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Yoga For You

Ray Madigan and Shelley Choy



MANOA YOGA CENTER
Shelley Choy shows Parsva Utthita Hasta Padangusthasana.
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Parsva Utthita Hasta Padangusthasana

(Extended Hand to Big Toe Pose to the Side)

THIS POSE stretches the inner legs and brings relief to those suffering from sciatica and lower back pain. It helps

to keep reproductive organs healthy and legs supple and strong. To practice this pose, you will need a chair, counter or other piece of furniture that is about hip height. You will also need a belt or a length of rope.

1. Stand about 3 to 4 feet from the chair or counter (about the distance of the length of one of your legs).
2. Turn so that your right side is to the chair or counter. Bring the feet together and stand upright (Tadasana).
3. Turn the right leg out, lift it and place the heel on the chair or counter. Adjust the left leg so that it is vertical. Take the strap around the right foot and hold it with the right hand. Place the left hand on the left hip.
4. Now straighten both legs. If the legs are stiff, place the right heel on a lower height.
5. Keep the left knee, pelvis, chest and shoulders facing forward as you take the right heel further back. Eventually, with practice, you will be able to bring the right leg straight out to the side, in line with the right hip. Notice that as you take the right foot farther back, the left leg, pelvis and chest also will turn to the right. Pull the strap and turn the trunk to the left. Press the right leg down and lift the trunk up.
6. Hold the pose with quiet breathing. Maintain the firmness in the legs, the balance of the body and the lift in the spine. Allow the inner right leg to gently stretch and the pelvic region to expand.
7. Hold for up to a minute, then do 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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