

(aka Lateral Inclined Plane; One-Arm Stand)



vah-sish-TAHS-unnuh (vassistha = best, richest, excellent)

CONTRAINDICATIONS · CAUTIONS

- ⊗ wrists - carpal tunnel
- △ shoulder

- squeeze both legs together and straight
- elongate arms as much as possible, stacking shoulders to form a straight line
- active engagement of core and legs is essential

AVOID

- ✗ hips or shoulders sinking
- ✗ lifting hips too high

- ▼ don't look up
- ▲ upper arm extended out to the front (adds side stretch)
- ❖ wedge feet against a wall to assist balancing

BASIC STEPS

- Downward-facing Dog (DFD)
- slowly revolve body, stabilizing with outer foot; upper hand to waist
- engage core, move outer leg on top of lower
- raise outer arm, open palm, look up

RELEASING: lower arm, revolve back to DFD

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Connects sky and ground.

forward bend		side bend		backward bend		twist		balance	I
STANDING	SEATED	RECLINED	ARM/LEG SUPPORT	INVERSION			RESTING		

KEY TO ASANA QUICK REFERENCE

Common Name
(& any alternatives)

Sanskrit Name
Pronunciation
Translation

Props & assists to
have on hand

Not Recommended ☹
& Approach With
Caution △ conditions

Guidance for getting
into and/or holding
the pose

Observational
attributes to aim for
or avoid when in pose

Options to make it
▼ less ▲ more
intense
Some possible
variations ❖

Particular breathing
instructions*

Main steps (not
detailed instructions)
to get into pose.

Symbolism or
significance of pose*

Action*

Body Position

*field may be
blank on some
poses

Side Plank (aka Lateral Inclined Plane; One-Arm Stand)	
Vasisthasana vah-sih-TAH5-unnuh (vassistha = best, richest, excellent)	
PROPS & ASSISTS ❖ wall	CONTRAINDICATIONS - CAUTIONS ☹ wrists - carpal tunnel △ shoulder
CLUES & TIPS <ul style="list-style-type: none"> • squeeze both legs together and straight • elongate arms as much as possible, stacking shoulders to form a straight line • active engagement of core and legs is essential 	
ASPIRE TO <ul style="list-style-type: none"> ✓ feet stacked side-by-side, as if standing ✓ arms at right angle to torso ✓ torso basically straight 	AVOID <ul style="list-style-type: none"> ✗ hips or shoulders sinking ✗ lifting hips too high
MODIFICATIONS (LESS/MORE INTENSE) - VARIATIONS <ul style="list-style-type: none"> ▼ don't look up ▲ upper arm extended out to the front (adds side stretch) ❖ wedge feet against a wall to assist balancing 	
BREATH FOCUS <ul style="list-style-type: none"> • when raising arm, inhale • when lowering arm, exhale 	BASIC STEPS <ul style="list-style-type: none"> • Downward-facing Dog (DFD) • slowly revolve body, stabilizing with outer foot; upper hand to waist • engage core, move outer leg on top of lower • raise outer arm, open palm, look up RELEASING: lower arm, revolve back to DFD
Connects sky and ground.	
Forward bend STANDING	side bend SEATED
backward bend RECLINED	twist ARM/LEG SUPPORT
balance RESTING	balance RESTING

Last Revision

Main chakra(s)
activated*:
Crown
Brow / 3rd Eye
Throat
Heart
Solar Plexus
Sacral
Root

Level:
Novice
Beginner
Intermediate
Advanced

These pages are an aid to yoga instruction, provided to students as a reference for poses they have done in yoga class. They are not comprehensive, nor intended to replace qualified instruction.

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