

POSE 1 Standing Asanas**Utthita Trikonasana**
Extended Triangle Pose

Utthita Trikonasana gives the body an intense stretch to the torso and legs. It builds stamina, strengthens the body, opens the hips, shoulders and chest, and stretches the legs.

The Extended Triangle Pose stimulates digestions, alleviates backache, and relieves menstrual disorders.

**Props**

- Sticky mat and two blocks.

Please refer to my website for information about all yoga props from Hugger Mugger™

joann.yoga/yoga/yoga-props/

Foundation

1. Step your feet a legs-length apart. Bear equal weight on both feet.
2. Start on the right side.
3. Turn your right foot outward 90 degrees, and left foot 60 degrees. The right heel aligns with the left inner arch.

Getting into the pose

4. Extend the arms horizontally (90 degrees), just like in [photo 1](#).

5. Bearing equal weight on both feet, extend the torso over the right leg. Atlas and sacrum (S2 - the second bone of the sacrum) are aligned. Rest the right hand on a block at a height so that you can breathe comfortably (any height of the block), just like in [photo 2](#).
6. In the POSE ([main and photo 3](#)), establish a smooth rhythm of breath, and hold for seven breath cycles.

Release

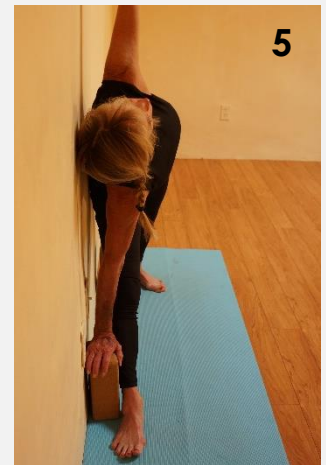
7. When releasing put the arms at the hips.
8. Right foot comes to 60 degrees and left foot is lifted and rotated to 90 degrees.
9. Exhale and bring the torso up.

Repeat the pose on the other side.

Advanced Alternative Pose

([photo 4 and 5](#))

- In the advanced practice the right hamstring lifts the right sit-bone (ischium), extending the spine and allowing the neck to lengthen. The head then can rotate to the left. The gaze is to the back side of the left shoulder.
- Take breaths all the way from the pelvic girdle. Hold the pose for seven breath cycles.
- When releasing keep the arms horizontal, bear equal weight on both feet, rotate the head to a neutral position, exhale and bring the torso up.



Duration: Repeat one pose on each side. Keep the pose for **seven breath cycles**.

Extra focus:

- Maintain equal weight on both feet, and keep the kneecaps lifted.
- The buttocks drive the heels down onto the mat.
- The weight on each foot is equally distributed in the heel and the big and fourth toe metatarsals.
- In the advanced pose, each exhalation extends the inner groin.

Avoid:

- Bending the back leg when coming up.