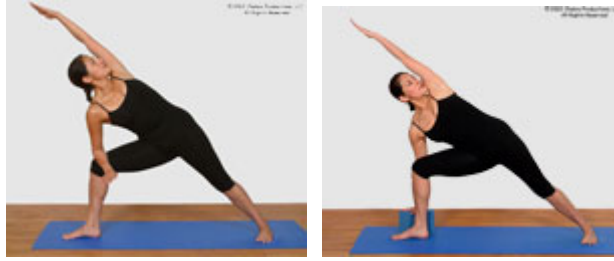


# Pose of the Week 5-3-08

## Side Angle



Parsvakonasana

*(parsh-vah-cone-AHS-anna)*

*parsva* = side, flank

*kona* = angle (*veer-ah-bah-DRAHS-anna*)

Side Angle pose is a side facing pose – the hips, navel and heart face the side wall. Side Angle strengthens the legs, stretches the sides and opens the hips.

- Strengthens the legs, especially the thighs
- Lengthens the sides of the body
- Opens hips, opens chest
- Builds strength and endurance
- Builds focus, strength and power

**Primary Muscles** – Quads, Hamstrings, Obliques, Serratus Anterior

**Variations** - Top arm to sky or arm in long diagonal line, bottom arm bent on knee, on the floor, or bound behind back.

**Tips** –

- Foundation first – plant both feet, heels in line with each other, legs wide apart, 50-50 weight on each leg
- Shoulders, sternum, navel, hips face side
- Shoulders relax back and down
- Back leg straight and firm
- Front knee bends straight ahead, knee over the ankle
- Heart lifts and opens
- Extend from your center
- Allow your hips to sink in to your base
- Lift from the low back and navel
- Roll the navel and heart away from the floor
- Gaze beyond the front fingertips
- Imagine you are pressed against a wall

*With each breath I reach farther and create space in my body..*



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