

## POSE 7 Standing Asanas

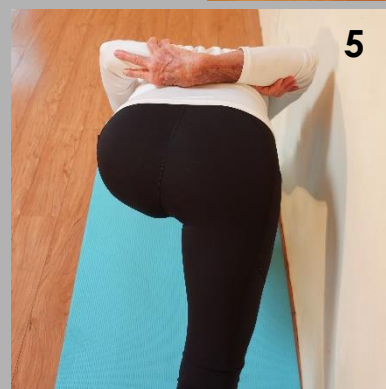
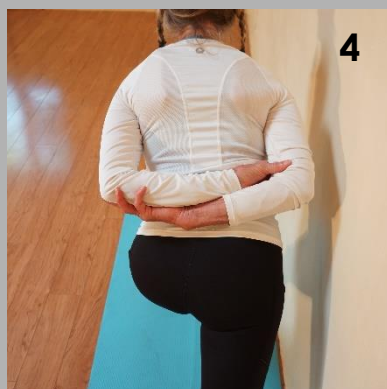
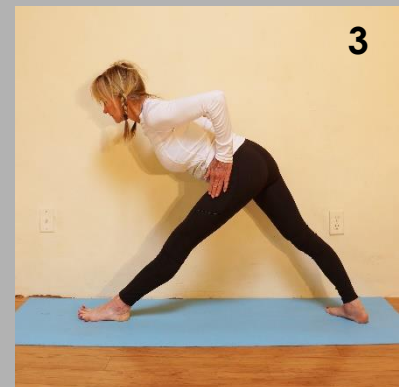
Parsvottanasana  
*Intense Chest Stretch*

## The POSE



Parsvottanasana cools the brain and soothes the nerves, relieves the arthritis of the neck, shoulders, elbows and wrists.

Intense Chest Stretch strengthens the abdominal organs. Improves digestion. Tones the liver and spleen, reduces menstrual pain.



## Props

- Sticky mat

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).
2. The body weight is distributed equally and comfortably on both legs.

### Getting into the pose

3. The right hamstring lifts the right sit-bone (ischium), align the left and right iliac bones. Buttocks are parallel, just like in [photo 1](#).
4. The triceps aid in lifting the chest. Drop the head back looking at the ceiling. The throat remains soft, just like in [photo 2](#).
5. Maintain the lift of chest, hinge from the hips. Releasing over the right leg (stop at about 45 degrees) reestablish the integrity of the feet. Re-lift the chest again, just like in [photo 3](#).
6. Put your hands on elbows behind your back ([photo 4 and 5](#)).
7. Extend over the leg and keep the buttocks parallel. Rest head on the shin. Keep the elbows lifted.
8. In the POSE ([main photo](#)), establish a smooth rhythm of breath, and hold for four to six breath cycles.

### Advanced Alternative Pose

- In Point 6 - Place palms together in Namaste.

### Release

9. When releasing, exhale, place equal weight on both feet, allow the torso to float up, maintaining the lift of the chest.
10. Return to the foundation of Pose 1 – Utthita Trikonasana.

Repeat the pose on the other side.

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

### Extra focus:

- Chest and kneecaps remain lifted.
- Maintain the intelligence of the feet.

### Avoid:

- Unweighting the backside foot.