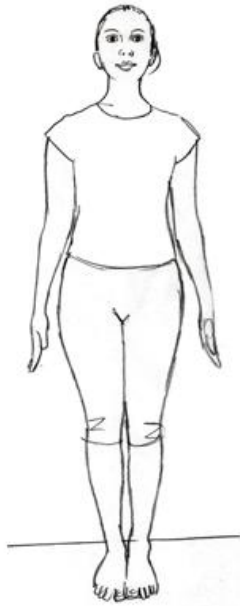


Trikonasana



Begin in *Tadasana*.

Stand upright with your feet, toes, ankles touching. Rotate the inner thighs back. Spread the backs of the thighs and knees from the inner back legs to the outer. Bring the weight back to the heels. Lengthen the soles of the feet from the center of the arch to the toes, and from the center of the arch to the heels.

Lift your chest. Roll your shoulders back and down and press the tips of your shoulder-blades forward. Stretch your arms down by your sides. Look straight ahead.

Uttitha Hasta Padasana:

With an inhalation jump your feet 4 to 4½ feet apart. As you jump, swing your arms out to the sides. Make sure that when you land, your feet point straight forward. Fully stretch your arms and legs and raise your chest. Take a couple of breaths. Roll your shoulders down and press the points of your shoulder blades into your back.

Lengthen up through the crown of your head. Lift the skin of the inner thighs evenly up through the inner groins, and beyond to reach the sternum bone.



Parsva Hasta Padasana:

Uttitha Trikonasana:

Parsva Hasta Padasana:

Turn your left foot in slightly and your right foot, shin, knee and thigh 90 degrees to the right. Check that the middle of the thigh, knee and ankle are in line. Take a few breaths. Turn the abdomen and chest away from the right leg, and face straight ahead. Lift both sides of the waist and side ribs.

Uttitha Trikonasana:

Exhale and bend sideways over your right leg. Take hold of your right shin. As your hand grips your shin, firm both legs by pulling up your kneecaps.

The knees have to be level, otherwise the front leg becomes too long. Keep widening the distance between the legs until the knees become level with each other.

Press your pelvis forward and roll your left hip, torso and shoulder back. Breathing normally, raise your left arm and look up beyond your right hand.

Extend arms away from each other and from the sternum bone.

"There should be many arms coming out from the side trunk (from as far down as the hips). Like the many armed Goddess!"
—Abhyjata Iyengar

Try touching your right hand to the floor, keeping your right buttock muscle pressed forward. Align your right hip over your right foot. Change sides.

To come up, swing back up to *Parsva Hastasasana*. Turn your feet to face forward. Jump back to *Tadasana*.

Parivritta Trikonasana

From *Uttitha Hasta Padasana*, turn your right foot out and your left foot way in turning the hips and torso to the right as you do so.

Align the center of the torso to face the center of the right thigh.

Head up – back ribs in! Search out the back leg. Don't let the fear complex bring your body weight forward.



Place your left hand on the floor to the outside of your right foot. Place your right hand on your right hip.

Lift inner back thigh to turn the spine: turn your chest any amount to the right.

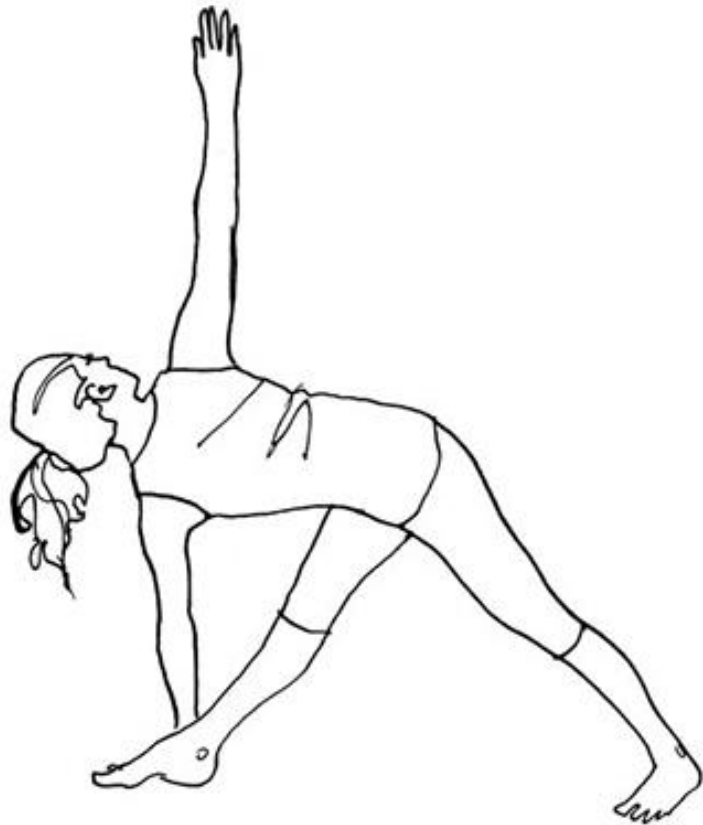
Press your left hand down and extend your right arm up. Look up at your right hand.

