



TRIANGLE POSE

Utthita Trikonasana

Instructions

- 3 to 6 breaths
- Props | One Block

1. Stand in Mountain Pose. Step your feet 3 to 3 ½ feet apart. Raise your arms parallel to the floor, palms facing down.
2. Turn your left heel in slightly to the right and your right foot out 90 degrees. Firm your thighs.
3. Exhale and extend your torso sideways to the right over the right leg, bending from the hip joint, not the waist. Press the outer left heel firmly to the floor. Rotate the torso to the left, keeping both sides of the waist equally long.
4. Rest your right hand on your shin, ankle, or a block without bending the sides of the torso. Stretch your left arm toward the ceiling in line with the tops of the shoulders. Keep your head in a neutral position or turn it to the left, gazing upward at your left thumb.
5. Stay in the posture for 3 to 6 breaths. To come out, inhale and strongly press the back heel into the floor as you reach the top arm toward the ceiling. Reverse the feet and repeat the posture on the side for the same number of breaths.

