



# Extended Side Angle

- Heels are in line with each other
- Press the outer edge of back foot into mat
- Draw front hip in toward center line
- Scoop tailbone down toward back heel
- Engage back thigh, keeping leg straight and strong
- Stack upper shoulder over lower
- Open chest and give lungs space to expand fully
- Set your eyes up toward the sky

## MODIFIED I

- Set front forearm on top of front thigh or place lower hand on a block

## MODIFIED II

- Sit in a chair, using the instructions for extended side angle



MODIFIED I



MODIFIED II