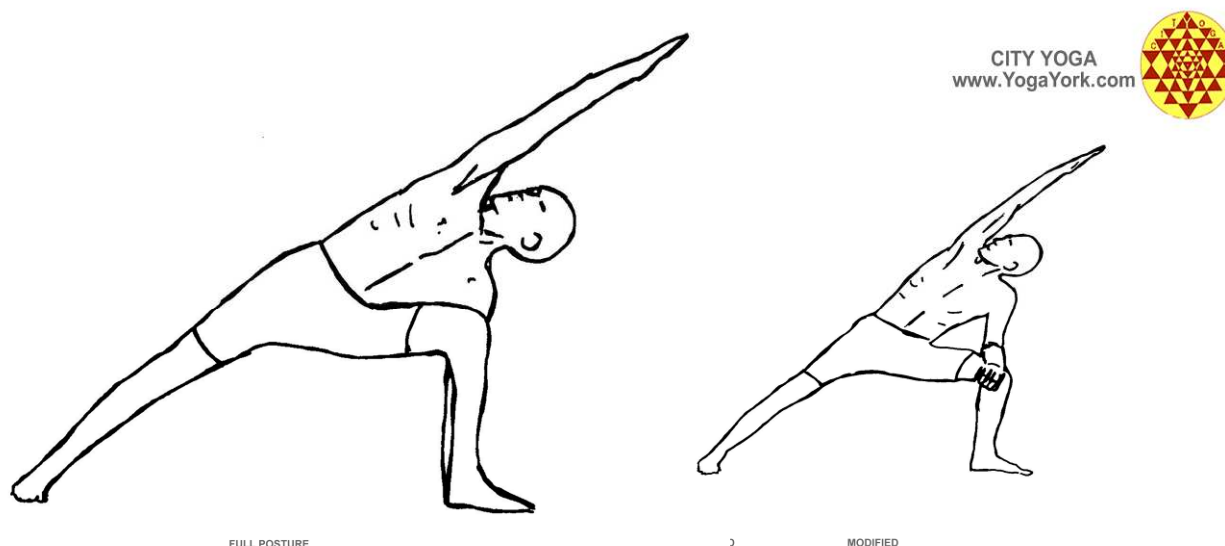


# Utthita Parsvakonasana

## Lateral Angle

A powerful dynamic sideways stretch which is a variation of virabhadrasana. The posture encourages a complete stretch of the groin and spine. The legs work in a lunge position to support the upper body and the spine is kept in a straight line. This creates a line of energy running from the back foot all the way to the tip of the fingers. Opposing force is created by moving the knee into the supporting arm (or elbow if modified) which helps to maintain correct leg alignment and foundation, which in turn begins to open into the groin and hips. The deep lunging in one leg and the stretch through the other creates a dynamic balance of leg strength and flexibility.



### Entering the posture

From Samastihiti step back and turn the right foot 90°. Turn to face the right hand and bend the right knee so that it creates a right angle with the knee directly over the heel. Extend the spine and place the right hand on the floor on the outside of the right foot. The right knee presses firmly into the right armpit as the left arm extends upwards to keep the chest open.

### Working within the posture

- Rotate the extended arm to bring it over the head.
- Create a long, straight line from the outer edge of the left foot to the tip of the fingers.
- Use the opposing force between the right knee and right arm to roll open the left side of the chest, abdomen, hip, and thigh.
- Use the inhale to deepen the stance and extend the spine.
- Use the exhale to open the body until the edge of the posture is reached.
- Focus the gaze onto the extended hand (or modify by gazing under the armpit).

### Modified posture

This posture creates a very deep and challenging stretch. It may be difficult to place the hand on the floor initially. If this is the case modify the posture by placing the elbow against the knee. This creates a stable posture in which to work the front body open.