

STANDING POSES CHART

12 poses · English and Sanskrit names · a cue for each · full steps at yogaphilippines.com/poses/



MOUNTAIN POSE

Tadasana

Feet grounded, spine stacked, chin level.

Stack the pelvis over the ankles and the shoulders over the ribs, knees straight but not pushed back.

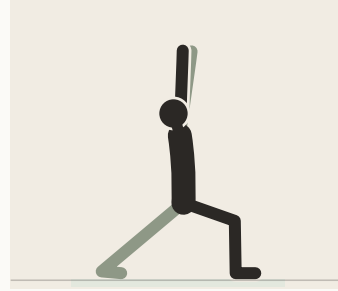


STAR POSE

Utthita Tadasana

Wide stance, soft knees, reach long.

Keep the knees soft and lift the arms to shoulder height with the shoulders away from the ears.



WARRIOR I

Virabhadrasana I

Hips face forward, front knee over ankle, arms up.

Bend the front knee over the ankle, face the hips forward as much as you can, and shorten the stance if the back foot rolls.



WARRIOR II

Virabhadrasana II

Heel to arch, knee over ankle, arms light.

Bend the front knee over the ankle, open the hips to the long edge and keep the arms light at shoulder height.



TRIANGLE POSE

Trikonasana

Long side waist, hand on a block, legs firm.

Reach out over the front leg, then hinge and rest the hand on the shin or a block, keeping both sides of the waist long.

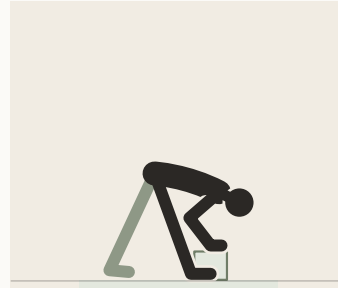


EXTENDED SIDE ANGLE

Utthita Parsvakonasana

Front knee over ankle, one long line from heel to hand.

Press the outer edge of the back foot down and reach the top arm over the ear so one line runs from heel to fingertips.

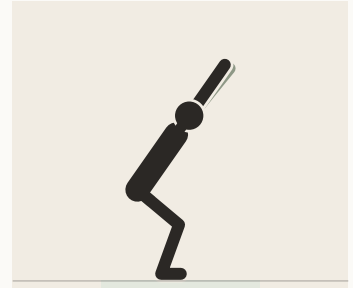


PYRAMID POSE

Parsvottanasana

Feet on two rails, hips forward, long back.

Face both hip points forward and hinge over the front leg with a long back and a soft front knee, hands on blocks.

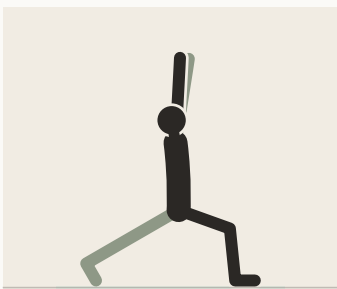


CHAIR POSE

Utkatasana

Sit back, weight in the heels, chest up.

Send the hips back as if sitting on a stool, with the weight in the heels and the toes visible past the knees.

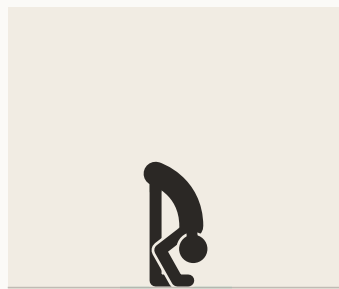


CRESCENT LUNGE

Ashta Chandrasana

Front knee over ankle, back leg strong.

Keep the front knee over the ankle and the back leg long and strong as the chest rises over the hips.

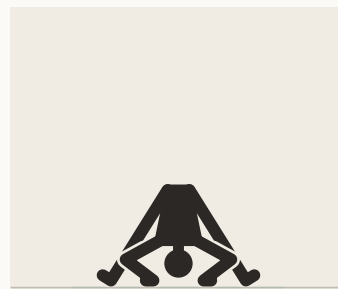


STANDING FORWARD BEND

Uttanasana

Knees bent, head heavy, rise slowly.

Bend the knees generously, rest the hands on the shins or blocks, and let the head hang.

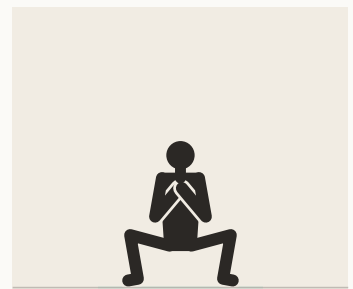


WIDE LEGGED FORWARD BEND

Prasarita Padottanasana

Long back, hands under shoulders, rise slowly.

Hinge from the hips with a long back and bring the hands to the floor or blocks under the shoulders.



GARLAND POSE

Malasana

Knees follow the toes, chest lifts.

Keep the knees pointing where the toes point and lift the chest away from the thighs, a blanket under the heels if they lift.