

Pose of the Week 2-2-08

Triangle



Trikonasana

trikona = three angle or triangle

Triangle pose is a standing pose that embodies the qualities of a triangle – strength, ability to support weight and to resist pressure.

- Tones legs and ankles
- Opens hip, groin, hamstrings
- Strengthens the neck
- Stabilizes the hip
- Encourages balance and strength

Primary Muscles – Serratus Anterior, Triceps, Glutes, Hamstrings, Quadriceps, Deltoids, Rhomboids, Iliopsoas, Neck, Calf, Rectus Abdominus

Variations – Try this pose against a wall to work on aligning your upper body over your lower body. Extend the top arm beyond the head instead of to the sky. With top arm extended beyond the head, lift the bottom arm toward the front of the room.

Tips –

- Align upper body over legs
- Front foot points straight ahead
- Imagine your back is against a wall
- Tip hips to the side
- Anchor with the feet
- Active, straight legs
- Reach as far as you can over the leg before setting the hand down
- Don't reach for the floor - focus more on your back against an imaginary wall
- If it's OK with your neck, look up beyond the tips of the fingers

Anchored in strength | explore my length, my lines of energy.



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