



Triangle Pose

The triangle pose, known as "Trikonasana" in Sanskrit, is a foundational yoga posture that offers a deep stretch to the sides of the body while engaging and strengthening the legs, core, and back muscles. Here's how to practice it:

1. Begin standing at the top of your mat (Tadasana), feet together and arms by your sides.
2. Step your left foot back about 3-4 feet, keeping your feet parallel to the shorter edges of your mat. Your right foot should point forward, and your left foot should be turned slightly, about 45 degrees.
3. Extend your arms out to the sides parallel to the floor, palms facing down, forming a straight line with your shoulders.
4. On an exhale, engage your core muscles and hinge at your hips towards the right side, keeping your torso long and extending your right arm towards the front of your mat.
5. As you reach forward with your right hand, simultaneously shift your hips to the left, maintaining a straight line from your right hand to your right foot.
6. Once you've reached your maximum stretch, lower your right hand and place it on your right shin, ankle, or the floor outside your right foot, depending on your flexibility. Your left arm should be extended straight up towards the ceiling.
7. Keep your chest open and your gaze either straight ahead or up towards your left fingertips, depending on your neck's comfort.
8. Press down firmly through the outer edge of your left foot and the inner edge of your right foot to maintain stability.
9. Hold the pose for several breaths, breathing deeply and evenly.
10. To release, engage your core muscles and press into your feet to come back up to standing, then switch sides and repeat the pose on the other side.

Triangle pose provides a deep stretch to the hamstrings, groins, hips, spine, and shoulders, while also improving balance and stability. As with any yoga posture, listen to your body and modify the pose as needed to suit your own flexibility and comfort level.