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Yoga For You

Ray Madigan and Shelley Choy



MANOA YOGA CENTER
Ray Madigan, co-director of Manoa Yoga Center,
demonstrates the Parivrtta Utthita Hasta
Padangusthasana, which includes a standing twist.

Parivrtta Utthita Hasta Padangusthasana

(Revolved extended hand-to-big toe pose)

This pose brings flexibility to the back of the legs and this variation is particularly helpful for those suffering from

sciatica and lower back pain. It is helpful for runners and athletes. In this variation, a twist is introduced.

To practice the pose you will need a chair or counter that is about hip height. You will also need a belt or a length of rope.

1. Stand facing the chair or counter. Place your feet together.
2. Lift your right leg and place your heel on the chair or counter. The heel should be in line with your right hip. Tighten your knees and straighten both legs. Keep the left leg vertical with your heel in line with your back.
3. Place your hands on your hips and stand erect; do not lean forward or back. If your back rounds, lift your spine in and up.
4. Do not let your right hip lift. To prevent this, press your right heel down and press your right leg toward the floor. Keep your pelvic bones level; do not let them tilt.
5. Press your legs down and lift your trunk. If your legs are stiff, place the right heel on a lower height.
6. Take the belt and place it around your right foot. Hold the belt with your left hand and walk the hand down the belt, toward the right foot, until the arm is straight. Now pull with your left arm to lift the chest and trunk. Do not lean forward or back. Replace your right hand on your right hip.
7. Now, inhale while lifting the trunk up. As you exhale, turn your trunk to the right. Extend your right arm, then gaze at the right thumb.
8. Hold for up to minute with quiet breathing, then repeat to the other side.

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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