiling. Extend the left arm up, turn the head towards the fingers, extend the left arm in line with the left ear. Lengthen from the back heel through to the tips of the fingers.</p>	
<p><b>Prasarita Padottonasana</b> Jump the feet apart, bring the hands onto the hips, firm the legs, fold forward at the hips, taking the hands to the floor, keep the legs active and look forward, extend the spine. On an exhalation walk the hands back in line with the feet, bend the elbows and take the crown of the head to the floor. To come out lift the head first, keep the legs active and walk the hands forward and come up.</p>	
<p><b>Halasana</b> Set up 4 - 5 blankets for Sarvangasana, lie with your shoulders on the blankets and the back of your head on the floor. Keep the arms down by the sides and roll the legs over the head, bring the hands into the back to support the spine, keep the chest lifted, straighten the legs coming up onto the toes.</p>	



## Yoga to Go Studio - Standing Poses - Home Practice

<p><b>Salamba Sarvangasana</b> Working from Halasana extend one leg up at a time towards the ceiling, press the upper arms and elbows down and lift the chest, keep the legs actively working up towards the ceiling, gaze soft.</p>	
<p><b>Dandasana</b> Come to sitting on the floor, extend the legs out in front of you, backs of the thighs pressing down towards the floor, toes pointing to the ceiling. Have the arms by the sides, shoulders releasing back and down, keep the spine lifted, both sides of the trunk even.</p>	
<p><b>Paschimottanasana</b> From Dandasana, extend the arms up and fold forward taking hold of the feet, take a few breaths in a concave back position lifting the chest and further extending the torso forward. On an exhalation bend the elbows to the side, continue to extend the torso forward as you take the chin towards the shins.</p>	
<p><b>Janu Sirsasana</b> From Dandasana, bend the right knee to the side and place the right foot to the inner opposite thigh, keep the left leg straight and active, lift the arms lengthen into the tips of the fingers, fold forward over the line of the straight leg, keep extending forward, take hold of the left foot, widen the elbows out to the side and bring the torso over the line of the leg, resting the forehead towards the shin.</p>	
<p><b>Savasana</b> Lie on the floor with a blanket under the head, let the body release and soften to the floor for 5 minutes. Turn to the right side and get up slowly.</p>	

### Notes:

- Reverse the actions when coming out of the Asana, remember coming out of the pose is equally important as moving into the pose or being in the Asana.
- Work with where you are at today – use support or props where needed
- Sequence is suitable for Students with a minimum of 6 months Iyengar yoga practice, who are practicing with Salamba Sarvangasana