

# SIDE ANGLE



## BENEFITS

Energizes and grounds. Strengthens legs and core muscles. Stretches inner thighs and hip muscles. Excellent antidote for sitting too long.

## TIME

10 seconds to 1 minute

## ACTIVITY

- From standing, take legs wide apart—about 3 to 4 feet.
- Turn the left foot in slightly to the right, and the right foot all the way out to the right.
- Bend the right knee until thigh and calf form a right angle (knee over the ankle with shin straight up and down) and then lightly rest right elbow on right knee.
- Straighten the back leg and press out through feet and top of head.
- Stretch the left arm out over the left ear, palm facing down.
- Keep the head in alignment with the spine, with belly, chest, and eyes turned upward to the sky.
- Switch sides.

## VARIATIONS & INTEGRATION

- Take hand from knee down to the floor by the little toe.
- Press gently on crown of head and have student “press back” in pose to engage more postural muscles.

## NOTES

Pose stretches and tones the hip flexor and psoas, key muscles for posture and low back health.

