

STANDING ASANAS

Trikonasana (Triangle Pose)



Technique: Stand with feet about 3 feet apart and raise hands to make a parallel line with shoulder.

Slowly bend laterally to the right side and touch the toe of the right leg with the forefinger and middle finger of the right hand and raise the left hand toward sky. Gaze should be up towards left hand.

After maintaining it for some time, slowly return to the starting position and repeat on the left side.

Remember

- ✓ Don't bend the leg at the knee. Bend only as much as you can

Benefits:

- ✓ Its practice makes the spine flexible
- ✓ This posture helps in giving relief from back pain and stiffness in the hips.

Limitations:

- ✓ Those suffering from cervical and lumbar spondylitis and hypertension should not practice it.
- ✓ Avoid those who have severe back problem