

Elevating a Hand or Foot

In the previous chapter, we described how to raise the front foot in standing poses. This suggestion applies not only at the beach; rather, it holds for any natural environment, as shown here for Utthita Trikoṇāsana (Photo 74), Vīrabhadrāsana II (Photo 75) and Utthita Pārsvakoṇāsana (Photo 76).

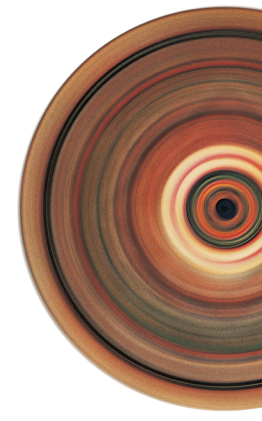
Photo 74 Utthita Trikoṇāsana with
the front leg elevated





Vīrabhadrāsana II

Photo 75 Vīrabhadrāsana II with the front leg elevated



Utthita Pārsvakoṇāsana

Photo 76 Utthita Pārsvakoṇāsana with the front leg elevated

