

## POSE 6 Standing Asanas

Utthita Parsvakonasana  
Extended Side Angle Stretch

Utthita Parsvakonasana strengthens legs and knees, stretches abdominal and pelvic organs, and reduces fat on the waist and hips.

Extended Side Angle Stretch enhances lung capacity, tones the muscles of the heart, relieves sciatica, arthritic pain, and stimulates digestion.



## Props

- Sticky mat and two blocks.

Please refer to my website for information about all yoga props from Hugger Mugger™ [joann.yoga/yoga/yoga-props/](http://joann.yoga/yoga/yoga-props/)

## Foundation

1. Start on the right side. Establish the foundation of Pose 1 – Utthita Trikonasana (Step your feet a legs-length apart. Bear equal weight on both feet. Turn your right foot outward 90 degrees and left foot 60 degrees. The right heel aligns with the left inner arch).

## Getting into the pose

2. Bend the right knee, placing right hand on the block or floor, just like in [photo 1](#).
3. Left arm and left hand rest on the left hip. Feet are equally weighted, in particular the heels and metatarsals, just like in [photo 2](#).

4. The left arm is extended over the left ear creating a line of energy from the outer left foot all the way to the left finger tips, just like in [photo 3](#). The spine is aligned, stretching the distance between the hips and the shoulders.
5. Rotate the head looking up through the left armpit, just like in the [main photo](#).
6. In the POSE ([main photo](#)), establish a smooth rhythm of breath, and hold for five to seven breath cycles.

### Release

7. When releasing, exhale, place equal weight on both feet, move the left arm to the left hip. Lift the right sit-bone and extend the right leg. Weighting both feet equally allow the torso to float up.
8. Return to the foundation of Pose 1 – Utthita Trikonasana.

Repeat the pose on the other side.

### Advanced Alternative Pose

- Place the right hand on the floor, and the right knee into the right armpit, just like in [photos 4 and 5](#).



**Duration:** Repeat one pose on each side. Keep the pose for **five to seven breath cycles**.

### Extra focus:

- You can perform the pose against the wall, and touch it with your buttocks and shoulders. This support can help with your alignment.
- Maintain the lift of the inner arches. Place weight on the fourth toe metatarsals. Keep hips and legs aligned.
- Relax your facial muscles and drop your jaw.
- Maintain bend in the knee, and keep grounding the rear foot.

### Avoid:

- Do not let the head and shoulders coming forward.