

Week 13/2020
Standing poses

Svastikasana



Take a few moments to calm and center your mind. Inhale and exhale softly, a bit deeper than usual, observe the movement of your chest. You can chant the OM if you wish

Adho Mukha Virasana



2-3 Min
Maintain pelvis and shoulders at the same height (using support if your buttock doesn't reach the heels). Relax your neck and support the forehead.



Adho Mukha Svanasana

2 Min



Uttanasana concave back and then head down

2 Min



Utthita Hasta Padangusthasana



1-2 Min pro side

Adjust the height of the leg according to your capacity. Stretch both knees, lift the kneecaps. Keep the pelvis squared toward the wall and both sitting bones at the same distance from the floor

Parsva Hasta Padangusthasana



1-2 Min pro side



Trikonasana



1 Min pro side

All standing poses
"live" in the back leg:
keep your weight
there, press the outer
heel down and move
the thigh back

Virabhadrasana II



1 Min pro side



Parsvakonasana



1 Min pro side

Ardha Chandrasana



30 Sec pro side

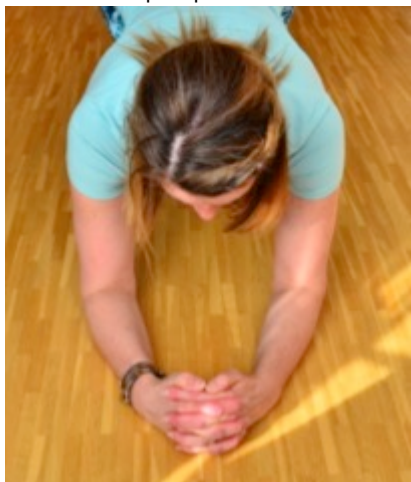


in Virasana
Baddhanguliyasana and Gomukasana

30 Sec pro side



Sirsasana preparation



Make sure that the arms are correctly placed: elbows not wider than the shoulders, fingers interlocked but not hard, wrists apart. Press the inner edge of the outer wrists firmly on the floor

Stretch the legs, walk closer keeping the face parallel to the floor and lifting the shoulders up
Continue to ground the inner edge of the outer wrists firmly on the floor

Place the crown of your head between the hands, walk closer to move the pelvis above the shoulders. Move the thoracic spine into the body.

Stay for a few breaths and repeat 2-3 times



Urdhva Prasarita Ekapada Sirsasana --> Sirsasana



1)



Practice as in photo 1) first with the right leg up, then with the left.

Enter the full pose with your leg straight. Stay 3-5 min if you can, but release the pose if you cannot lift your shoulders.

Sirsasana and its preparation can be done at the wall.



Adho Mukha Vrksasana



30 Sec, Twice

Relax the head down
and move the heels
high toward the ceiling

If Handstand is not possible:



or Uttanasana (s. above)



Upavista Konasana



2 Min
If necessary sit on a
blanket or bolster.

Parsva Upavista Konasana



1 Min pro side



Baddha Konasana



2 Min
Sit higher if your knees are higher than the rim of your pelvis.

Halasana



2-3 Min

If your toes do not reach the floor, use a chair



Salamba Sarvangasana



5-10 Min

Use enough support under the shoulders, in the picture I am using my pillow with 2 blankets and a towel on top and it worked quite well.

Alternative pose to shoulder stand is Setu Bandha Sarvangasana



Paschimottanasana



2 Min

Support your forehead
and relax the neck

Savasana



As long as you like

