



Karuna Yoga Newsletter

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YOGA THERAPY

BENEFITS OF THE STANDING YOGA POSTURES

When we first start practising yoga we are usually taught the basic standing postures. These are Trikonasana (triangle), Virabhadrasana II (warrior II), and Parsvakonasana (Extended Side Angle). This is because the benefits of these three postures are so wide ranging.

Practising standing postures improves our awareness of our bodies; builds strength, endurance, flexibility, and balance; and prepares our bodies for other categories of asana. But just because they're basic doesn't mean they're simple. It can take years (or a lifetime) to master them. Whether you are practising them for the tenth time or the thousandth time, you'll probably find something new about the posture. As you develop strength and stability in your standing postures, you start to feel the benefits throughout your whole yoga practice.

THE RESTING STANDING POSTURE

TADASANA (mountain posture)

We use this posture as a starting point for all the standing postures and also as a resting position between other standing postures. It is important to create correct alignment in Tadasana.

- ³⁵/₁₇ Stand with your feet together, spreading your toes as much as possible.
- ³⁵/₁₇ Press down into the four corners of your feet and feel the lift in your knee caps and thighs. Lift the inner ankles to strengthen the inner arches.
- ³⁵/₁₇ Turn the upper thighs slightly inward and lengthen your tailbone toward the floor.
- ³⁵/₁₇ Gently engage the mula bandha and uddiyana bandha.
- ³⁵/₁₇ Press your shoulder blades into your back, then widen them across and release them down your back. Without pushing your lower ribs forward, lift the top of your sternum straight toward the ceiling. Widen your collarbones.
- ³⁵/₁₇ Let your arms hang down by the side of your body with fingers pointing down.
- ³⁵/₁₇ Balance the crown of your head directly over the centre of your pelvis, with the underside of your chin parallel to the floor and your throat soft.
- ³⁵/₁₇ Close your eyes to feel how well you are balanced in this posture. Then try to recreate the balanced sensation of Tadasana in all the standing postures.

Benefits of Tadasana



- ³⁵/₁₇ Improves posture
- ³⁵/₁₇ Strengthens thighs, knees, and ankles
- ³⁵/₁₇ Firms abdomen and buttocks
- ³⁵/₁₇ Relieves sciatica
- ³⁵/₁₇ Reduces flat feet.



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THE THREE BASIC STANDING POSTURES

<p>TRIKONASANA (Triangle)</p> <p>Benefits</p> <ul style="list-style-type: none">³⁵/₁₇ Stretches and strengthens the thighs, knees, and ankles³⁵/₁₇ Stretches the hips, groins, hamstrings, and calves; shoulders, chest, and spine³⁵/₁₇ Stimulates the abdominal organs³⁵/₁₇ Helps relieve stress³⁵/₁₇ Improves digestion³⁵/₁₇ Helps relieve the symptoms of menopause³⁵/₁₇ Relieves backache, especially through second trimester of pregnancy³⁵/₁₇ Therapeutic for anxiety, flat feet, infertility, neck pain, osteoporosis, and sciatica. <p>Cautions</p> <p>Neck problems: Don't turn your head to look upward; continue looking straight ahead and keep both sides of the neck evenly long.</p> <p>If you feel any pain in your shoulder, keep your top hand on your hip and roll the shoulder back.</p>	
<p>VIRABHADRASANA II (Warrior II)</p> <p>Benefits</p> <ul style="list-style-type: none">³⁵/₁₇ Strengthens and stretches the legs and ankles³⁵/₁₇ Stretches the groins, chest and lungs, shoulders³⁵/₁₇ Stimulates abdominal organs³⁵/₁₇ Increases stamina³⁵/₁₇ Relieves backaches, especially through second trimester of pregnancy³⁵/₁₇ Therapeutic for carpal tunnel syndrome, flat feet, infertility, osteoporosis, and sciatica. <p>Cautions</p> <p>Neck problems: Don't turn your head to look over the front hand; continue to look straight ahead with both sides of the neck lengthened evenly.</p>	
<p>PARSVAKONASANA (Extended Side Angle)</p> <p>Benefits</p> <ul style="list-style-type: none">³⁵/₁₇ Strengthens and stretches the legs, knees, and ankles³⁵/₁₇ Stretches the groins, spine, waist, chest and lungs, and shoulders³⁵/₁₇ Stimulates abdominal organs³⁵/₁₇ Increases stamina. <p>Cautions</p> <p>If you have any neck problems don't turn your head to look at the top arm; instead look straight ahead with the sides of the neck lengthened evenly, or look down at the floor.</p> <p>If you feel any pain in your shoulder, keep your top hand on your hip and roll the shoulder back.</p>	