

Utthita Trikonasana: triangle pose

This posture develops strength and flexibility through the legs, spine and chest.

Medical benefits:

Along with a sequence standing poses, Uttitha Trikonasana strengthens the back. It can help those with: displaced spinal discs, arthritis of the lower back, dorsal region, stiff shoulders, and sciatica. It can also correct a hunched back, and if practiced regularly, will banish backache forever. Trikonasana also works on the legs. It improves deformed or weak legs, tight hamstrings, knee and ankle problems, and flat feet. Tackled with confidence it also helps acidity, bronchitis, constipation, indigestion, and kidney problems.



1. Stand in TADASANA.
2. With an inhalation, jump your feet to 3½ ft. apart and swing your arms out to the side. Fully stretch your arms and legs. Raise your chest. Turn your left foot in and your right foot out. Take a few breaths.
3. Holding your legs and arms firm, exhale and bend sideways over your right leg.
4. Take hold of your right shin. Press your pelvis forward and roll your left hip, torso and left shoulder back. Raise your left arm and look up. Hold the pose for 20-30 seconds, breathing normally. Repeat on the other side.

PRACTICE NOTE:

Practice this pose with your shoulders and buttocks against the wall and your hand on a block to help keep the shoulders, hips and feet in alignment. This also provides a less strenuous way of practicing.

