

Supta Utthita Trikonasana – Reclined Extended Triangle Pose

Supta means reclined. *Utthita* means extended. *Trikona* means triangle. In this variation, *Utthita Trikonasana* is practiced while lying on the floor. By practicing the pose this way, one is able to stay longer in the pose and thus work on opening and creating space within the body while cultivating inner quietness. The floor also gives one feedback.

- 1) Spread a yoga mat on the floor next to a wall and sit down.
- 2) Place the right foot on the wall with the outer foot on the floor, as in the photograph.
- 3) Stretch the left foot on the wall, with the toes pointing up to the ceiling and the heel on the floor. Move the feet until they are about 4 ½ feet apart.
- 4) Now clasp the right shin with the right hand and, with an exhalation, lie onto your back.
- 5) Tighten the knees, press the feet, and fully straighten the legs. Press the back of the left leg down into the floor while keeping the right leg straight.
- 6) Extend the back of the left arm on the floor, in line with the shoulders.
- 7) Breathe evenly through the nose as you work to open the front of the body. Bring the back of the body down to contact the floor.
- 8) Stay for up to a minute and then repeat to the other side.



A weight may be used to help to get the left thigh down