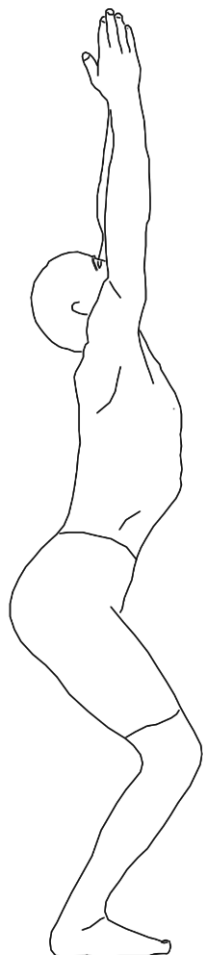


Utkatasana

Fierce Posture

This posture, which is also part of the Surya Namaskara B sequence, begins the Warrior sequence which flows from standing to seated postures through Virabhadrasana A and B (see information on Warrior sequence).

Utkatasana powerfully stretches the Achilles tendon and shins and cultivates leg strength.



Entering the posture

See the 'Warrior sequence' illustration below.

Working within the posture

- Gently press the knees together with ankles and toes touching.
- Take weight back into the heels and spread toes apart and down.
- As the chest lift the sit bones descend.
- Draw the shoulder blades down and reach through the fingertips.
- Turn the armpits forward.
- Draw the upper arms towards the ears.
- Press the palms together and feel the shoulder and upper back respond.
- Cultivate a feeling of steadiness, grace and poise by working to keep the breath long and flowing.
- The breath and bandhas are the key to keeping the posture steady and strong.
- The Ujjahi breath is long – exhale deep into the lower abdomen.

Modified posture

If the shoulders are stiff then bringing the hands together may be a problem. Work with the hands apart and arm parallel.

Take five breaths within Utkatasana and then flow to Virabhadrasana as below.

