

Asana

Intense Side Stretch Pose 2

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.

Join your hands between the shoulder blades. While inhaling, and with the gaze directed slightly upwards, stretch the trunk upwards; while exhaling and sliding backwards with the barycentre, bend the trunk towards the leg. The front big toe is well rooted and in contact with ground. Spontaneous breathing.



Static phase is maintained for at least 30 seconds and for 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 revitalises pelvic and abdominal organs; increases agility and flexibility; increases the sense of balance; rejuvenates the spine and benefits the heart.