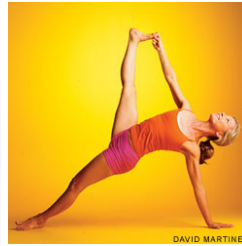


Pose of the Week 3-29-08

Side Plank



Vasisthasana

(vah-sish-TAHS-anna)

Vasistha = literally means “most excellent, best, richest.” *Vasistha* is the name of several well-known sages in the yoga tradition. There’s a *Vasistha* numbered among the seven (sometimes 10 or 12) seers (*rishis*) or lords of creation (*prajapatis*), and a *Vasistha* who’s author of a number of Vedic hymns. He’s also said to be the owner of the fabulous “cow of plenty,” *Nandini* (“delight”), which grants his every wish and accounts for his infinite wealth.

Side Plank pose is all about strength and balance. It is classified as an arm balance. Think of the body in this pose as just like in plank pose – but turned to a side facing pose. In side plank we strengthen our body against gravity. Great for strengthening the arms, abs, legs, shoulders and wrists.

- Builds balance
- Builds strength
- Weight bearing
- Tones the whole body

Primary Muscles – Obliques, Triceps, spinal extensors, glutes, serratus anterior, deltoids.

Variations – For bent knee version, enter the pose from all fours. For extended leg variation, enter the pose from plank pose. In extended leg version, top leg can be lifted, bent into tree pose variation, or the big toe held with first two fingers and thumb if top arm. Top arm can rest on side or reach to sky.

Tips –

- Supporting hand should be slightly in front of shoulder
- Lift through the hips
- Neck in line with the spine
- Press through the supporting had and arm, creating space in the shoulder
- Whole body strong like a plank of wood
- Roll pelvis slightly forward, chest slightly back to straighten out (roll the heart and navel open)
- Imagine yourself flat against a wall
- Keep breathing!

/ am strong!

