

# Complete Standing Pose Sequence - Grounding and Focus

To work on accuracy of foot placement and leg action in a complete standing pose sequence.

## Sequence steps



**Supta Virasana**  
Reclining Hero Pose  
5 minutes  
Lay on your back with your legs bent, your toes pointing backward.



**Virasana Forward**  
Downward-Facing Hero Pose  
1 minute  
Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.



**Uttanasana**  
Standing Forward Bend  
45 seconds  
Starting in Tadasana, exhale and reach down towards your feet. Let your spine release downwards. You can bend your knees or place your hands on blocks if you lack the necessary flexibility.



**Adho Mukha Svanasana**  
Downward-Facing Dog Pose  
45 seconds - 1 minute  
Press evenly into your hands and feet. The main aim is to elongate the back of your body while lifting your hips up as high off the ground as possible. If necessary, bend your knees a little but stay strong in the legs.



**Adho Mukha Vrksasana**  
Handstand  
20-60 seconds  
Open your hands into the floor and strengthen your arms as you lift your body up, one leg at a time, into an inverted balance. Use the wall for support if necessary. If pushing yourself up proves to be too difficult, you can walk your feet up the wall.



**Adho Mukha Svanasana**  
Downward-Facing Dog Pose  
45 seconds  
Press evenly into your hands and feet. The main aim is to elongate the back of your body while lifting your hips up as high off the ground as possible. If necessary, bend your knees a little but stay strong in the legs.



**Pincha Mayurasana**

Feathered Peacock Pose  
20-60 seconds

Spread your weight evenly across your forearms, activate your shoulders, and lengthen your spine as you lift yourself into this inverted balance. Use wall support if needed. You can also wrap a belt around your arms to keep them steady.



**Utthita Hasta Padangusthasana (Both Hands To Foot)**

Extended Hand-to-Big-Toe Pose with Both Hands to Foot  
45 seconds

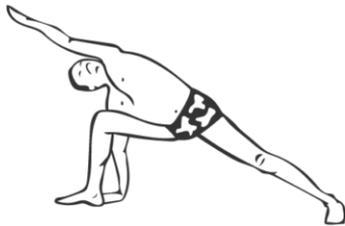
Stand up in Tadasana. Grab one foot with both arms and stretch it right in front of you. Work on keeping your back straight. Incorporate a bend in your knee or use a belt if necessary.



**Utthita Trikonasana**

Extended Triangle Pose  
30-45 seconds

Keep the toes and kneecap of your left leg pointed forward and, keeping your spine straight and long, stretch over your leg. Place your left hand on your ankle or on a block next to your foot. Look up towards your extended right arm.



**Utthita Parsvakonasana**

Extended Side Angle Pose  
30-45 seconds

Bend your front leg and place your hand by of your foot as you stretch your other arm up and over your head. Pull your waist away from the floor, keep your back straight. Place a block under your hand if necessary.



**Virabhadrasana I**

Warrior I Pose  
30-45 seconds

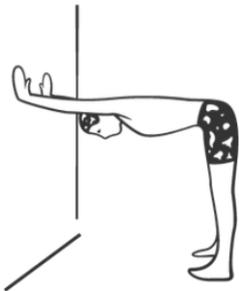
Angle your back foot outward slightly and straighten your back leg. Lift from your navel up, bring your arms up, and lengthen through the crown of your head. Make sure your front knee and toes are aligned and pointing straight forward.



**Virabhadrasana II**

Warrior II Pose  
30-45 seconds

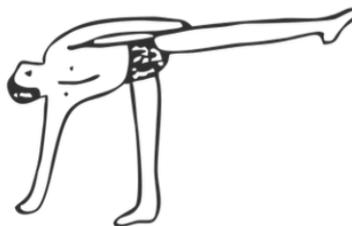
Angle your back foot in and straighten out the leg. Bend your front knee into a lunge, pointing it forward so that it's aligned with your hips, shin, and toes. Stretch your arms out in a parallel line. Lengthen through the crown of your head.



**Half Uttanasana**

Half Forward Bend  
30-45 seconds

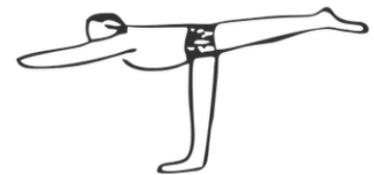
Stand in front of a wall. Keeping your back and legs straight, tip from your pelvis until your chest is parallel to the ground. Push your hands into the wall and stretch your hips backwards.



**Ardha Chandrasana**

Half Moon Pose  
30-45 seconds

Get rooted through your left foot, point your toes and kneecap forward. Then, place your left hand on the floor or a block in front of you as you stretch your other right leg back in line with your straight back. You can use the wall for support if you lack the balance. If possible, lift your right arm up.



