

STANDING POSE SERIES

By Richard Rosen

This standing pose series is constructed around three standard standing poses, Mountain, Standing Forward Bend, and Tree. It's filled out with some little known or unknown variations of these poses.

NAME	HOW TO
TADA	Standard pose (also called GHANA, PURNA-PADA) > anjali mudra
PANJHA	From above, cross arms in front of torso > raise crossed arms above head
MUSALA	From above, raise/lower free arms repeatedly
NACIKETA	From above, hold arms raised
???????????	From above, lean to left, then right
UTKATA	From above, bends knees to standard pose
KAUPINA	Raise on balls of feet
VAISHYA	From above, bring hands to anjali mudra
ARDHA TADA	From above, raise one arm overhead
SHAMBHU	From above, raise both arms overhead, hold
GARUDA	From above, bend elbows, place hands on upper back
ALINGA	Stand about 2 feet from a wall, facing wall, lean into wall with chest
KAPOTA	Stand upright, lean back, press hands on back thighs
???????????	Keep one hand on thigh, stretch other arm overhead, reverse
VRIKA	From above, raise both arms overhead
KULALA CHAKRA	Stand upright, raise arms to sides, twist back and forth
PRATYALIDHA	From above, bend one knee, raise foot slightly off floor
BALALINGANA	From above, hug bent knee thigh to chest
PADA PINDA	From above, bring bent knee foot to same side buttock, hold ankle with both hands

JAMA	From above bring foot to opposite buttock, hold with opposite hand
HASTA PADANGUSHTHA	Extend raised leg forward, hold parallel to floor (also called DHRUVA)
DAKSHINA PADA	From above, let go of hold on raised foot (when left leg raised called VAMA PADA)
DAKSHINA SHUDDHA	From above, bring hands to anjali mudra (VAMA SHUDDHA)
VIRA	From TADA, place raised foot on opposite knee
SHANKVA	Reposition raised foot on opposite front thigh
VRIKSHA	Standard pose
ARDHA CHANDRA UTTANA	From above, bring raised foot into Half Lotus Standard pose (also called MARKATA)
PADA HASTA	From above, hold big toes (modern version called Padangushtha)
JATYA	From above, walk back and forth
TAPA	From above, release toes, wrap arms behind thighs, hold wrist
BHINGYA	From above, release wrist, bend one knee, bring heel to buttock, hold ankle with both hands
TADA	FINISH