

Utthita Parsvakonasana (Extended Side Angle Pose) – With Chair

Utthita means extended. *Parsva* means side and *kona* is angle. Here we show a way of practicing using a chair. This is helpful for those who cannot do the classic pose due to stiffness in the hips.

- 1) Place the back of a chair against a wall.
- 2) Put the right heel on the front edge of the chair with the foot pointing up.
- 3) Step back until the right leg is straight and the left foot is under the left hip with the left leg straight.
- 4) Turn the right leg out so that the knee faces the ceiling. Turn the left leg so that the left foot and knee point straight forward.
- 5) Place the hands on the hips and straighten the legs fully. Turn the trunk to face forward. Roll the shoulders back and down to lift and spread the chest.
- 6) Exhale and bend the right knee in line with the right ankle. 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.
- 7) 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.
- 8) Maintain the right leg in a square as you continue to roll the left leg out.
- 9) Now, inhale and stretch the right arm up, then extend the trunk out and over the right leg. Bring the right hand to the inside of the right leg and clasp the right ankle.
- 10) Press the right arm against the right leg and draw the right buttock under. Do not let the buttocks stick out. This will align the thigh in the hip socket.
- 11) Roll the left shoulder back to open the chest. Look up and extend the left arm up towards the ceiling.
- 12) Gaze at the left hand with soft eyes and even breathing through the nose.
- 13) 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.
- 14) 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.
- 15) Repeat several times.

