

# Utthita Hasta Padangusthasana C

## Standing Leg Raise

This posture creates a very strong stretch through the legs and hips. As much energy goes down and through the standing leg as into the lifting of the foot.



Full Posture



Modified

### **Entering the posture**

From the previous posture, on the exhale, bring the foot back to centre and take hold of either side of the foot.

### **Working within the posture**

- Keep the hips square and level.
- 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 modifications. Draw the knee into the chest maintaining a line of energy from the standing heel to the crown of the head.