

PERFECT YOUR TRIANGLE POSE



This detailed is excerpt from
THE YOGA FIX BOOK
www.theyogafixbook.com

TRIKONASANA (TRIANGLE POSE)

Proper Posture

- 👉 Hips square
- 👉 Shoulders away from ears
- 👉 Wide wingspan through arms
- 👉 All corners of both feet grounded



Improper Posture

- 👉 Hips push back
- 👉 Feet too close together
- 👉 Front toes turn outward



Cues

- ✦ Root feet into the mat
- ✦ Draw shoulder blades together
- ✦ Reach long through hands and fingertips
- ✦ Send tailbone slightly forward to engage the core and avoid arching the low back

The Yoga Fix

From a movement perspective, Triangle pose and Extended Side Angle pose have similar requirements. In fact, the common misalignments noted in Extended Side Angle-knee collapsing to the midline and improper ribcage position-directly apply to this pose, as well. However, due to different arm positions and muscular requirements of the upper body, several key differences still exist.

A common misalignment in Triangle pose is failure to rotate through the middle back. This often occurs due to difficulty keeping the torso upright with the arms extended. The middle portion of the spine is designed for mobility, specifically rotation. As referenced in Half Lord of the Fishes pose, rotation is not meant to occur through the lumbar spine.

