Samasthi - Neutral Spine - Even Standing - 6th Movement around which 5 Movements Move

Śavāsana

\( \text{Savāsana} \)

\( \text{OR} \)

\( \text{Conceal} \)

\( \text{OR} \)

\( \text{Convert} \)

\( \text{for scoliosis (thoracic)} \)

\( \text{OR} \)

\( \text{Convex} \)

\( \text{for unstable pelvis/low back} \)

\( \text{OR} \)

\( \text{Optional and belt} \)

\( \text{OR} \)

\( \text{Bolster} \)

\( \text{Belly Breathing/Abdominal Awareness} \)

\( \text{IN: So EX: Hoo} \)

\( \text{Alignment Pose} \)

\( \text{Visualization: the Sun at the Heart} \)

Seated Poses
Sukhāsana Classical or Modified with Props

\( \text{Seated Poses} \)

\( \text{Sukhāsana Classical or Modified with Props} \)

\( \text{OR} \)

\( \text{(Against a wall)} \)

\( \text{OR} \)

\( \text{IN: a chair} \)

Vajrāsana Classical or Modified with Props

\( \text{Vajrāsana Classical or Modified with Props} \)

\( \text{OR} \)

\( \text{OR} \)

Dandāsana Classical or Modified with Props

\( \text{Dandāsana Classical or Modified with Props} \)

\( \text{OR} \)

\( \text{OR} \)

Samasthiti - Even Standing /Mountain Pose

\( \text{Samasthiti - Even Standing /Mountain Pose} \)

\( \text{OR} \)

\( \text{Block} \)

\( \text{OR} \)

\( \text{Belt} \)

\( \text{OR} \)

\( \text{OR} \)

\( \text{IN} \)

\( \text{EX} \)