

# Yoga for You

by Ray Madigan and Shelley Choy

*Utthita Trikonasana* with foot block - Stage 2

*Utthita* means to extend, *tri* means three and *kona* is angle. This is Extended Triangle Pose. In this variation, the wall is used to help gain length and openness in the side trunk and ones learns to gain a solid foundation in preparation for the final pose.

- 1) Place your mat against the wall.
- 2) Tilt the yoga block at a 45-degree angle, against the wall, and check that it is stable.
- 3) Using your right hand on the wall for support, press your right foot into the block as shown. Then step the left foot about 4 to 4-1/2 feet away from the wall. Align the arch of the left foot with the right heel, and turn the left foot slightly in towards the wall.
- 4) Tighten the knees and straighten the legs. Turn the right inner thigh out, so that the right knee points up to the ceiling. Maintaining that, turn the left inner thigh out to point the left knee straight ahead. Keep the right buttock in and press the left thigh back. You should feel space and vitality in the pelvic organs.
- 5) Now, tighten the legs fully, so they support and balance the body, as you extend the right arm up the wall. Keep the right arm long and straight as you walk the fingers up the wall to stretch the right side of the trunk. Keep the right hand, the head trunk and right leg in one line. Do not lean forward or back.
- 6) Bring the left hand on the left hip and roll the left shoulder back to open the chest while looking turning the head and looking up. As always breathe evenly and deeply through the nose to quieten and focus the mind inward.
- 7) Hold for up to 30 seconds then repeat to the other side.

