

## Pāda Bēda Sūtra:

Utgaṭṭita-ha Sama-schaiva Tatha-Agratalanchara-ha I

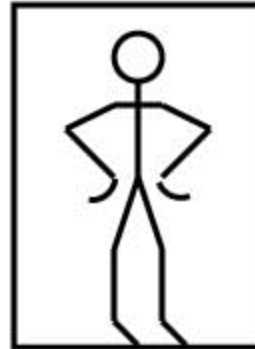
Anchita-ha Kunchita-schaiva Pāda-ha Panchavida Smruta-ha II

1. Utgaṭṭita-ha



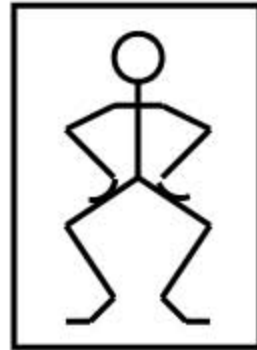
Standing in Araimandi  
stamp heel on the right  
side as shown by the arrow

2. Sama-schaiva



Stand straight as shown.

3. Tatha-Agratalacanchara-ha



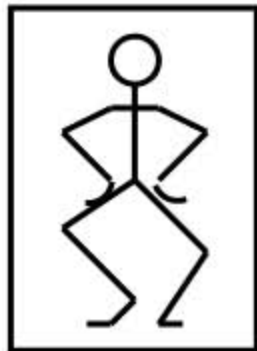
In Araimandi posture  
move forward and  
backward on the toes.

4. Anchita-ha



In Araimandi posture  
bend right leg backward  
and place the heel on  
the floor with the toes  
pointing upward.

5. Kunchita-schaiva



Bring the foot from the  
previous posture and  
place the toes on the  
floor as shown.