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Yoga For You

Ray Madigan and Shelley Choy

Parighasana

(Gate Pose) » "Stand" on your knees and shins, with the knees, heels and big toes together. Extend the tops of the toes back along the floor. Press the shins and tops of the feet and ankles to the floor to lift the trunk. Place your hands on your waist.

Without moving the left shin, lift your right leg and place the foot in line with your left knee. Bend the right knee so that the right thigh and shin make a 90-degree angle. Pull the right knee back so that it lines up with the right little toe.

Keep your outer left hip in a vertical line with the outer left knee and press the left shin and foot into the floor. Lift your trunk and chest up. This is Stage 1.



COURTESY MANOA YOGA CENTER
Lyn Flanigan, from left, Annie Egi and Alison Sherwood, students of Manoa Yoga Center, demonstrate the three stages of Gate Pose.

Now, extend your right heel in line with your left knee and straighten your leg. Press your heel down. Keep your left hip in line with the outer left knee and foot. Do not let your left hip be pulled toward the extended right leg.

Inhale and stretch your arms sideways in line with your shoulders to expand your chest. This is Stage 2.

Exhale and move your right hand to the right shin. Stretch your left arm up and over the left ear. Breathe quietly through your nose as you extend from the side of the left hip, up along the trunk to the tips of the fingers. You are now in Stage 3.

To come out of the pose, inhale, press your left shin down, pull up with your left arm and bring your trunk vertical again. Repeat to the other side.

Practice this pose a few times until the side of your trunk gains elasticity.

Ray Madigan and **Shelley Choy** are certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center at Manoa Marketplace. Visit www.manoayoga.com or call 382-3910. Manoa Yoga Center, the authors and the Star-Bulletin take no responsibility for any injury arising from the practice of these yoga postures. Readers should seek a doctor's approval before commencing this yoga practice.

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