

Yoga for You

by Ray Madigan and Shelley Choy

Utthita Parvakonasana - Extended Side Angle Pose

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. In this first stage, we learn to establish strength and stability in the legs, forming a solid base from which to access the final 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 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) 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.
- 8) Repeat several times to gain freedom and strength in the legs and hips.

Caption for photo: Keep the trunk centered and lifted as you bend the knee over the ankle

Ray Madigan and Shelley Choy are Certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center. See <httpwww.manoayoga.com/> or call 382-3910 for more information.

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