

Practical Notes



5. YOGASANAS : Standing postures

5.1.1 TĀḌĀSANA (Palm Tree Posture)

Tāḍa means palm tree or mountain. This asana teaches one to attain stability and firmness and forms the base for all the standing asana.

Benefits of this *āsana* is it brings stability in the body, helps to clear up congestion of the spinal nerves and corrects faulty posture.

Word of Caution : Avoid lifting the heels in case of pain in ankle, arthritis, varicose veins and vertigo.



		<p>Tadasana (Palm Tree posture)</p> <p><i>Samasthiti</i> (Alert Posture):</p> <ul style="list-style-type: none">• Feet together 2 to 4" inches apart/ comfortable distance.• Inhaling , lift your arms in front up to the shoulder level.• Interlock the fingers, and turn the wrist outwards.• Inhaling, raise arms up above head.• Raise heels and balance on toes. 10-9-8-7-6-5-4-3-2-1.• Exhale, release interlock of fingers.• Bring arms down and come back to standing posture. <p>This is one round: Let's repeat it one more time.</p> <ul style="list-style-type: none">• Inhaling , arms in front, Interlock fingers, turn wrist.• Raise arms up above head. Raise heels, balance on toes• 10-9-8-7-6-5-4-3-2-1., release interlock <p>Relax in Samastithi.</p>
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5.1.2 VRKṢĀSANA (The Tree Posture)

Vrikṣa means tree. The final position of this *āsana* resembles the shape of a tree, hence the name.

Benefits : Helps to improve neuro-muscular coordination, balance, endurance, alertness and concentration.

Caution : Please avoid this practice in case of arthritis, vertigo.

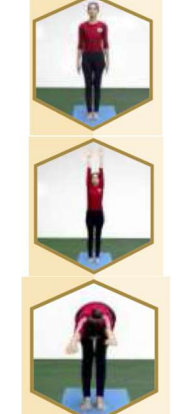
		<p>Vrikshasan (The Tree posture)</p> <ul style="list-style-type: none"> • Feet together 2 to 4" inches apart/comfortable distance. • Focus on a point in front. • Exhale, Hold bend right leg and place foot on inner side of left thigh. • The heel should be touching the perineum region. • Inhale and extend the arms up and join the palms together for Namaskar Mudra. • Normal Breathing. 10-9-8-7-6-5-4-3-2-1. • Exhaling bring arms down. • Release right leg and bring it to initial position. <p>Let's repeat it from this left side also.</p> <ul style="list-style-type: none"> • Maintain Focus on a point in front. • Exhale, Hold bend left leg and place foot on inner side of right thigh. • The heel should be touching the perineum region. • Inhale and extend the arms up and join the palms together for Namaskar Mudra. • Normal Breathing. 10-9-8-7-6-5-4-3-2-1. • Exhaling bring arms down. • Release right leg and bring it to initial position. <p>Relax in Samastithi.</p>
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5.1.3 PĀDA-HASTĀSANA (The Hands to Feet Posture)

Pāda means feet, *hasta* means hands. Therefore, *Pāda Hastāsana* means keeping the palms down towards the feet. This is also referred as *Uttānāsana*.

Benefits : Makes the spine flexible, improves digestion, and helps in overcoming menstrual problems.

Caution : Please avoid this practice in case of cardiac disorders, vertebral and disc disorders, abdominal inflammation, hernia and ulcers, glucoma, myopia, vertigo. Those who are suffering with stiff back should bend according to their capacity.



		<p>Pada-hastasan (The Hands to feet posture)</p> <ul style="list-style-type: none"> • Feet together 2 to 4" inches apart/comfortable distance. • Inhale slowly and raise arms up. • Stretch up body from waist and make it straight as much as possible. • Exhale and bend forward. • Touch Palms / fingers on ground or ankles. • Normal Breathing. 10-9-8-7-6-5-4-3-2-1. • Inhaling, come up slowly to upright position and stretch the arms straight above the head. • Exhale, slowly return to the starting position <p>Let's repeat it from this left side also.</p> <p>Relax in Samastithi.</p>
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5.1.4 ARDHA CAKRĀSANA (The Half Wheel Posture)

Ardha means half. *Cakra* means wheel. In this posture, as the body takes the shape of a half wheel, hence it is called *Ardha Cakrāsana*.

Benefits : *Ardha Cakrāsana* makes the spine flexible and strengthens the spinal nerves and muscles. Helps in management of cervical spondylosis.

Caution : Avoid this posture in case of vertigo or a tendency to giddiness. Hypertensive patients should bend with care.

		<p>Ardhachakrasan (The Half Wheel posture)</p> <ul style="list-style-type: none">• Stand straight• Feet together 2 to 4" inches apart/comfortable distance.• Support back with the fingers at sides of waist.• Try to keep elbows parallel to each other.• Drop the head backwards, stretch neck muscles.• Inhaling, bend backwards from lumbar region;• Exhale and relax. Normal breathing 5-4-3-2-1.• Inhale and slowly come up. <p>Let's repeat it one more time</p> <ul style="list-style-type: none">• Drop the head backwards, stretch neck muscles.• Inhaling, bend backwards from lumbar region;• Exhale and relax. Normal breathing 5-4-3-2-1.• Inhale and slowly come up. <p>Relax in Samastithi.</p>
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5.1.5 TRIKONĀSANA (The Triangle Posture)

Trikonā means triangle. *Tri* means three and *koṇa* means an angle. As the āsana resembles the triangle made by the trunk, arms and legs, hence the name *Trikonāsana*.

Benefits : Makes the spine flexible, Strengthens calf, thigh, waist muscles and improves lungs capacity.

Caution : Avoid this posture in case of slipped disc, sciatica, and after undergoing abdominal surgery. Do not try beyond limits and over do the lateral stretch. If one cannot touch the feet, reach for the knees.

		<p>Trikonasan (The Traingle posture)</p> <ul style="list-style-type: none">• Stand straight with 3 feet apart• Inhale slowly raise both arms sideways up to shoulder level.• Exhale, slowly bend to right side.• Place right hand fingers just behind right foot.• Left arm straight in line right arm.• Turn left palm forward.• Turn head and gaze at the tip of the left middle finger.• Remain in the posture. Normal breathing. 5-4-3-2-1• Inhale, slowly come up. <p>Let's repeat the procedure from left side.</p> <ul style="list-style-type: none">• Raise both arms sideways up to shoulder level.• Exhale, slowly bend to Left side.• Left hand fingers just behind left foot.• Turn head and look up. Normal breathing. 5-4-3-2-1• Those who are having High BP don't look up. Others can.• Inhale, slowly come up. <p>Relax in Samastithi.</p>
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