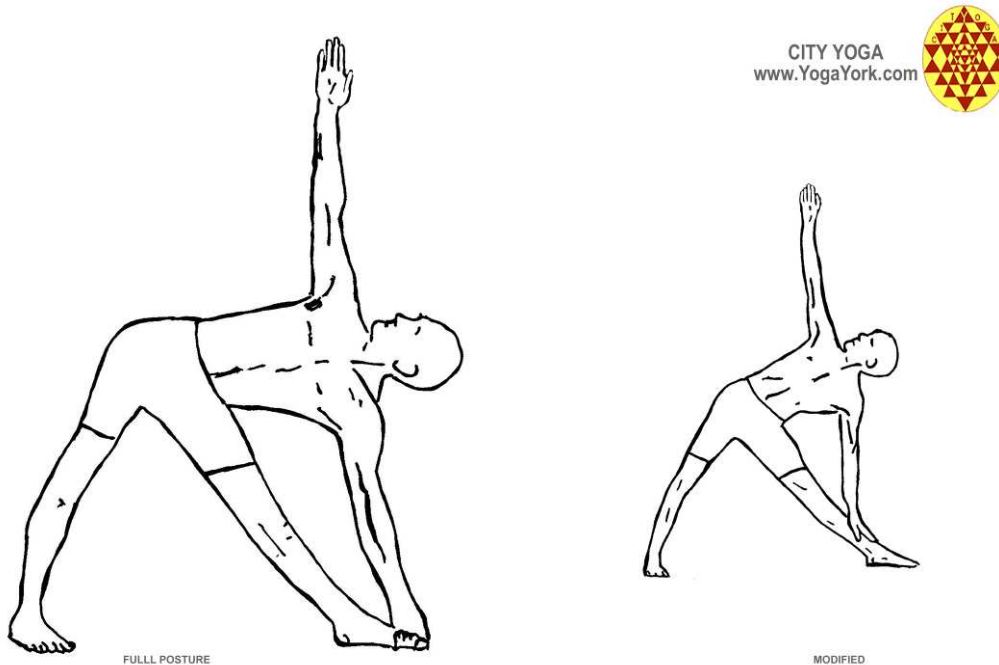


Utthita Trikonasana Extended Triangle Posture

This posture draws energy up through the legs into the sideways stretch of the back. Strength and flexibility are developed in the feet, ankles, legs and hips, creating a secure foundation for all the following wide-legged asanas. The spine and neck are lengthened and toned as the head rotates to look at the raised hand.



Entering the Posture

From Samasthiti step or jump the feet approximately 3ft apart. Turn the right front foot 90. Turn your left foot in slightly. Track the right hand over the right foot and then reach down and take hold of the big toe (modify by taking hand to shin).

Within the Posture (5 deep breaths engaging uddiyana and mula bandha)

Lift the inner arches of both feet.
Flex knees and thighs to form a firm foundation.
Look to the raised hand.
Rotate right buttock under.
Stretch from the sacrum to crown of head.
Spread energy through the arms.
Focus to avoid lower back collapsing (imagine the back of the body aligned with wall).
Stretch the mat between your feet.
Fully open the upper body to expand your chest and abdomen.
Pay particular attention to pulling back your top shoulder and hip.

Modified.

If your upper body begins to bend toward the long side of the mat then bring the hand further up the leg, otherwise the benefits of the lateral stretch to the lower torso will be lost.