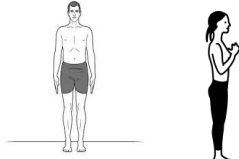
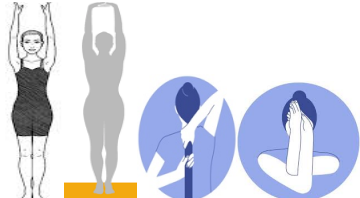

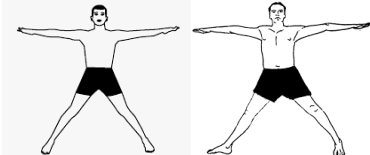




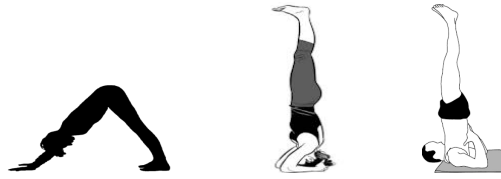


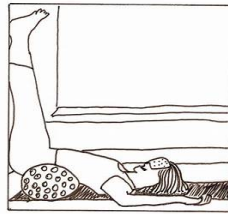
Samputana Kriya – Lateral Standing Asana

1	Tadasana Namaskarasana	Ground your heels, and lift your chest	
2	Urdhva Hastasana, Urdhva Baddhanguliy, Gomukhasana arms, Garudasana arms,	Hold Tadasana actions firmly and investigate arm actions	
3	Vrkasana	Pick a version of tree pose. (You could also try all the above arm movements again here in tree pose. It's tricky)	
4	Utthitha Hasta Padasana Parsva Hasta Padasana	Find all your Tadasana actions with your legs split Turn thigh in and hip out. Align thigh with knee and foot	
5	Virabhadrasana II	Turn thigh in and hip out. Align thigh with knee and foot, bend knee	
6	Utthita Parsvakonasana	Extend side body and reach floor or block	
7	Ardha Chandrasana	From above move laterally and stand on one leg	
8	Trikonasana	Culminate your chain here, then reverse the order.	

After the standing poses, you could include a full inversion practice of headstand prep, Sirsasana, then Sarvangasana.



Or end with Viparita Dandasana, and quiet breathing or Bhramari (buzz softly like bees when exhaling).



Always find time for Savasana. The audio clip is a reading from *Yoga: A Gem for Women* by *Geeta Iyengar* in the chapter titled *On the Threshold of Peace*. I'm reading her instructions for Savasana.