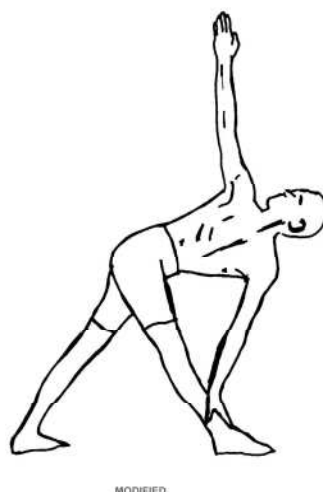


# Parivrtta Trikonasana Revolved Triangle

The body is now ready to progress to a deep twisting posture which will tone and stimulates the internal organs, and massage the intestines. This posture also strengthens the leg muscles and works into the hips. The posture is invigorating and stimulating and brings benefits to the entire nervous system. The posture builds strength, flexibility and balance.



## **Entering the posture**

From the last posture turn your right foot so that the toes point straight ahead. The left foot turns in 35°. Square the hips and chest with the short edge of the mat. Extend the body over the front foot maintaining length through the spine, which is parallel with the floor. Turn the arms in line with the chest so that the left hand can be placed on the outside of the foot with the fingers and toes in line. Press firmly into your left hand and gaze up to your right hand.

## **Working within the posture**

Right chest opens to expand ribcage and broaden chest.  
Lift the right arm strongly to prevent the left shoulder collapsing.  
Stretch the mat between your feet.  
Draw shoulders down and away from ears.  
Keep the legs active making sure that the back foot is firmly grounded.  
Breathe deeply for five full breaths.  
Maintain length through both sides of the waist.  
Apply uddiyana and mula bandha throughout.

## **Modified posture**

Beginners may find it difficult to maintain balance within the posture. This may be due to the hips been a little stiff. Practice the modified versions to build confidence and release the hips.