

# Yoga for You

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## *Utthita Trikonasana* with Foot Block - Stage 1

*Utthita* means to extend, *tri* means three and *kona* is angle. This is Extended Triangle Pose. In this variation, the use of the block enables us to lengthen the back of the leg and helps those who have injured ankles to benefit from the *asana*. By mastery of this stage one gains poise and mental quietness and the legs become strong and shapely.

- 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, as you bring the hands to the hips and stand with the trunk upright.
- 6) Learn to balance for up to 30 seconds while looking straight forward. Do not lean forward or back. Lift the chest as you roll the shoulders back and down.
- 7) Repeat to the other side.



