

*Urdhva Hastasana* (upward facing hand pose)

*Urdhva Hastasana* arises out of *Tadasana*. In this pose the sides of the body are full stretched and the spine lifted. By practicing the pose one feels rejuvenated and light.

- 1) Find an even surface and stand with the feet together. Look down at the feet as this will help you to be more conscious of them. Bring the big toes to touch evenly together and press the balls of the big toes down. Keep them pressing down as you spread the weight to the inner heels and outer edges of the feet. Distribute the weight evenly on both feet.
- 2) Take your fingers to the thighs and looking at the thighs press them back until you feel the weight come onto the front edge of the heels. Do not shift or move the feet about. You will notice that with weight on the heels, the thighs lift the kneecaps up and the legs become firm and straight.
- 3) Keeping the thighs back, take one hand to the lower belly and the other hand to the buttocks. As you lift the pit of the belly up, draw the buttocks down. This lifts the pelvis to vertical, prevents the buttocks from sticking out, and minimizes arching of the lower back. Keep the legs firm and straight.
- 4) Maintain the position and actions of the feet, thighs and pelvis as you roll the thighs in so the knees point straight forward.
- 5) Now spread and open the chest, by turning the upper arms out, and bring the shoulder blades into the back. This is *Tadasana*.
- 6) Now, extend the arms to front and in line with the shoulders. Keep the arms firm, straight and parallel with the fingers extended and the palms facing each other.
- 7) With an inhalation raise the arms to vertical so that they are in line with the ears. Do not let the back arch and work to maintain *tadasana* in the trunk.
- 8) Stay in this pose for up to a minute as you quietly lift the trunk and extend the arms. If the arms remain bent then take the palms wider apart and stretch from the inner elbows to the palms to make the arms straighten.



*Work to lift the trunk and spine and straighten the arms without disturbing Tadasana*