

Supta Utthita Parsvakonasana (Reclined Extended Side Angle Pose)

Utthita means extended. *Parsva* means side and *kona* is angle. This variation of the pose is done while lying on the floor. By reclining one can maintain the pose longer without fatigue and work on improving flexibility and quietness.

- 1) Spread a yoga mat against a wall.
- 2) Lie down and place the right foot against the wall.
- 3) Bend the right knee in line with the right ankle. Adjust the right buttock bone in line with the right knee. The right leg should now be bent into a right angle.
- 4) Keep the right leg in this position as you stretch the left leg to the wall. Place the left heel on a block. Straighten the left leg.
- 5) Now, lift and shift your trunk towards the right leg and clasp the right ankle or shin with the right hand. Lower your trunk down to the floor, keeping the clasp. If there is pain in the right knee, move your right foot higher up the wall, keeping it in line with the ankle.
- 6) Extend the left arm over the ear in line with the left heel.
- 7) Stay in the pose and breathe evenly and deeply through the nose as you work to fully straighten the left leg. Press the left foot into the wall and extend out through the left arm to stretch the side of the body.



This variation helps to stretch stiff hips and create space in the pelvis and sides of the body.