

Pose of the Week 10-11-08

Gate



Parighasana

(par-ee-GOSS-anna)

parigha = an iron bar or beam used for locking or shutting a gate

Gate pose is a side bending pose. Side bending is one of the essential movements of the spine (backbending, forward bending, twisting right/left and sidebending right/left are the six movement of the spine). Side bends stretch the sides of the body and feel really good. Gate is similar to triangle pose, with a kneeling base.

- Stretches the side body
- Tones the abdominal muscles

Primary Muscles –Intercostals, External obliques, Hamstrings, Triceps

Tips –

- Take a fold in your mat to cushion your knee
- Lift to the sky first to lengthen before side bending
- If your leg allows, take extended leg foot flat to the floor
- Send breath to the side of the body that is stretching

/open the gate to let joy enter.



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