

Flow and go: **STANDING POSE SEQUENCE** **FOR ALL LEVELS** by Patrina Dobish

This practice is partitioned into categories. While it appears long in linear sequence it can be done relatively quickly when the āsanas are known. It can also be practiced in parts. For example a beginner can learn the āsanas in section 1 & 2, then as proficiency is established can string them together. If time restraints are there one can take a few poses from each standing section. It can be done with jumpings. It can also be done without jumping and for learning the standing poses. It is important to conclude with a cooling set of poses **and** Śavāsana. See below for possible endings to the sequence.

- We learn alignment within the poses to give reference to our tendencies. When the continual steady movement between poses is executed, it can bring a level of awareness where light will be shown. Like a musician who plays a composed concerto, we play the piece then work to improve the difficult passages that come up.

If one is injured, jumping should be avoided. Consult with your instructor before doing this sequence if you have any physical or physiological issues.

Section 1

- Tāḍāsana
- Ūrdhva Hastāsana
- Ūrdhva Namaskar
- Gomukhāsana
- Paschima Namaskar

Section 2

- Vṛkṣāsana
- Utkāṭāsana
- Gomukhāsana
- Utthita Trikoṇāsana
- Vīrabhadrāsana 2
- Utthita Pārśvakoṇāsana
- Ardha Chandrāsana

Section 3

- Vīrabhadrāsana 1
- Vīrabhadrāsana 3
- Parivṛtta Trikoṇāsana
- Parivṛtta Pārśvakoṇāsana
- Parivṛtta Ardha Chandrāsana
- Pārśvottānāsana

Section 4

- Prasārita Pādottānāsana 1–2
- Uttānāsana
- Pādānguṣṭhāsana
- Pādahastāsana
- Adho Mukha Śavāsana

Section 5

- Utthita Pārśva Hasta Pādānguṣṭhāsana
- Utthita Hasta Pādānguṣṭhāsana
- Parivṛtta Hasta Pādānguṣṭhāsana
- Ardha Baddha Padmottānāsana

Ending The Sequence

Scenario 1 – Beginning Practitioners

- Supported Setu Bandha
- Viparīta Karana
- Śavāsana

Scenario 2 – Continuing 1 Practitioners

- Śīrṣāsana
- Sarvāṅgāsana
- Halāsana
- Śavāsana

Scenario 3 – Continuing 2 Practitioners

- Śīrṣāsana and all known variations
- Sarvāṅgāsana and all known variations
- Śavāsana



Patrina Dobish

Patrina Dobish is a CIYT Intermediate Junior III and a Certified Yoga Therapist (C-IAYT) in Chicago, IL. She has studied yoga her whole adult life. She has studied at Ramamani Iyengar Memorial Yoga Institute for 5 months. Patrina has served a full term on the IYNAUS board and on several national and regional committees. She also partnered to resurrect IYAMW successfully. Locally she has teamed up with Quilombo Cultural Center and The Logan Square Neighborhood Association to provide “Care for Caregivers Program.” She is also the administrator for the Yoga Circle annex, Yoga Tree of Evanston. Patrina is convinced that yoga as a practical subject (āsana and prānāyāma) leads to

yoga as a profound subject.