

Practical 18

Standing Asanas



Note

This series of asanas has a stretching and strengthening effect on the back, postural and hamstring muscles.

Aim

To perform the Tadasana and Hasta Utthanasana.

After completion of these asanas, you will be able to:

- Perform and demonstrate these asanas in appropriate format.

Requirements

- Yoga mat – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

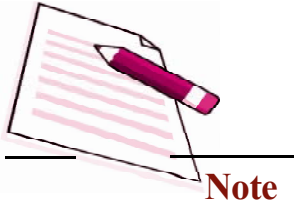
- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, wrist watches, belt etc before practice.

Tadasana (Palm Tree Pose)

Method

- Stand with the feet together.
- Steady the body and distribute the weight equally on both the feet.
- Interlock the fingers and turn the palm upwards and place it on the top of the head.
- This is the starting pose.
- Fix the eyes at a point throughout the practice.
- Inhale and stretch the arms over the head and raise the heels coming up onto the toes simultaneously.
- Hold the breath and the position for few seconds.
- Exhale and come back to the starting position simultaneously.





Note



Fig. 18.1: Tadasana

- This completes one round. Practice 10-15 rounds.
- Breathing – The breath should be synchronized with the raising and lowering of the arms.
- Awareness – Synchronize movements with the breath, maintaining balance and stretching of the whole body.

Hasta Uttanasana

Method

- Stand erect with the feet together and balance the body weight equally on both the feet. Outstretched the hands in front of the body and relax whole body. This is the starting pose.
- Inhale and slowly raise the arms above the head and at the same time bend the head slightly backward . Breath in more and spread the arms out to the sides so that they form a straight line at shoulder level .
- Exhale and reverse the movements synchronize with the breath .
- This is one round and repeat it 5 to 10 times

Awareness: On the movements synchronized with the breath and the expansion of the lungs

Benefits

- It develops physical and mental balance.



- It gives vertical stretching to the body.
- It is very good to release stiffness and develops alertness.
- It removes stiffness from the shoulder and upper back .

Effects and Observations

- Perform all relaxation practices as mentioned above daily for 5 weeks and observe the effects.



Fig. 18.2: Hasta Uttanasana



Note

Physical Effects	W1	W2	W3	W4	W5
Stretch the spine					
Relaxed muscles					
Deep breathing					
Relaxes lower back					

- ✓ or × under physical effect and submit the record.

Observation

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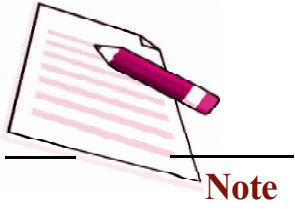
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Remarks

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(Signature of the Instructor)

