

RAISED LEG POSE (ROTATED)

- Stand in Mountain Pose (1). Exhale, bend the right leg and hold the big toe of the right foot with the thumb, index and middle fingers of the left hand.
- Extend the right leg out in front of you while extending the right arm behind you at shoulder height, twisting the upper body to the right.
- Stand away from the floor with the left leg and extend the right hip toward the right foot whilst continuing to twist the upper body to the right.
- The arms are driving away from each other and the head is at a maximum distance from the weight bearing foot.
- The extremities of the body are exploring space optimally in relation to the ground and the trunk. Breathe evenly.
- Reverse the process to come out of the pose. Repeat on the other side.

Benefits

- Improves balance and flexibility.
- Improves core strength.
- Explores rotation of the spinal column.

Beginners Advice

- Start sitting down with left leg tucked into body.
- Work on keeping heart up and spine long.
- Breathe into the parts of the body that feel discomfort.
- Hold ankle instead of foot.

Challenge

- See how long you can hold the pose without compromising the pose.
- Hold only the big toe of the raised foot and fully straighten the raised leg.

Adjustments / What to look for

- Try to create distance between the right and left hands and between the head and the tailbone. Be aware of maintaining the length, watch for “slump” in shape.
- Use the breath to steady and soften into the pose.

