

Asana

# Triangle Pose

*Trikona Asana*

**Starting Position:** erect, your arms are stretched outwards and aligned, and your feet are parallel and separated to the distance of your elbows.

While exhaling, move your barycentre back and bend your torso until it is parallel to the floor. Perform a complete exhalation while rotating your torso along the axis of your hips (shoulders do not move) and place your right hand on the ground.



The hand on the floor is placed equidistant between your feet. Your raised arm is in line with the one placed on the floor and your shoulders remain open.

Maintain deep breathing and focus on the side of your torso that remains upwards.

The static phase is maintained from 30-120 seconds.



**Contraindications:** slipped discs.

**Benefits:** stretches and increases mobility of the spine and pelvic joints; sharpens the perception of the barycentre and the whole body; improves strength and elasticity, lateral mobility of the spine, chest width and deepened breathing; develops flexibility and endurance of the hips and lower limbs including knees and ankles.