

# Pyramid Pose

Parsvottanasana

## About the Pose

This pose translates to “intense side stretch.” It tones the legs, gets deep into the hamstrings, improves balance, releases the spine, and inspires self-reflection.

## Alignment

- From your warrior II or triangle legs, step your back foot up toward the top of your mat a third of the way to shorten your stance.
- Straighten both legs while keeping a slight bend in both knees.
- Bring your hands to your hips and steer both hip points forward to face the front of your mat. Squeeze your inner thighs.
- On your inhale, lift your chest high and slightly arch your back.
- On your exhale, hinge at your hips, fold forward over your front leg, and drape your belly button over your front thigh. Release your hands to the ground.
- Relax your neck and set your gaze to your back foot. Keep your eyes open as you breathe deeply.

## Modifications and Adaptations

- Set your blocks on both sides of your front foot and use them as support for your hands in your fold.
- *Reverse Namaste pyramid:* Before you fold forward, spread your arms wide and unite your palms at your back in a prayer position to open your chest and shoulders and strengthen your wrists.

