

Asana

Extended Triangle Pose

Parshva Trikona Asana

Starting Position: erect with your feet wide apart.

Your feet are rotated to the same side, one at 90 degrees and the other at 45 degrees; your torso tilts towards the foot rotated at 90 degrees; your heels remain in line, or at most, the back heel stays a little open.

Start with your arms open and aligned. While exhaling, move down towards the right: your center tilts towards the left, opening on the corresponding side. The rotation comes from your hips and turns your torso to the front position.

Your legs are kept straight, especially your front leg; your big toe is well grounded and your abdomen is precisely engaged. The front foot maintains a push towards the opposite side for the entirety of the pose.

Keeping your arms aligned; avoid externally over-stretching the shoulder of the upward raised arm, because breathing and balance will suffer. Your face rotates towards your upper hand, but only until comfortable in order to avoid creating tension. It is also possible to turn your face towards the front or towards your lower foot.

Breathing is directed to the torso, towards its open side from where it expands up to the shoulder. The pose is maintained on each side for a minimum of 20 seconds up to 2 minutes.

Contraindications: none.

Benefits: tones and slims legs, abdomen and back; improves breathing and circulation, increases elasticity of pelvic and lower limb joints; invigorates pelvic and abdominal organs, helps regulate body weight and prevents problems related to sciatic nerve, lumbago and cervical vertebrae pathologies.

