

Yoga for You

by Ray Madigan and Shelley Choy

Parivrtta Trikonasana – Final Stage

(Revolved Triangle Pose)

This is a standing pose in which the spine is extended and twisted. Regular practice of *Parivrtta Trikonasana* will help the legs become strong and elastic, and relieves backaches. One develops determination and balance. Mastering this pose brings a tranquil mind-set and infuses one's being with confidence. See previous two columns for Stages 1 and 2. The first two stages should be practiced before proceeding to this final stage. In this classic pose, the balance is further challenged and the twist intensified.

- 1) Stand on an even surface with your feet together.
- 2) Inhale and jump the legs about 4 feet apart.
- 3) Turn the right leg out 90 degrees and the left foot in about 45 degrees. Place a block to the outside of the right ankle. Press the feet into the floor and straighten the legs fully, keeping the muscles of the legs tight and gripping.
- 4) Stretch the arms apart at shoulder level to open the chest. Now with an exhalation turn the waist and chest, and place the left hand on the block. Place the right hand on the hip. To help with balance, look down at the right foot. Press the inner edge of the right foot down and do not let the right hip swing out to the right. Keep the hips even and compact. The head should be in line with the right foot. Do not let the legs bend. Press the left hand into the block and extend the right arm in line with the right shoulder. Pull the arms apart to spread open the chest.
- 5) Breathe evenly through the nose. Work to keep the pose steady and poised by holding the legs firm.
- 6) Now with an exhalation turn the head and gaze softly up at the right hand.
- 7) Stay in the pose for up to 30 seconds, observing that the legs stay firm, straight and gripped and that the hips do not swing to the right or left. Stretch and extend the trunk and rotate with your exhalations.

8) Then inhale and come up. Repeat to the other side.

Caption for photo: With regular practice, you will gain the strength, flexibility, balance and concentration to enable you to dispense with the block.

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Manoa Yoga Center and the authors take no responsibility for any injury arising from the practice of these yoga postures. Readers should seek a doctor's approval before commencing this yoga practice.