

Triangle



Triangle stretches the entire body.

1. Begin in mountain pose at the back of the mat.
2. Step the right foot forward about 3 feet. Point the right foot straight towards the front of the mat. The left foot turns about 30 – 40 degrees towards the front of the mat. The front heel should be directly in line with the back instep. Press the outer edge of the left foot and the left heel into the mat firmly.
3. Turn your torso toward the wide edge of the mat and place your hands on your hips. Pull your left shoulder back.
4. EXHALE as you bend your torso and move your right shoulder toward your right knee. Bring your right hand down to your right shin, a block, or the mat.
5. Bring your left arm down toward the mat and then INHALE to bring it forward past your face and up toward the ceiling, stopping at a 12:00 position.
6. Draw the shoulder blades down your back.
7. Rotate the ribcage toward the ceiling.
8. Gaze up towards the top hand, keeping your chin pulled in. If this is uncomfortable, gaze forward instead.
9. Stay for 3- 5 breaths.
10. Repeat steps 1-8 for the left side.

Note: Image is mirrored to make it easier to follow along. If you follow left/right as directed you will look like a mirror image of the picture.