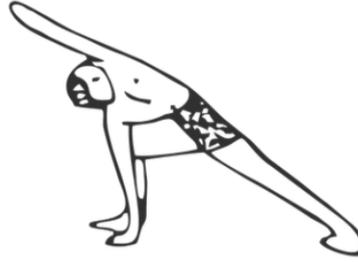
**Virabhadrasana III**

Warrior III Pose  
30-45 seconds

Stay rooted through your foot, activate your leg and hips, and keep your kneecap pointing forward. Balance the rest of your body perpendicular to your leg and parallel to the floor.



**Parivritta Trikonasana**  
 Revolved Triangle Pose  
 30-45 seconds  
 Keep yourself rooted through your toe mounds as you twist and balance. Make sure your spine is straight and elongated, use blocks if necessary.



**Parivritta Parsvakonasana**  
 Revolved Side Angle Pose  
 30-45 seconds  
 Place your right hand on the inside of your left foot as you stretch your left arm up and over your head. If the twist is too intense, use a block for your lower hand or keep your left hand on your hip. Repeat on both sides.



**Uttanasana**  
 Standing Forward Bend  
 30-45 seconds  
 Starting in Tadasana, exhale and reach down towards your feet. Let your spine release downwards. You can bend your knees or place your hands on blocks if you lack the necessary flexibility.



**Parsvottanasana**  
 Intense Side Stretch Pose  
 30-45 seconds  
 Place your feet one leg-length apart, your back foot angled out slightly. Keep your legs straight as you start to fold over your front leg, maintaining a concave spine for as far into the bend as possible.



**Prasarita Padottanasana**  
 Wide-Legged Forward Bend  
 1 minute  
 Plant your feet as wide apart as you can. Place your hands on the floor and lengthen forward through your spine. Once you have achieved the concave spine, start to walk your hands backward to capacity, aiming to lengthen and release your spine as evenly as possible.



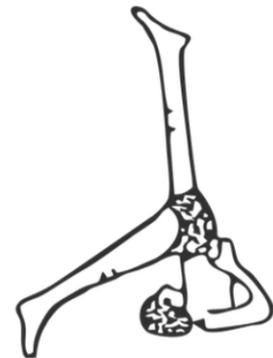
**Supta Virasana**  
 Reclining Hero Pose  
 4 minutes  
 Lay on your back with your legs bent, your toes pointing backward.



**Virasana Forward**  
 Downward-Facing Hero Pose  
 1 minute  
 Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.



**Salamba Sirsasana I**  
 Headstand 1  
 5 minutes  
 Activate your shoulders and upper back muscles as you lift your body up into inverted balance. Use the wall for support if necessary.



**Eka Pada Sarvangasana**  
 One-Legged Shoulderstand Pose  
 20 seconds  
 Activate your shoulders and lift your body up into a straight line. Place your hands on your back to help you keep your balance. Keeping your body straight and your hips aligned, bring one foot down behind your head.



**Supta Baddha Konasana**

Reclining Bound Angle Pose  
20 seconds

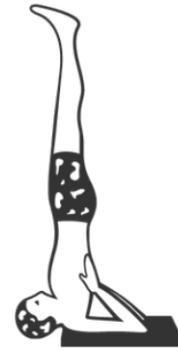
Join your feet together, your heels pressed to your pelvis. Lie back over a bolster or other form of support. Relax and let your chest open. If necessary, use a strap to hold your feet in place.



**Virasana Forward**

Downward-Facing Hero Pose  
1 minute

Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.



**Salamba Sarvangasana**

Shoulderstand  
5-7 minutes

Activate your arms and shoulders as you lift your body up perpendicular to the floor. Use blankets or bolsters to support your shoulders. Make sure the back of your neck stays relaxed and maintains its natural curve.



**Halasana**

Plough Pose  
3 minutes

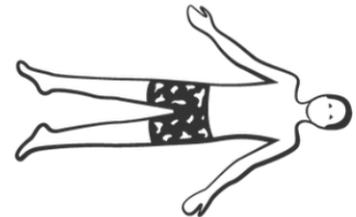
Use support under your shoulders. Keeping your shoulders open, lift your hips up high above your head, dropping your feet down behind you. Place your hands on your back to help keep it from rounding.



**Simple Cross Legs Forward**

45 seconds

Sit with your legs crossed. Keep your sit-bones pointing down as you stretch your arms forward to capacity, lengthening your spine.



**Savasana**

Corpse Pose  
5 minutes

Lie down on the floor. Spread your arms and legs slightly at your side. Relax and concentrate on your breath.