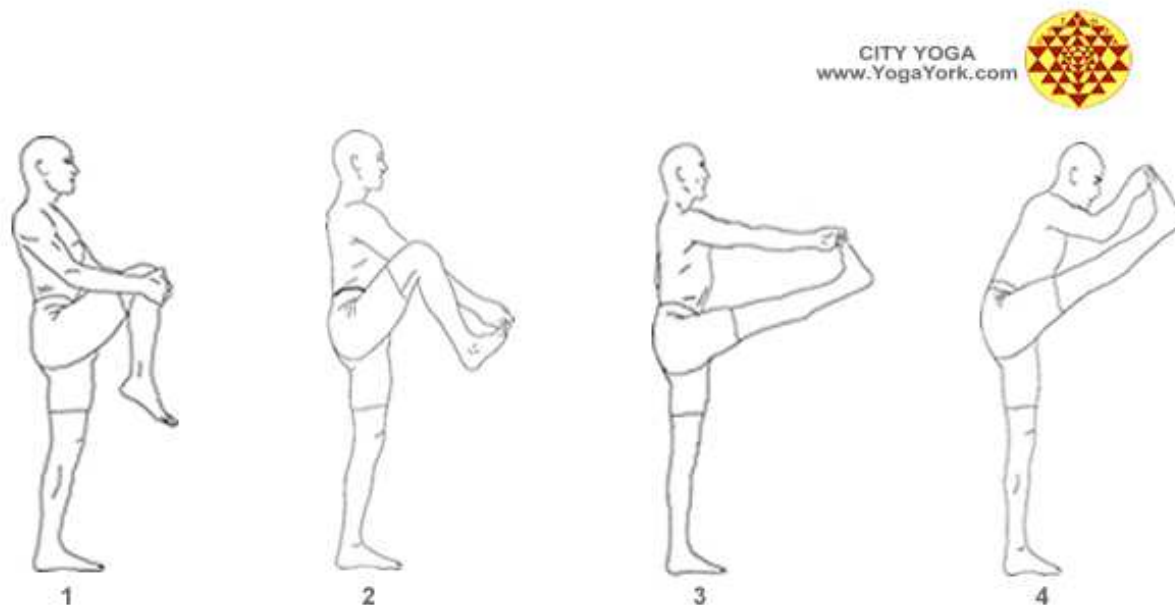


# Utthita Hasta Padangusthasana

## Standing Leg Raise

Elements this posture involves taking hold of the big toe of the extended leg and the other taken to the waist to feel the strength of the bandha. It is a challenging posture that demands focus, balance and strength. The posture cultivates leg strength, steadiness, grace and poise. Uddiyana bandha and mula bandha are applied throughout to centre and focus energy. The standing leg is firm and grounded – as if it is rooted into the earth.



### Entering the posture

From the previous posture, return to samasthiti. On the next inhale lift the knee and take hold of the big toe with the first two fingers (2). On the exhale extend the leg directly forward maintaining a vertical line through from the crown of the head to the heel of the standing leg (3).

### Working within the posture

- Keep the hips square and level; lift your toes to eye level.
- Point the big toe to direct the leg upward.
- Resist the movement of the leg extension by keeping the shoulders square.
- If balance is good then gaze at the big toe.
- Bend the right elbow and draw the torso toward the raised leg and aim to touch the chin to the shin.
- Release the right buttock and tailbone downwards.
- Keep the left hand on the waist to assist with focusing on uddiyana bandha.
- Breathe deep and steady.

### Modified posture

Each of the four illustrations above are stages to progress with practice. When gaining confidence in the posture practice in the first version. Focus on maintaining the length of the spine by pulling gently into the knee. Avoid using the hands to lift the knee, rather use them to provide alignment.