



POSE OF THE MONTH

June 2005

Trikonasana

Triangle (Utthita = Tri = 3, Kona = angle)

Parivritta Trikonasana (Parivritta = revolved or “turned around”)

Revolved Triangle

Trikonasana

☪ Inhaling jump or step open to the right, feet about 3' apart, stretch the arms out wide at chest level turning the right foot out and left foot in (the turning of the feet in the standing poses helps to align the back foot to prevent over pronation and collapsing of the foot inward, pay attention to lifting the arch and grounding the outer edge of your back foot).

☪ Exhale fold at the right hip, catch your right big toe with the first two fingers of your right hand. Straighten your right leg as much as you can--it is ok if your knee stays bent, just slowly work over time toward straightening it.

○ Extend your left arm out from the shoulder joint, gaze up toward your left fingertips. Keep your ribs closed in. back knee straight, pay attention to NOT bend forward, keeping

- Keep your torso aligned over your right thigh. Also work to keep the right side of your waist as long as the left side by moving the hip and ribs away from each other on the right side of your body.

☪ Hold the pose for 5 breaths

☪ Come up on an inhale, turn your feet to the left, exhale as you catch your left toe and repeat on the left.

Parivritta Trikonasana

☪ Inhaling come up from Trikonasana on the left, turn your feet all the way to the right (right foot out to 90° left heel swivels outward), exhaling place your left hand on the floor by your right instep, on your foot, or by your outstep.

☪ Reach your right arm upward (keep the hand above the shoulder) and twist at your navel as you turn your gaze upward to the right thumb.

- To drop the left hip or not?? Some teach to keep your hips level as you focus on twisting at your navel, others teach to drop the back hip to protect the S.I. (Sacro-Iliac) joint. If you have any back instabilities, drop the back hip. Otherwise try each style on for size and see which fits you.

☪ Hold for 5 breaths.

☪ Inhale come up, turning your feet all the way to the left, exhale and descend to the left side, placing your right hand on the floor or foot.

☪ Hold for 5 breaths.

☪ Inhale come up, square off your feet, exhale to jump to Samasthitih.

These asanas strengthen the back hips and legs, and help to re-align the skeletal system fixing postural deviations. They may also help to reduce fat around the waist. With the revolved (or twisted) version due to added pressure on the abdomen; digestion is improved and constipation is relieved. The Manipura Chakra (3rd) is affected by this pose. The twisting nature of the pose is calming to the nervous system while strengthening the spinal column.

