

Uttanasana Variation

(extended forward bend with twist)



- Begin in Uttanasana (neutral spine) with feet hip-width
- Bend the left knee, keeping the right leg straight, place the palm of the right hand to the sacrum, exhale and revolve to the right
- Lift the right hip as you drop the left
- Keep the head & neck neutral relative to the torso while twisting
- Spread the toes and widen the soles of the feet
- Inhale and untwist
- Repeat to the left side

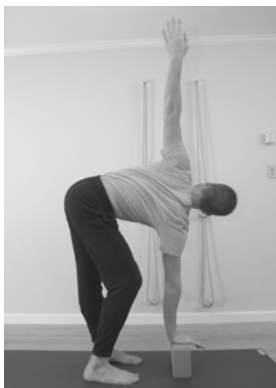
PROP OPTIONS

Place hands on a chair if more height is needed

Note: From original position, the spine should not round forward

VARIATION

Extend upper arm upward



Supta Padangustasana I

(reclining big toe pose)

- Lie on your back with knees bent & feet on the floor
- Place a belt around the heel of the right foot
- Extend the right leg upward
- Extend the left leg on the floor (option: press the heel of the foot into a wall)
- Ground the upper femurs (thigh bones) into the hamstrings
- Extend the heels of both feet
- Spread the toes and broaden the soles of both feet
- Breathe
- Repeat on the left side



SUPPORTED OPTION

Practice the pose in a doorway with the back of the upward extended leg supported by the wall or door frame

Supta Padangustasana III

(reclining big toe pose - with twist)



- Begin in supta padangustasana
- Take hold of the belt with the opposite hand (i.e. if the right leg is extended upward, hold the belt with the left hand)
- Keeping the right leg extended, take it across the body to the left side
- Extend the heels of both feet
- Reach the right arm out away from the right shoulder
- Allow the back of the right hand, right shoulder and right ribs to release down toward the floor
- Soften the belly and relax the neck
- Inhale to bring the right leg back up, then repeat with the left leg

SUPPORTED OPTION

Keep the belted foot higher than the floor, with the sole of the foot against a wall or the foot propped on support