

# Yoga Standing Pose Guide for Beginners & Improvers

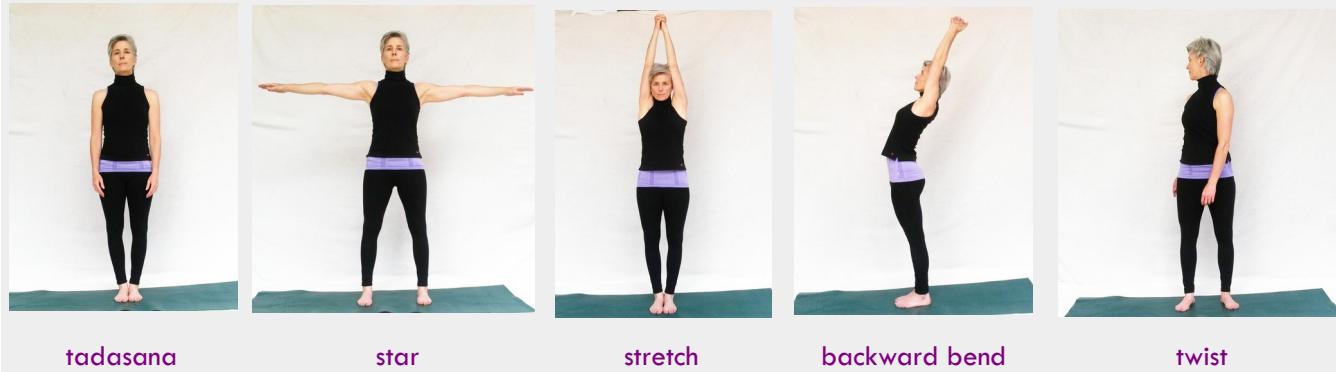
This is a basic guide for a hatha yoga standing pose practice. It does not replace guidance from a skilled teacher. Practice with attention and compassion.

## Surya Namaskar Photos: Dave Griffin

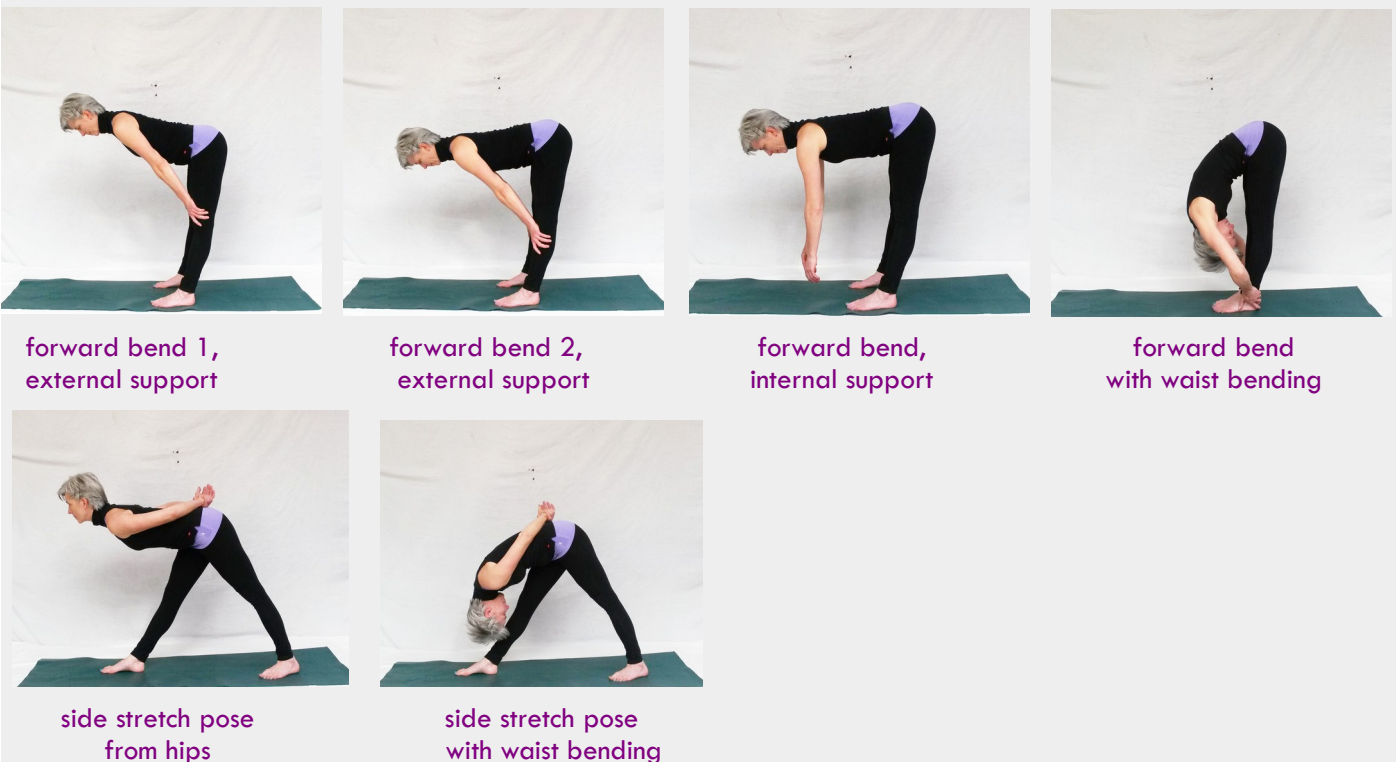


## Standing Poses Photos: Antonia Butler

### Preliminary movement



### Forward bends



## Side bends and twists



full sideways bend



side bend



kneeling side bend



triangle pose,  
internal support



triangle pose,  
external support



revolved triangle stance



prep



partial revolved triangle



revolved triangle



warrior II



side angle pose



side angle pose (full)



revolved side angle

## Balance poses



## Closing poses and relaxation

The capillary beds that service intervertebral discs during youth are lost during the natural course of aging. Biomedical literature suggests that nutrients are 'imbibed' into the disks from the vertebral bodies but little detail is known about this process. The spine gets shorter during the day and longer during the night, suggesting that gravitational pressure on the discs squeezes fluid out during the day, and when pressure is taken off the vertebral column at night, the vertebral bodies can spread out, allowing the disks to absorb nutrients. This helps to explain why a regular, sensible practice of exercise and relaxation is therapeutic for most chronic back ailments.

(from Coulter, D., *Anatomy of Hatha Yoga*, 2001, p. 221-222)

