

Standing Āsanās

Elevating the front leg in standing poses activates this leg and provides better anchoring for the back leg. This has several benefits. It shifts the body weight backward and reduces the load on the front leg. Consequently, the head of the femur (of the elevated leg) enters its socket. At the studio one would use blocks or chairs to obtain this effect (Photo 7).

At the beach there are plenty of slopes and rises of sand that can be used to elevate the front leg, as shown in Photo 8.

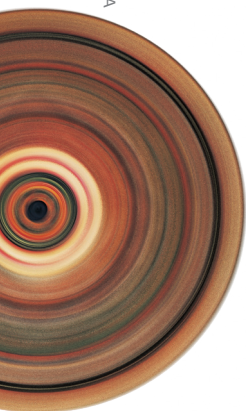
Photo 7 Elevating the front foot at the studio



A full-page photograph of a man performing the Utthita Trikonasana yoga pose on a sandy beach. The man is shirtless, wearing black athletic shorts, and is captured in a dynamic pose with one leg extended forward and the other back, arms reaching wide. The background features a blue sky with scattered clouds and a line of greenery on the left.

Utthita Trikoṇāsana

Photo 8 Utthita Trikoṇāsana – elevating
the front foot

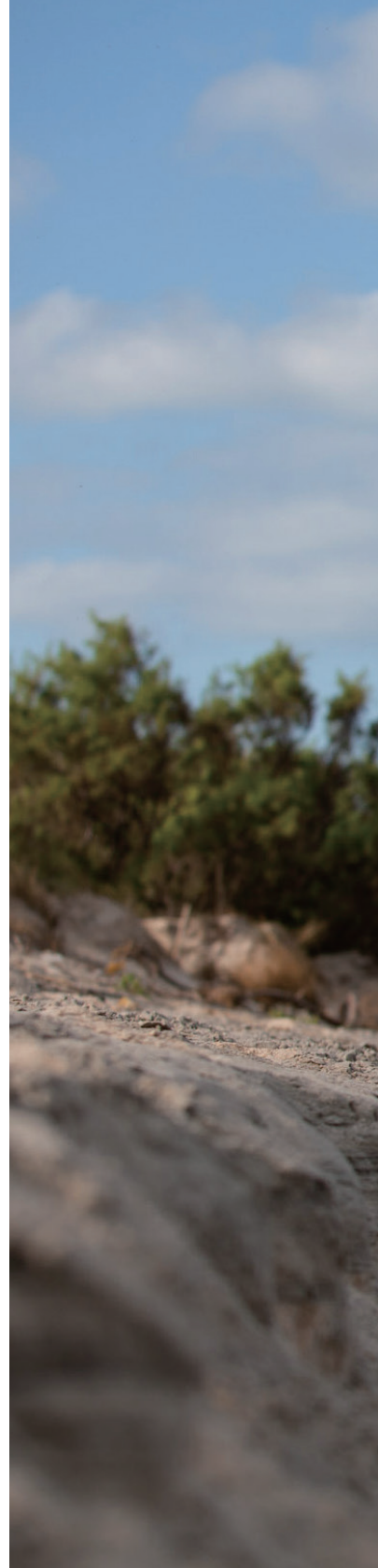


Elevating the front leg decreases the load on the ankle and knee and activates the knee. In lateral āsanās, like Utthita Trikoṇāsana (done on the right side, as in Photo 8), elevating the right leg helps tuck the right buttock in and align it with the right foot. This support is especially useful in cases of weak ankles, knees, or hip joints.

In standing āsanās, the back leg serves as an anchor that “holds” the pose, preventing one from collapsing into the front-leg side. Keeping this leg stable and well-anchored helps to maintain a broad pelvis and is especially useful in poses like Vīrabhadrāsana I & II – in which the front leg is bent.

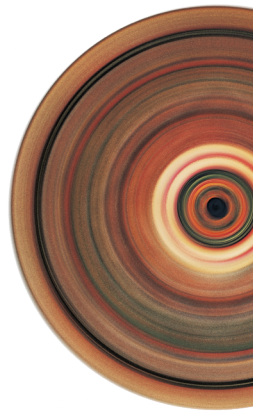
In Vīrabhadrāsana I (Photo 9), done with the left leg forward as in the photo, the left foot is elevated on a rise of sand. The change in the pose’s geometry anchors the right heel in the sand. This allows to release the left buttock down, surrendering it to gravity and, at the same time, to lift and open the chest. Once you do that, extend your neck and arch it back. Open your eyes wide and look at the open blue sky above – it now appears in all its glory. This cannot be seen in a studio!

Photo 9 Elevating the front leg in Vīrabhadrāsana I





Vīrabhadrāsana I



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