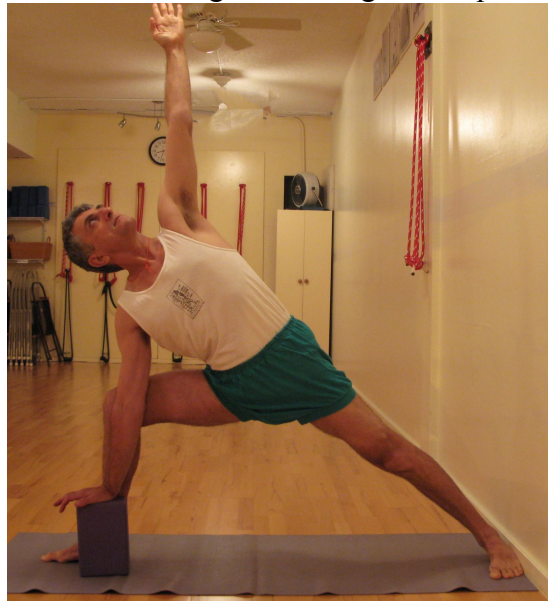


Utthita Parsvakonasana (Extended Side Angle Pose) - Stage Two

Utthita means extended. *Parsva* means side and *kona* is angle. In the final stage of the pose, the side of the body is extended and fully stretched. Here we present the second stage of the pose.

- 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 in line with 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, in front of the right ankle. If this is too difficult, place your hand on a yoga block.
- 8) Press the right arm into the right leg so that the knee stays in line with the right hip. Work to keep the right leg bent into a square so that the knee remains above the ankle. Fully straighten the left leg.
- 9) Roll the left shoulder back and open the chest as you look up and extend the left arm straight up.
- 10) Gaze at the left hand with soft eyes and even breathing through the nose.
- 11) Hold for up to a minute, then inhale and come up out of the pose. Repeat to the other side.
- 12) Repeat several times to gain freedom and strength in the legs and hips.



Work to keep the right leg bent into a square and straighten the left leg fully.

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Manoa Yoga Center and the authors 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.