

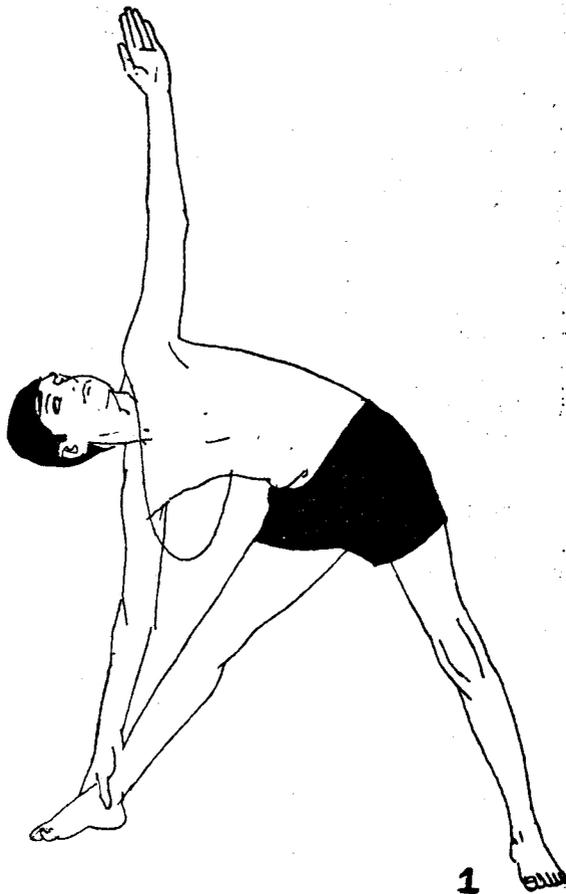
The Triangle Pose

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In the previous two issues, a few important standing postures with variations and appropriate counterposes were described. Standing postures are comparatively strenuous. It is therefore necessary that persons with heart ailments do not attempt these and other standing postures. However, it is particularly beneficial for teenagers and young men and women, as they develop the skeletal muscles and also work on tendons and the various joints, thereby improving overall circulation. As these postures are done with corresponding modulated deep breathing, the respiration and circulation improve which is necessary for achieving and maintaining good health.

MORE STRENUOUS

Trikonasana or triangle pose with its variations is taken up next. These are more strenuous than Tadasana, but with the body limbered up with the Tadasana group, it will help working on the deeper muscles in the body. The methodology is described.



Start with Tadasana Samasthithi. Inhale, raise the arms to shoulder level. Exhale, jumping and spreading the legs about 3 to 3½'. Take a few normal breaths and get a 'feel' for the posture. Now exhale, turn the head and neck to the left side, so that you look over the left shoulder and bending at the hip, lower the trunk, keeping the palm on the right foot. Those who cannot bend that far may hold the ankle a little higher. After practice, some may be able to bend as low as to keep the palm on the ground by the side of the foot. You should not feel tight in the neck or flushing of the face, which indicates that you are straining. With longer and finer exhalation or the Rechaka capacity, it will become easier to do in course of time. After a few breaths in the posture, which is Uthi-

ta Trikonasana, inhale, raising back to the starting Trikonasana Sthithi. Repeat the same on the left side. One should keep the knees and elbows straight in this posture. Refer Sketch (1).

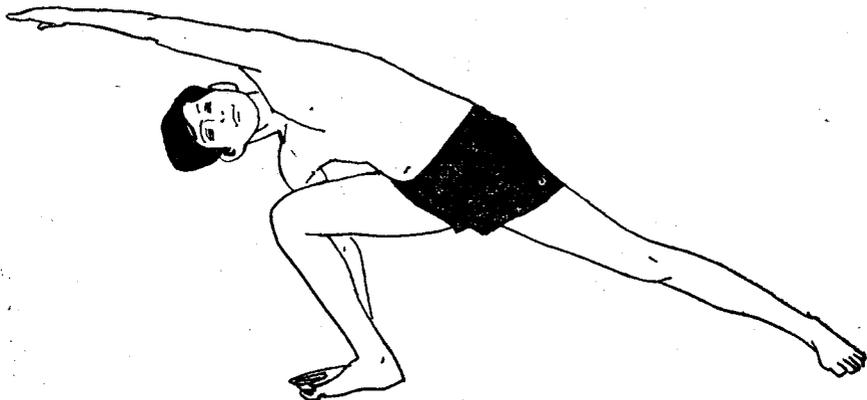
In this asana, back, hip, arms, neck and the soles get copious blood supply. Further, if practised consistent with one's physical condition, rheumatic pain in the hip back, knees and the elbows will gradually reduce. Further it is one of the best postures for obese persons to reduce fat in the arm, neck, waist, lower abdomen and back regions.

Those who are unsteady while standing erect, may do the posture while lying down, keeping the back of the neck, back, buttocks and back of the heels firm on the

ground. However, after a few days, one may start doing the regular posture. Pregnant women should not do this posture.

PARSVA KONASANAM

Start as in Trikonasana, with feet spread by about 3 to 3½' and arms at shoulder level and back straight. Exhale, press the left foot and bend the right leg at the knee, body at the hip, placing the right palm on top of the right foot. The left arm is also gradually swung overhead, so that it is parallel to the ground. Refer to sketch (2). Stay in the posture for a few breaths. Inhale, returning to the starting position. Repeat on the left side. This is Uthita Parsvakonasana. It may be possible to keep the palm on the ground besides the foot after some practice-



One has to be careful while lowering the trunk. In this posture, further stretching of the hip and waist is obtained. Constipation and certain conditions of dysmenorrhea respond well to this posture.

PRASAARITA PADOTHANASANAM

Start with Trikonasana Sthithi. Spread the feet a little more to about 5'. Now keeping the knees straight placing the palms on the hip, exhale and bend forward as low as possible pushing the

hip back. Inhale raising the trunk up.

Now raise the arms overhead, keeping the palms facing front, exhale bend forward and hold the toes by fingers in the corresponding hands. Inhale, straighten the back and look up arching the back up a little. Repeat this movement a few times. Return to the starting position with arms overhead,

Exhale, bending forward and keeping the palms between the feet, pushing back the hips and touching the floor with the top of the

head. Do a few breaths, Inhale, return to starting position. Refer skech (3)

Persons with vertigo, abnormal blood pressure, heart ailment should not attempt these standing postures requiring bending the body. Youngsters will find Tadasana group of asanas improve poise and sense of balance and hence a better awareness of their body. The Trikonasana and other asanas which give a broader base between the feet will give strength, improve circulation and a sense of well being.

