

Asana

Extended Side Angle Pose

Utthita Parshva Kona Asana

Starting Position: there are three possibilities to enter the asana: with feet wide apart; beginning with feet together and lightly jumping them apart; or entering from the Meru Mountain Posture, by bringing one foot forward.

The foot corresponding to the bent knee is straight; the knee is along the axis that lies between the second and third toes. The right foot is at a 45 degree angle and perfectly grounded.

In this position, the point of the sacrum is pulled inwards and the body creates a continuous line from the back foot to the fingertips of the raised hand. The tip of the middle finger of the raised hand is along the same line as the foot. The side of the trunk rests on the thigh.

The hand on the ground can be placed on the internal or external side of the foot; the first version is suggested to correct or control the tendency of the knee to collapse inwards. The hand may also stay raised, or be placed on the chest.



The breath is long and complete and, above all else, directed towards the side of the trunk opposite to that which is supported from hips to shoulder.

The static phase can be maintained for a minimum of 20 seconds and up to 120 seconds.

Contraindications: pathologies of the lower limb articulations.

Benefits: tones the vertebral column in particular, and the entire body in general; reinforces equilibrium and concentration; a polarizing position, it purifies the more important energy channels.