

Trikonasana - Triangle Pose (tri-three, kona-angle, asana-posture)

This asana gives an excellent lateral stretch to the spine, increasing flexibility of the spine, and giving an intense stretch to the trunk and legs.

The Practice

- ☺ Stand with your feet approximately 3-4 feet apart. Check that your heels are in line with feet pointing forward. Stretch your arms out to the sides at shoulder height, making sure they are in line with each other. Keep your palms facing the floor and stretch your arms from the back of your elbows. Lift your chest.
- ☺ Turn your left foot 90 degrees to the left. Exhale as you drop the left hand down onto your shin or ankle, or if your flexibility allows, onto the floor inside or outside the left foot. Bring your weight into the left heel rather than sinking into the left hand.
- ☺ Raise your right arm up, open the chest as you reach the right fingertips towards the ceiling. Keep both arms and shoulderblades in line with each other.
- ☺ Turn your head without straining your neck. Gaze at the right fingertips.
- ☺ Draw the left thigh muscle upwards and move your left buttock and left ribs forward slightly.

☺ Extend the length of the right side of your torso.

☺ Stay in the pose for 20 – 30 seconds. Repeat on the right side.

Practice tips: It is more important to keep both legs straight and hips forward than to bend the knee and twist the hips in order to bring the hand to the floor. Beginners may wish to hold higher up on the leg.

Caution: Respect your body's limitations and inner wisdom, if something feels wrong, please do not do it.

The Complete Illustrated Book of Yoga by Swami Vishnudevendanda comes highly recommended for deeper study.

For more details on Lila's yoga classes and retreats, visit her website: www.yogaprema.org



'Joy is eternal, it will never die: sorrow is illusory, it will never live'
Swami Sivananda