

Utthita Trikonasana (**Extended Triangle Pose**) – with Arm Wrap

This is a standing *asana* in which the legs are kept firm and straight, providing stability for the torso to extend and open. The *asana* gets its name from the triangular shapes formed by the limbs and trunk. In this variation the upper arm is taken back and wrapped around the waist to help rotate the trunk, open the chest, and move the shoulder blades into the back.

1. Take the outer edge of your left foot to the wall and step the right foot about 4 to 4-1/2 feet apart. Align the right heel with the left arch.
2. Straighten both legs fully. Keep the right leg turned out 90 degrees and the left leg facing forward.
3. Now, lift and open the chest as you face the trunk forward.
4. Inhale and stretch the right arm up to lift and extend the right side of the body, then exhale and stretch your trunk over the right leg taking the right hand to the floor, your shin or to a block. Press your feet into the floor and tighten the knees to straighten the legs.
5. Stretch the left arm up and gaze at the hand as you work to open the front of the body.
6. With an exhalation, move the left shoulder blade into the body and stretch the left arm up and back, behind you. Keep the left arm in line with the shoulder as you work to rotate the waist and chest to the ceiling.
7. Now, with an exhalation, roll the left arm in and wrap it behind the waist. Work to catch the right inner thigh.
7. Hold the pose with deep even breathing through the nose as you open the chest by rolling the left shoulder back.
- 8 Hold for several breaths then inhale and bring the left arm up to vertical. Keep the legs straight as you come up out of the pose. Do to the other side.

Practice of standing *asanas* develops balance, confidence and an experience of the vast space within the body. The mind first connects with the outermost layers of the physical being. Then, through focused, steady practice, consciousness penetrates the more inner layers of one's being and becomes quiet, meditative and serene.



Press the side of the foot into the wall to help remain stable as you wrap the arm behind your waist.