

Triangle Pose

(UTTHITA TRIKONASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- 🧘 **Muscles Involved**
- 🧘 **Common Misalignments**
- 🧘 **Avoidances & Risks**
- 🧘 **Prenatal Modifications**

Stretches side body and back of front thigh (hamstring).

Cueing

From Warrior II straighten the front leg, with a micro bend in the knee. Maintaining head to tail alignment, side bend over the straight front leg. Rest the hand along the leg, wherever it is comfortable. Extend the opposite arm up. Feel the width across the collar bones and the length from head to tail.

Lengthen the side body evenly and avoid collapsing into the front hip joint. Look to the side or if neck allows, look up towards the extended hand.

Modifications

Less tilt, hands rest on hips.

Variations

Bind (top arm wraps around).

Props

Block to support hand.
Back against the wall to support body.

Adjustments

Watch for clenched toes, locked knee joint. Align back of head to sacrum. Adjust arms to one line.

