

Utthita Parsvakonasana (Extended Side Angle Pose) - Final pose

Utthita means extended. *Parsva* means side and *kona* is angle. In this final stage of the pose, the right hand is taken to the outside of the bent leg and the side of the body is extended and fully stretched.

- 1) Spread a yoga mat against a wall.
- 2) Place the outer left foot against the wall and step the right foot out 4- 4 1/2 feet. Align the right heel with the left arch. Turn the right leg out so that the knee faces over the right foot.
- 3) Place the hands on the hips and straighten the legs fully. Press the left heel down and rotate the leg out until the left knee points straight ahead. Turn the trunk to face forward. Roll the shoulders back and down to lift and spread the chest.
- 4) Place the left hand on the wall for balance. Exhale and bend the right knee in line with the right ankle. Bend the leg so that it forms a square shape. Do not bend the knee past the ankle. If the knee bends beyond the line of the ankle, you must widen the distance between the legs so that the right shin is perpendicular to the floor.
- 5) Work to keep the trunk vertical and do not lean the trunk to the right. Keep the chest open and the back long by lengthening the buttock flesh down towards the floor.
- 6) Maintain the right leg in a square as you continue to roll the left leg out.
- 7) Now, inhale and stretch the right arm up, then extend the trunk out and over the right leg. Bring the right hand down to the floor, behind the right ankle. If this is too difficult, place your hand on a yoga block.
- 8) Press the right knee and right arm against each other. Work to keep the right leg bent into a square so that the knee remains in line with the ankle. Fully straighten the left leg.
- 9) Roll the left shoulder back to open the chest. Look up and extend the left arm up towards the ceiling.
- 10) Gaze at the left hand with soft eyes and even breathing through the nose.
- 11) Now, with an exhalation, extend the left arm over the left ear and in line with the trunk. Gaze at the palm and, as you breathe, reach into the left heel as you extend the trunk by stretching through the left arm.
- 12) Hold for up to a minute with even breathing through the nose, then inhale and come up out of the pose. Repeat to the other side.
- 13) Repeat several times.



Press the back heel into the wall and stretch the top arm away from the wall to stretch the side of the body.