

Utkanṭha upakaṇṭha.

- - Uttara (Town)



Description: -

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Ashtanga

Like the Razor's sharp edge is difficult to traverse, The path to one's Self is difficult. This pose works on balancing the body better, with control on reducing the pressure on the knees and feet directly.

Utkantha, Utkanṭhā, Utkanṭha: 11 definitions

Schiltz 2006 , , Philosophy East and West, Vol.

Katha Upanishad

Hotaru's unyielding attachment and reverence to Utakata flustered him.

Upanayana

The captain revealed to Hotaru, who he was holding hostage, that Utakata was in their , and was wanted for killing his master.

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