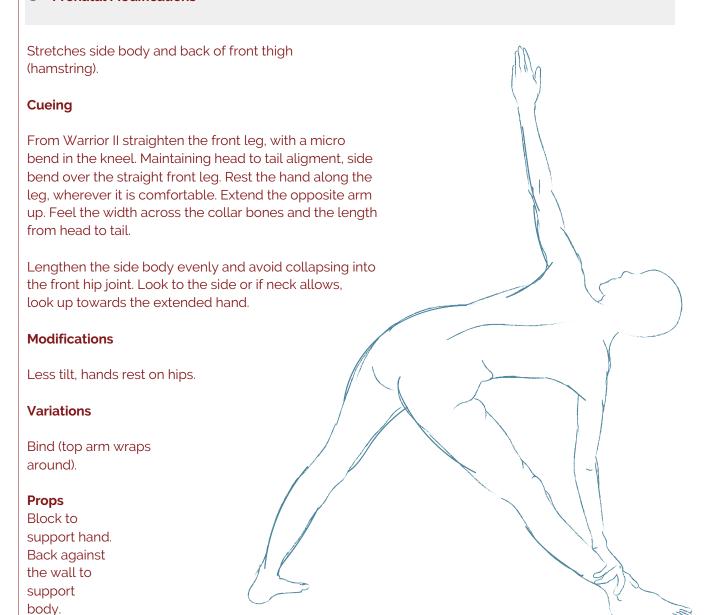
Triangle Pose

(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



Adjustments

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

