








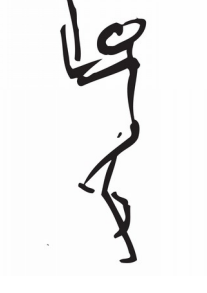
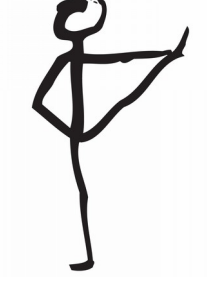

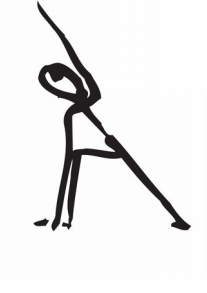
## Standing postures




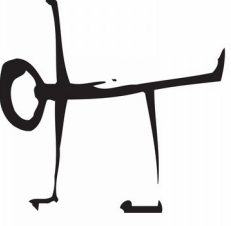
Finding our feet, as with our seated postures – it is very important to find our seat – or rather, feet and foundations in standing postures. Being mindful of the integrity of the posture. Working at establishing good foundations in order to intelligently apply the movements and positionings that make up these various asana.

	Tadasana / Samasthiti   Mountain posture
---	--

## Standing balance postures

	Malasana   Squat
	Uttanasana   Standing forward bend
	Utkatasana   Chair posture

	<p>Vrksasana   Tree posture</p>
	<p>Garudasana   Eagle pose</p>
	<p>Utthita hasta padangustasana   Extended Hand To Big Toe Pose</p>
	<p>Utthita trikonasana   Triangle pose</p>
	<p>Utthita parsvakonasana   Extended side angle pose</p>

	<p>Prasarita padottanasana   Wide legged forward bend</p>
	<p>Virabhadrasana 2   Warrior 2</p>
	<p>Utkata Konasana   Horse or Goddess pose</p>
	<p>Ardha Chandrasana   Half moon pose</p>