

Standing Āsanas

Using Slopes

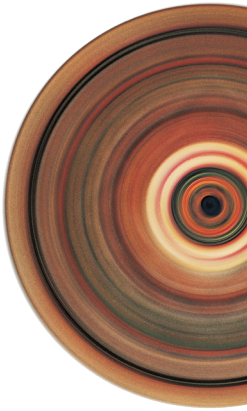
In standing āsanas like Utthita Trikoṇāsana (Photo 108), Vīrabhadrāsana II (Photo 109) and Vīrabhadrāsana I (Photo 110), you can use a slope to elevate the front foot (the benefits are explained in Chapter 1).

Photo 108 Elevating the front foot
in Utthita Trikoṇāsana





Photo 109 Elevating the front foot in
Virabhadrasana II

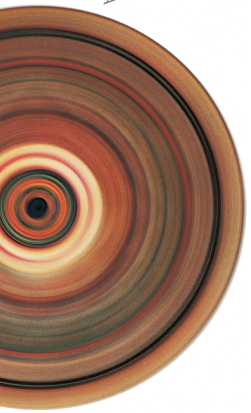




Virabhadrasana I

Photo 110 Elevating the front foot in
Virabhadrasana I

YOGA IN NATURE AND
NATURAL PROPS FOR YOGA



Chapter 3 Yoga in the Mountains:
Rocks as Natural Props