

Pose of the Week 12-13-08

Twisting Triangle



Parivrtta Trikonasana

(par-ee-vrit-tah trik-cone-AHS-anna)

parivrtta = to turn around, revolve

trikona = three angle or triangle

Twisting Triangle usually begins from pyramid pose since they have the same foot and hip position. Because this twist focuses on the mid-thoracic spine and deeply stretches the hamstrings, it is a challenging pose for many of us. It is important to keep a firm foundation – especially in the back foot which has a tendency to lift off the floor. Push down into the back heel. If the twist and hamstring stretch is too intense, take the hand to the shin rather than the floor. As with all twists, aim to turn the heart to the side wall. Relax the struggle and breathe to get the most benefit.

- Stimulates digestion
- Releases tension

Primary Muscles –Latissimus dorsi, Glutes, Hamstrings

Tips –

- Ground the feet, especially back foot
- Turn heart to the side, with spine long
- Go only as far as you are comfortable – modify as needed
- Relax and breathe
- Feel the release as you slowly unwind the twist

/ let go of expectations and allow myself to be where I am.



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