

Utthita Hasta Padangusthasana B

Standing Leg Raise – to side

There are lots of challenges as the leg is taken to the side. The weight of the leg must be compensated by bringing weight over the outside edge of the standing foot to act as a counterbalance.



Full Posture



Modification 1



Modification 2

Entering the posture

From the previous posture, on the exhale, extend the foot out to the side, maintain the bandhas. If the balance is good then look over the opposite shoulder.

Working within the posture

- Keep the hips square and level.
- Don't lift the hip up as this will work into the lower back.
- 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.
- 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 modifications. Practice is the key to good balance. If you feel unsteady in these postures then work up to 10 breaths in your home practice. Cultivate a feeling of steadiness, grace and poise in the modified postures before moving on to the full posture.