















Standing Postures for you to practice at home. Please do not do anything that makes you uncomfortable. Enjoy. Sharon Dow July 2019

<p>Tadasana Mountain</p> 	<p>Stand tall and straight with equal balance in your right and left foot. Arms long and straight at your sides</p>	<p>Spend a moment with your eyes closed, being aware of your breathing within your body.</p>
<p>Tadasana with neck ovals</p> 	<p>Stand tall and alert, feet / insteps rooted to the floor. Gently and slowly move your head in an oval shape, turning far right and then far left. X 5 times</p>	
<p>Tadasana with ear to shoulder</p> 	<p>Allow your right ear to fall to your right shoulder and hold, then do the opposite side</p>	
<p>Standing shoulder rolls</p> 	<p>Stand tall and alert, feet / insteps rooted to the floor. As if you are swimming lift your arms, bent at the elbows, open palms, take the elbows behind you and make a circular movement.</p>	<p>Keep awareness on your breath, or within the body</p>
<p>Shoulder arms and neck</p> 	<p>Stand tall and alert, feet / insteps rooted to the floor. X3 movements: lift your arm up above the head, shoulder width apart, slowly swoop them out to the sides palm up, and then swoop them in, in front of your chest. repeat 5 times</p>	<p>Keep your attention within the body.</p>
<p>Standing lean</p> 	<p>Stand tall and alert; lift both hands above your head, hands touch. Lean both arms to the right side, hold then to the left side, hold. x5 times</p>	<p>Let your breath match your movement</p>
<p>Windmill</p> 	<p>Stand in mountain, lengthen and point your R arm in front of you, take the arm back and forward again, repeat a few times on each side. Try not to turn and twist in your body.</p>	<p>Keep breath aware</p>
<p>Moving forward bend Uttanasana</p> 	<p>Stand tall and alert, feet / insteps rooted to the floor. Bend your knees and fold forward, arms dangling loosely. Roll up and down keeping the knees bent. x5 times</p>	<p>Let your breath match your movement</p>

<p>Uttanasana </p> <p>Standing forward bend with knees bent</p> <p>Utkanansa </p> <p>Chair pose/squat</p> <p>Wide leg squat</p>	<p>Fold your body forwards with your knees bent, arm dangling, and keep your chin tucked in. always keeping your weight forward. You can add a squat here for some variety/ extension.</p> <p>Sit back in an imaginary chair. You can do a moving squat or hold. X5 times.</p>	<p>Be aware of how your breath changes.</p> <p>Be breath aware and keep your focus</p> <p>Let your breath match your movement</p>
<p>Dwikonasan </p>	<p>Standing with arms linked behind ; with bent knees into forward bend</p>	<p>Synchronise breath and movement.</p>
<p>Virabhdrasana </p> <p>Warrior 1- moving or still</p>	<p>Step one leg forward and bend that knee, back leg straight with your hips facing forward, lengthen both your arms up.</p>	
<p>Moving Tad asana- floating arms up and down with bent knees.</p>	<p>Stand in mountain, hands at your heart space, slowly move your arms up past your face and head, bend knees as you swoop down into a big circle back to your heart space. Repeat a few times.</p>	<p>Be aware of how your breath changes.</p> <p>Awareness of the weight dropping down with the movement of your breath in your abdomen...</p>
<p>Sit on the floor, upright </p>	<p>Sit quietly for a few moments. Keep your back straight.</p>	
<p>Shivasana </p> <p>Corpse pose</p>	<p>Lie on the floor</p>	<p>Keep your attention on your breath at your nose, breathing in an out.</p>