

MAKE YOUR MOVE

Intense Side Stretch

{SANSKRIT NAME: PARSVOTANASANA}



Get in touch with your body through yoga — with instruction by some of America's leading experts. This issue's move was brought to you by: **Anita Goa** (who studied under Beryl Bender Birch), of New York Sports Clubs, 1601 Broadway, 15th Floor, New York, NY 10019; 212-977-8880, fax 212-489-9103, or visit their website at www.NYSC.com.

1) Begin with feet parallel, three feet apart, and arms extended to sides.

2) Turn your right foot out 90° and your left foot in 45°.

3) Place your palms & fingers together behind your back with your hands pointing downward, then slowly invert hands in

toward back and up into an upward pointing "prayer" position.

4) Turn hips and torso 90° to the right. Inhale as you look up, lift your chest, open your shoulders, and stretch your back.

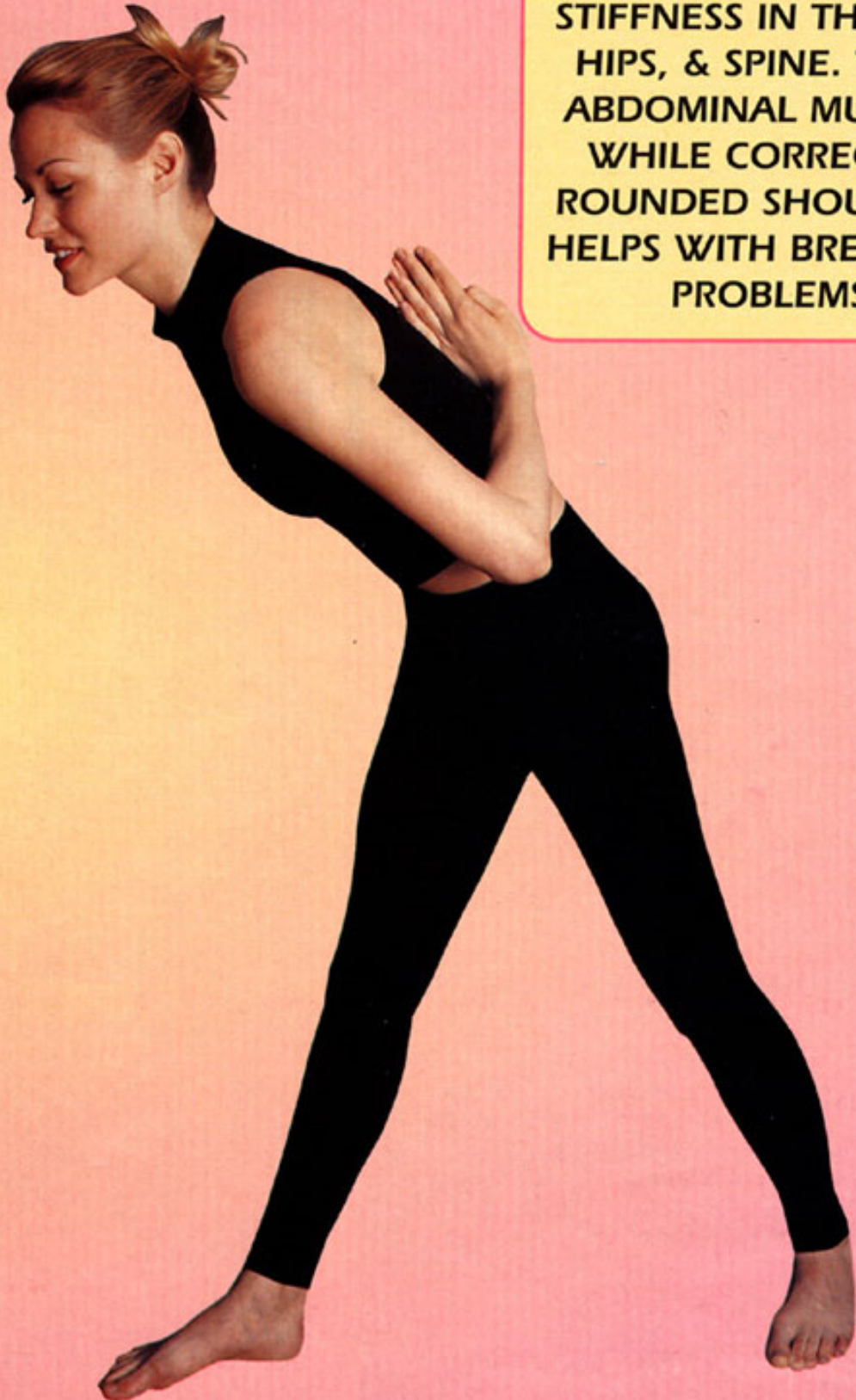
5) Exhale as you fold down over your right leg. Go down as low as you can

while keeping your back straight.

6) Hold for five breaths. Then inhale as you come all the way up in one breath. Look up, stretch back, rotate torso back to center, and square off feet

7) Return to attention position, then repeat on other side.

CHRIS ALEXANDER: HAIR & MAKEUP BY GIGI HALE FOR UTOPIA; PHOTOGRAPHED AT NEW YORK SPORTS CLUBS



PURPOSE: RELIEVES STIFFNESS IN THE LEGS, HIPS, & SPINE. TONES ABDOMINAL MUSCLES, WHILE CORRECTING ROUNDED SHOULDERS. HELPS WITH BREATHING PROBLEMS.