

LEARN YOUR POSE

Utkata Konasana: Goddess Pose



Source

Utkata konasana is the Sanskrit name for the Goddess Pose, pronounced as *oot-KAH-tuh cone-AHS-uh-nuh*.

Also known as the goddess pose or fiery angle pose. It helps you to connect with the forces of the universe along with stretching and toning your lower body. Goddess pose also helps us to connect to our inherent inner goddess and feminine nature.

How to Do

- Start from the [mountain pose](#).
- After a few breath, transition to a wide standing stance.
- Next, pivot your toes out and your heels in, so your feet are about a 45 degree angle.
- Bend your knees in the direction of the toes, and lower your hips as low as the level of your knees.
- Reach your arms out at shoulder height and bend your elbows so that your fingertips point skyward.

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- Spread your fingertips wide and activate your back muscles.
 - Engage your core muscles and point your tailbone towards the mat.
 - Lengthen your spine and engage the muscles.
 - Be in the pose for 10 to 15 breaths or so.
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