Front leg: have your weight on the inner edge of the front foot. Take the outer shin in. Search out the back leg again and take the body weight back. Suck the front leg hip in!

Back Leg: roll your inner thigh back and press back through the outer heel.

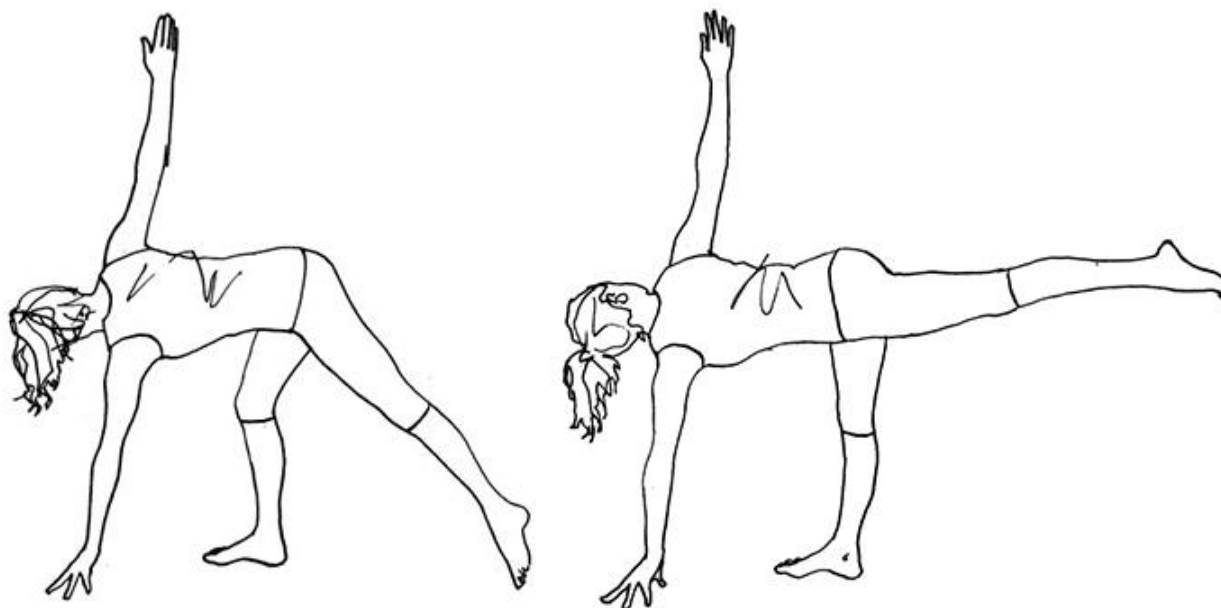
Firm your left back ribs and extend your anterior spine in as you turn. If it is not possible to touch the floor, place your left hand on a block.

Change sides.



Parivritta Ardha Chandrasana

From *Parivritta Trikonasana*, place your right hand on your right hip, bend your right knee, and take a small step in with your (left) back leg. Place your left hand directly below your left shoulder in front of your right foot.



Straighten your right leg as you lift your left leg off the floor to hip height. Push through the sole of your left foot, as though you were pressing it against a wall.

To engage your inner left leg, press the mound of your big toe down as you lift your arch. Stretch, spread, and activate the toes. Draw in the center of your right buttock and pull the outer hip into your body.

Without disturbing your standing leg, turn your chest up toward the ceiling. Reach your right arm up. Take your gaze toward your right hand.

Spread your diaphragm and your inner chest cavity with soft, open breathing. To come out, lower your back leg into *Parivritta Trikonasana* Pose. Repeat on the other side.

