

Parighasana - Stage 2

Parighasana means gate pose and the final pose resembles the closing of a gate. In Stage 2, the pose is done with one leg straight and the other bent. This pose gives a wonderful stretch to the side of the trunk and relieves pain in the back.

- 1) Place a yoga mat on the floor. Place a folded blanket on one end. You will also need a yoga block or similar.
- 2) Kneel with the feet together and toes pointing straight back.
- 3) Extend the right leg and place the right foot in line with the left knee. Place the ball of the right foot on the yoga block. Align the left shin and knee with the left hip.
- 4) Keep the left outer hip in and do not let the hips swing to the left. Press down into the block to tighten the right leg. Turn the pelvis and trunk to face straight forward.
- 5) Stretch the arms apart in line with the shoulders and expand the chest.
- 6) Press the left foot and shin into the blanket and, with an exhalation, bring the right hand firstly to the right shin, then the ankle and then the foot. Stretch the arms apart and expand the chest as you gaze up at the left hand. Keep the right buttock tucked in and the right leg firm.
- 7) Now, exhale and extend the left arm over the left ear in line with the body. Breathe evenly and deeply through the nose as you press the left shin down and stretch the side of the body.
- 8) Continue to lengthen both sides of the waist as you join the left hand to the right hand. This is closing the latch of the gate.
- 9) Stay for up to a minute then inhale and come up. Then do the pose to the left.

