

Asana

Rotated Triangle Pose

Parivritta Trikona Asana

Starting Position: Extended Triangle Pose.

Place your hands on the hips, lengthen the spine and while exhaling rotate the pelvis towards the front leg. Only when the movement of the pelvis is complete, rotate the spine along its axis (it's important to start from a condition of elongation). In the final phase, chest and belly are turned towards the front leg.

Place the lower hand on the external side of the front foot, and if not possible, place it on the ankle, on a block or on the inside of the foot.

When the lower hand is stable, rotate the head, and then bring the upper arm in line with the lower one.

Abdominal activation lasts for the entire holding phase and it is the centre of balance; the hand placed on the ground pushes firmly downwards and favours engagement of the abdomen. The gaze can be directed towards the upper hand, in front or downwards.

Spontaneous breathing.

Hold the pose for at least 20 seconds and up to a maximum of 2 minutes.



Contraindications: lower limb pathologies; slipped disc.

Benefits: particularly beneficial for pelvic and abdominal organs; increases mobility and flexibility of the spine; enhances the sense of balance; it is a very polarizing practice which favours purification of the main energy channels.