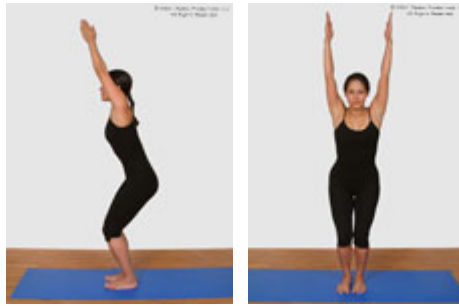


Pose of the Week 3-8-08

Chair



Utkatasana

(OOT-kah-TAHS-anna)

utkata = powerful, fierce

A powerful strengthening pose for the hips and thighs. Develops focus and balance.

Primary Muscles – Quads, Hamstrings, Calves, Back Muscles, Rectus Abdominus, Triceps, Serratus Anterior

Variations – A variety of arm positions – arms up, arms straight out, hands at Namaste, hands can go to thighs if pose feels too intense,. You can also roll up onto the toes and balance.

Tips –

- Foundation first – plant both feet, feet point straight ahead
- Weight of the body in the heels
- Hips reach way back
- Shoulders down and back
- Neck in line with the spine
- Drop the tailbone down a bit to avoid over arching the low back, and to lengthen the low back
- Lift from the heart
- Heart lifts and opens
- Knees parallel and facing straight forward (this is one of the very few times the knees are slightly in front of the ankles)
- Pull everything in to the core of your body to engage your power center
- If entering chair from standing, enter with an exhale. If entering chair from a forward bend, enter with an inhale

/connect to the power at my core.



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