

## Yoga for You

by Ray Madigan and Shelley Choy

### *Utthita Trikonasana* with Foot Block - Stage 3

*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. One also learns to develop 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.
- 5) Now, tighten the legs fully, so they support and balance the body. Keeping the legs firm, with an exhalation extend your trunk to the right and stretch the right arm up the wall. Keep the right arm long and straight as you walk the fingers up the wall to lengthen the right side of the trunk. The right hand, the head, trunk and legs should be in one line. Do not lean forward or back.
- 6) Keep the extension in the right side as you place the right hand to the outside of the right shin. Place the hand on a block, or even a chair, if you are stiff. Remember to keep the legs tight. The legs, trunk and head should remain in line with the right foot.
- 7) Hold for a few breaths, then exhale and stretch the left arm to the wall. Walk the left hand high up the wall and in line with the body. Press the fingers of the left hand into the wall to help you open the chest and trunk.
- 8) Hold for up to 30 seconds with deep, even breathing, then inhale, tighten the legs and come up. Repeat to the other side.



*Keep the legs straight and tight throughout the pose.*

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.