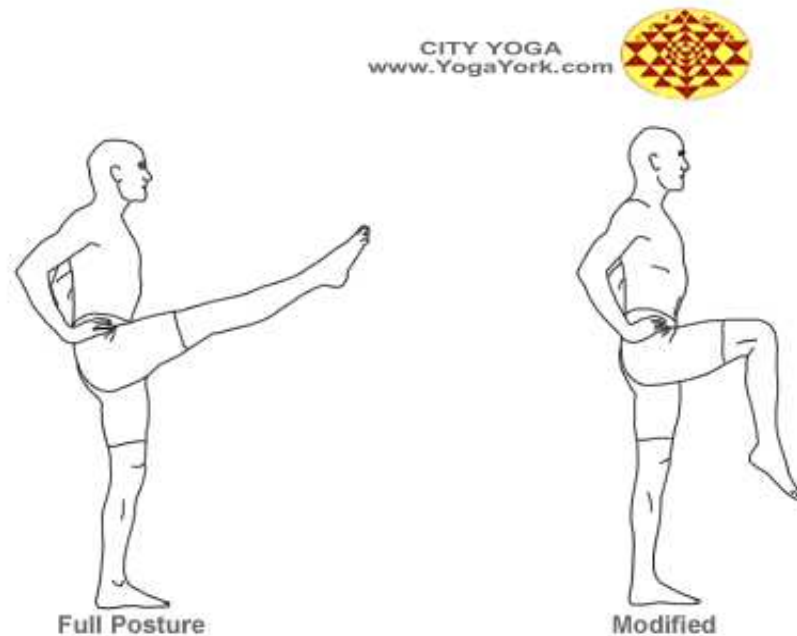


# Utthita Hasta Padangusthasana D

## Standing Leg Raise

This posture will strengthen the upper leg muscles and emphasise the strength of the bandhas.



### Entering the posture

From the previous posture, on the exhale, allow the leg to float in mid air. As ability and strength within the posture increases then the foot can be lifted higher. Aim at first to bring the leg parallel with the floor.

### Working within the posture

- Keep the hips square and level.
- The hands are on the waist, fingers pushing in to create awareness of uddiyana bandha.
- Send energy out to the lifted toes.
- Draw the shoulder blades down and level the collarbones.
- Keep the foundation of the standing foot strong but allow the ankle to soften.
- 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.

### Modified posture

- If you are struggling with balance then work in the modification. Attempt to keep the upper and lower leg at right angles. Work on extending the leg to build strength toward the full posture.