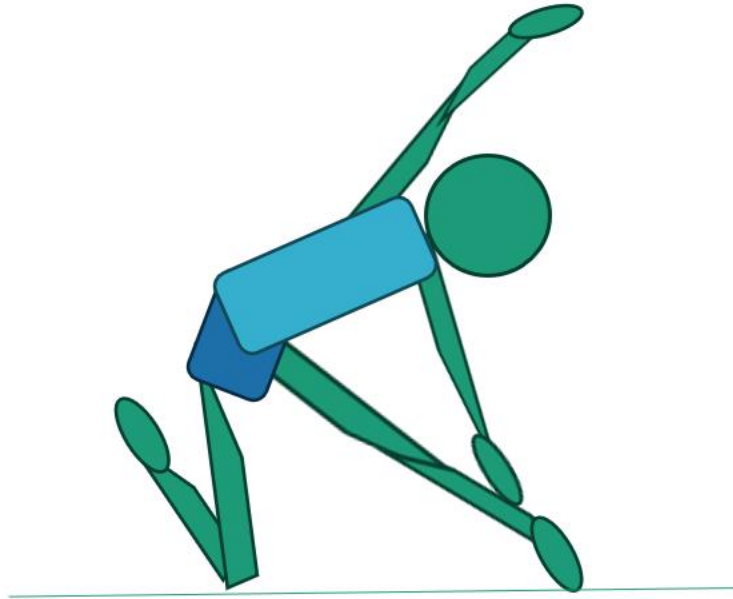


# Gate Pose



## 1. Start Position

- Begin in a **kneeling position** on your mat, knees and hips aligned, torso upright.

## 2. Extend One Leg

- Stretch your **right leg straight out to the side**, keeping the foot flat on the ground and toes pointing forward.
- Your left knee stays directly under the left hip.

## 3. Align Your Torso

- Keep your torso upright and lengthened.
- Engage your core slightly to support your lower back.

## 4. Arm Placement

- Inhale and **raise both arms out to the sides**, parallel to the ground, palms facing down.

## 5. Side Stretch

- Exhale and **lean your torso to the right** (towards your extended leg).

- Place your **right hand** gently on your shin, ankle, or the floor outside your leg—depending on your flexibility.
- Stretch your **left arm overhead**, reaching toward the right, palm facing down or slightly forward.

## 6. Hold the Pose

- Keep your chest open (avoid collapsing forward).
- Look either forward or up toward the left hand.
- Breathe deeply and hold for **3–5 breaths**.

## 7. Return

- Inhale, press through your core, and **lift your torso back upright**.
- Lower your arms down to your sides.

## 8. Repeat

- Return the right leg to kneeling.
- Perform the same steps on the **other side**.