

Asana

# Intense Side Stretch Pose 1

*Parshva Uttana Asana*

**Starting Position:** erect with your feet wide apart; open the arms and align the elbows with the medial malleolus (inner ankle).

Heels aligned. Turn one foot externally by 90 degrees and open the other foot by 45 degrees. Square the pelvis towards the front leg.

The heels remains aligned, or the back heel is slightly more open.



Before rotating the hips to the front, lower the shoulders. The rotation is centered along the middle line of the hips; the arms help rotation.

The legs are kept straight, in particular the front one. The front big toe is well rooted and in contact with ground. While sliding backwards with the barycentre, bend the trunk towards the leg.

The static phase is maintained for at least 20 seconds and up to a maximum of 120 seconds.

**Contraindications:** incorrect execution of the posture when suffering from protrusions or hernia in the lumbar region can cause harm.

**Benefits:** stimulates and revitalizes pelvic and abdominal organs; increases agility and flexibility; increases the sense of balance; rejuvenates the spine and benefits the heart.