



Standing Poses



The standing asanas are one of the popular components of physical Yoga practice.

The coordination of body begins in every posture, from toe to head.

Knowing the alignment of the feet is the key to a good standing position. The goal is to find, in that various positions like Mountain Pose, Warrior, or Triangle the balance between strength and ease.

Characteristics:

The stability of the upright posture begins with firmly grounded feet.

That means the foot arches have to be activated.

To do that, three points have to be in contact with the ground:

- the inner side of the ball of the foot
- the outer sides of the ball of the foot
- the heel evenly



Through this pressure, the longitudinal and transverse arches develop. All of that allows a good alignment and axis dynamics that transmit to the upper joints. Imagine pulling the ground toward you like a suction cup without movement.

In these standing postures, you discover the relationship between: the foot, leg, hip, spine, arms, and head.

Learn to move your body in a coordinated manner. The art lies in the harmony between joint partners. No part should dominate the others

PRACTICE FOR YOU:

- for example during brushing your teeth you create a stable upright stand
- walk barefoot
- Massage your feet

