

## Postures: Standing Sequence



Breath	Earth element	Bandha move	Observation
O	Back Foot	Towards back of the mat	Back foot arch open, inner thighs rotated, Back heart in line with back leg, lower ribs open. Backs of the knees soft.
I	Back foot	Towards front of mat	No lifting through upper body
Mods	Bend the front knee, only take hand as low as comfortable.		



Breath	Earth element	Bandha move	Observation
O	Back Foot	Into spine	Rotate inner thighs to release tension in spine from squaring hips. Release front knee. Draw bandhas into spine brings hips back straightening front leg without tension. Twist from bandhas with spine in neutral balance
Mods	Twist less, have hand on leg not floor.		



Breath	Earth element	Bandha move	Observation
O	Back foot	Towards back of mat	Back knees relaxed, ribs released away from hips, bandha support evident, hips relaxed but firm.
Mods	Elbow on knee		



Breath	Earth element	Bandha move	Observation
O	Back Foot	Towards back of mat	Arch alive in back foot, Inner thighs rotation, hips square and released Bandhas supporting posture, spine relaxed. Knee at 90 degrees max.
Mods	Hands in prayer, front leg less bent		



Breath	Earth element	Bandha move	Observation
O down I up	feet	Into spine down / away from spine up	Hips released. Ribs away from hips, heart away from navel spine in balance. Breath free.
Mods	Bend knees, only bend as far as lower back feels released		



Breath	Earth element	Bandha move	Observation
I	Back foot	Away from spine	Release front knee to release backbend.
O	Back foot	Into spine	Allow front legs hip to travel back effortlessly straightening front leg.
Mod	Hold elbows / keep front leg soft to release hip		

var. to balance



Breath	Earth Element	Bandha	Observation
I	Front foot	Into spine	Releasing heart forward. Standing leg soft but straight. Lifting rear leg instead of allowing it to extend as a result of balance.
O	Front foot	Away from spine	Heart comes back, rear leg lowers to floor
I	Back foot	Away from spine	Heart rises to keep balance in lower back.
Mods	Hold elbows or release hands towards floor to aid confidence in balance		

One leg balance



Breath	Earth element	Bandha move	Observation
I	Standing foot	Away from spine (make determination ankle/ knee/ hip/ shoulder in line)	Hip release, leg light, no leaning back to compensate. Keep lower back open and relaxed throughout.
O	Standing foot	Bandha in opp direction to knee movement	Leg feels light, knee flows to side
I	Standing foot	Bandha towards direction of bent knee	Knee flow back to centre
O	Standing foot	Away from spine	Allow leg to float to extension
Mods	Keep lifting leg bent		

Standing sequence with modsv2

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Transition to



Breath	Earth element	Bandha move	Observation
O	Standing foot	Away from spine	Standing leg knee relaxed, foot relaxed
O	Standing foot	Opposite direction to leg movement	Leg moves in response to bandha movement. Hips remain facing forward and level.
I	Standing foot	Toward midline	Leg moves effortlessly in
O	Standing foot	Away from spine	Leg rises to front weightlessly (no leaning back)
Mods	Bend held legs knee, try not to lean forward		

Var. Tree



Breath	Earth element	Bandha move	Observation
I/O	Standing foot	Away from bent knee direction to lift knee sideways, hold ankle	Keep bent legs hip free so knee can move for balance rather than bending spine.
	Standing foot	Towards midline plants foot on thigh	
Mods	Foot on calf or resting on standing foot, not against side of knee		



Var

Breath	Earth element	Bandha move	Observation
O	Standing foot	Into spine	Keep lower back open and soft, hips travel well back counterbalancing spine. No heaviness or 'dropping' of upper body.
I	Standing foot	Away from spine	Body rises effortlessly
Var.	Continue bandha movement and leg raises		
Mod	Bend only halfway, Foot lower down on leg		



Fierce

float

Breath	Earth element	Bandha move	Observation
I	Feet	Away from spine	Body and arms rise weightlessly. Ankles, hips shoulders loose and free
O	Feet	Into spine	Body folds easily
I	Hands	Into spine	Heart releases forward over hands to keep lower back in balance, leg becomes weightless and floats back
Mod	After fierce posture step back		