

How to:



Utthita Trikonasana Extended Triangle

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Step your feet wide apart. Turn your left foot out, and leave the right at a 90 degree angle, or, push the heel away, if your hips or knees demand it.
- Lengthen through the arms, and pull your left arm forward over the toes as far as you can. Allow your hips to move toward your back foot so your whole upper body leans over the front leg.
- Drop your left arm toward the knee. Lengthen your spine, tighten everything up, and reach the other arm to the sky.

MY EXTENDED SCRIPT (what I like to talk about in this pose)