

LEARN YOUR POSE

EXTENDED TRIANGLE YOGA POSE AKA UTTITA TRIKONASANA



How to Do

- Start from [Mountain Pose](#).
- Open your both legs evenly 3 to 4 feet apart.
- Inhale and flap your arms parallel to the floor with palm down. Spread your shoulder blades apart.
- Rotate your right foot 45 degree outward.
- Strengthen the left leg and press the outer heel firmly to the floor.
- Exhale and shift your torso to bend from the hips joints and touch the right ankle (or shin/ the floor) from the right hand (see pics).
- Let the left hip come slightly forward and lengthen the tailbone toward the back heel.
- Next, stretch your right arm up in straight line with the right hand.
- Keep your eyes soft gazing toward right hand's fingers.
- Stay in this pose for 30 seconds to 1 minute. Inhale to come up, strongly pressing the back heel into the floor.
- Repeat the same for the left leg.

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Contraindications and Cautions

- Diarrhoea
 - Headache
 - Low blood pressure
 - Heart Condition: Practice against a wall. Keep the top arm on the hip.
 - **High blood pressure**: Turn the head to gaze downward in the final pose.
 - Neck problems: Don't turn your head to look upward; continue looking straight ahead and keep both sides of the neck evenly long.
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