

How to:



Parivrtta Trikonasana Revolved 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 the right foot back 2 - 3 feet and place your foot at a 25 degree angle, with the toes forward. Pivot the hips forward and see that your back heel can stay down.
- Left hand on your waist and inhale; reach the right hand up, lengthening your spine. Press into your back heel, suck in your stomach and slowly exhale and bow forward at the hips, keeping the back flat and long.
- Let the right arm drift toward the shin, then the foot, or floor. Inhale and lengthen through the crown of your head; level your hips. Lift your left arm and eyes to the sky.

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