

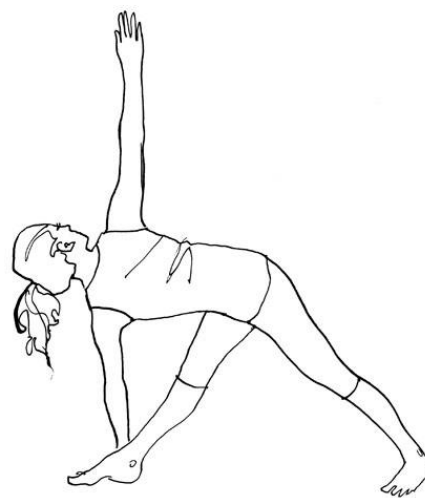
Parvritta Trikonasana: revolved triangle pose

Benefits: Invigorates, stimulates and activates the liver kidneys and spleen. Relieves low back pain. Improves metabolism, balance and concentration.



Begin: Stand on your mat in Tadasana, feet together. Jump your feet 4 feet apart, swinging your arms out to the sides as you do so.

Turn your left foot in to about 45 degrees, and turn your right foot out 90 degrees and at the same time revolve your hips and torso to the right. Square your hips to your right foot. Keep your legs straight and the arches of your feet active, spread and extend your toes from the base to the tips. Revolve your left inner thigh back and push down through your outer left heel; press down through the big toe mound of your right foot. Draw your kneecaps and thigh muscles up. Lift your side ribs. Curve your upper spine into your back; draw your shoulder blades down away from your ears. Move your tailbone in and lift from your frontal hipbones — by so doing, you can avoid pushing the abdomen forward.



Exhale and leading with your breastbone, simultaneously bend forward over your right leg and turn your trunk to the right. Place your left hand on the floor or on a block at your outer ankle.

PRACTICE NOTES: Keeping your legs firm, roll your right shoulder back — work toward it being parallel and directly above your left shoulder. Draw your right hip back. Feel the holding power and support that this action provides the upper body.

It takes a lot of practice to achieve this next movement, but start now! Sink your left shoulder blade deep into your torso and rotate your torso further to the right. Extend your sternum bone toward your head. Raise your right arm up. To maintain a strong lift, charge the element of fire. Holding your legs firm, extend your arm further from the sternum bone all the way up through the tips of your fingers. At the back body, call upon the element of water: press your left back ribs deep in toward your left breast, and from the center of the dorsal spine, let the skin flow down like a cold mountain stream over your coiled left shoulder-blade toward your left hand. Turn your head to look up at your right hand.

Coming out: Inhale and return to an upright position. Turn your feet to the front and repeat on the other side. Jump back to Tadasana.

Cautions: Do not practice this pose unsupported if you have a herniated disk, a pulled hamstring, or are menstruating.